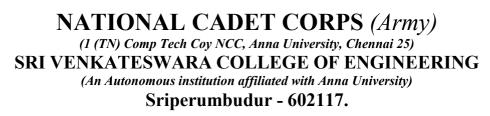


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Report on "AYUSH - INTERNATIONAL DAY OF YOGA" (21st June 2020)

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur expressed their talents in AYUSH -INTERNATIONAL DAY OF YOGA on 21st June 2020.

Around 31 cadets of NCC Army wing with their family members and **ANO Capt. Dr. A. Bhaskaran**, Coy Comdr-NCC Army wing participated in AYUSH conducting International day of yoga and implementing the asana from home via regional channel of Doordarshan.

The art of practicing **Yoga** helps in controlling an individual's mind, body and soul. Yoga brings together physical and mental disciplines to achieve a peaceful body and mind. Yoga will improve athletic performance. Yoga will increase the energy and vitality.







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.



Arshasgaran

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