



CHENNAI
INSTITUTE OF TECHNOLOGY



SH-113, Sarathy Nagar, Pudupedu village Kundrathur sriperumbudur, Main Rd, Kundrathur,

INTERNATIONAL YOGA DAY

1(TN) BTY NCC

“Yoga is the journey of the self, through the self, to the self.”

In Wake of the ongoing pandemic due Corona virus (COVID – 19) all over the world, We the cadets of The Tamil Nadu **CHENNAI INSTITUTE OF TECHNOLOGY NCC** from the **1 (TN) BTY NCC** came up with a unique way to celebrate *International Yoga Day on 21.06.2020 (Sunday)*. As our Hon’ble Prime Minister said at the UN General Assembly “Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being.” So, let us work towards raising awareness about the benefits of yoga and practicing it.

The performance of yoga by NCC cadets of Chennai institute of technology was able to bind up every cadet from remote corners of South India .This yoga not only helped the cadets to reinforce their physical health but also was able to rejuvenate the inner peace of soul and mind during this pandemic.

As a part of this year’s International Yoga Day, the cadets of CIT NCC coordinated a 20-minute yoga session from within their homes. This activity was done to spread the message that no pandemic could stop the cadets from spreading a positive message about one’s wellbeing.

Our cadets performing various yoga asanas in their homes in connection with the International Yoga Day.

Activities undertaken by the following cadets:

S.NO	REGT NO	NAME
1	TN19SDA635451	ABIMANIKANDAN .C
2	TN19SDA635452	ARUNKUMAR .K
3	TN19SDA635453	ARUTJOTHI .S
4	TN19SDA635454	BALAADITYA .R
5	TN19SDA635456	GOWTHAM .R
6	TN19SDA635457	HARSHAD .S
7	TN19SDA635458	HEMANTH .S
8	TN19SDA635461	KONKALA RAM MANOJ REDDY
9	TN19SDA635462	NIRANJAN .K
10	TN19SDA635463	RANGANATHAN .K
11	TN19SDA635464	SANJAYKANNA.K
12	TN19SDA635465	SAMI VENKATA SAI RAJEEV
13	TN19SDA635466	SUSINDARAN .K
14	TN19SDA635467	THIRUNAVUKARASU .S
15	TN19SDA635468	VELURU SAI TEJA

" YOGA COMBINES OUR SOUL WITH OUR MOTHER NATURE "







