



NATIONAL CADET CORPS

(2 EME platoon – Army wing)

(attached with 1 (TN) Comp Tech Coy NCC, Chennai 600 025)

SRI VENKATESWARA COLLEGE OF ENGINEERING

(Autonomous Institution-Affiliated to Anna University)

Pennalur, Sriperumbudur Tk – 602 117

Tamil Nadu, India

29.06.2018

Report on International Day of Yoga (IDY) – 2018

YOGA DAY CELEBRATIONS - PART 1

In view of 4th International Day of Yoga, a special Yoga training program was planned and organized for the NCC (Army) Cadets and staff members on 19-06-2018 at the College Function hall, SVCE.

Capt. Dr. A. Bhaskaran, Coy Comdr, NCC (Army) welcomed the gathering and delivered the introduction speech about the Yoga. Then a Lecture about the 'Role of Yoga in Human life' was given by **Ms. Usha Krishnamoorthy**, Professor of Yoga, Manavalakalai Mandram, Chennai 600 056 and his team of 3 members from Mangadu MVKM Trust, Chennai. During the lecture, his team members demonstrated the different positions of Asanas, mudhras, etc. After the lecture the staff members and NCC cadets practiced Yoga as per the guidelines given in the Yoga Protocol for 30 mins under the supervision of **Ms. Usha Krishnamoorthy** and his team.

Capt. Dr. A. Bhaskaran, Associate NCC Officer presented the vote of thanks to the Yoga team and NCC cadets.

30 NCC (Army wing) cadets, 5 staff members participated in the training program.

Few photographs of the event is enclosed with this report for your reference.

This program was conducted on 19-6-2018 instead of 21-6-2018 due to non-availability of Yoga Professors on 21-6-2018.

YOGA DAY CELEBRATIONS - PART 2

In view of 4th International Day of Yoga, a special Yoga training program was planned and organized for the NCC (Army) Cadets on 21-06-2018 at the Mambakkam village near Sriperumbudur Taluk for the Primary school teachers and students.

In this program, 87 primary school students, 7 school teachers, 30 NCC (Army) cadets from SVCE who were involved in the Swaachh Bharath Summer Internship Program 2018 at Mambakkam village also participated. This program was conducted by **Capt. Dr. A. Bhaskaran, Coy Comdr, NCC (Army), SVCE**. He briefed the gathering about the importance of Yoga for healthy life. After the lecture, NCC (army) cadets taught Yoga to the School teachers and school children. This program was appreciated by Block Development Officer, Sriperumbudur.

As our team was already involved in the summer internship program, we have conducted the yoga program in the village.



**Capt. Dr. A. Bhaskaran
Coy Comdr – NCC (Army)**