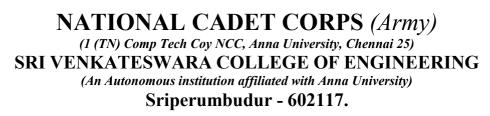


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## Report on "AYUSH - INTERNATIONAL DAY OF YOGA" (21<sup>st</sup> June 2020)

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



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Arshasgaran

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