

NATIONAL CADET CORPS (Army)
(1 (TN) Comp Tech Coy NCC, Anna University, Chennai 25)
SRI VENKATESWARA COLLEGE OF ENGINEERING
(An Autonomous institution affiliated with Anna University)
Sriperumbudur - 602117.



Report on “MY LIFE MY YOGA”
(15th June 2020)

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur expressed their talents in MY LIFE MY YOGA on 15th June 2020 in their respective homes.

Around 19 cadets of NCC Army wing, SVCE participated in the program under the guidance of **ANO Capt. Dr. A. Bhaskaran, Coy Comdr-NCC Army wing, SVCE**. This program was conducted under the supervision of **Prof. S. Ganesh Vaidyanathan, Principal, SVCE**.

All 19 cadets of NCC (Army) have taken all the safety measures while doing their Yoga Postures. Yoga helps you to manage stress and anxiety and keeps you relaxing. Yoga also helps in increasing flexibility, muscle strength and body tone.



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A. Bhasakaran

Capt. Dr. A. Bhasakaran
Coy Commander
NCC (ARMY) WING