



**THE MADURA COLLEGE (AUTONOMOUS)**  
**An Autonomous Institution affiliated to Madurai Kamaraj University**  
**Re-accredited (3<sup>rd</sup> cycle) with 'A' grade by NAAC**  
**Vidya Nagar, T.P.K. Road, Madurai – 625 011**

**NATIONAL CADET CORPS**

**BRIEF REPORT ON PROGRAMME/EVENT ORGANISED**

1. Title of the programme/event : Yoga for fitness
2. Nature of the event : Fit India Online Webinar Programme
3. Date : 03.09.2020
4. Venue : Online programme
5. Hosting Department/Cell : NCC
6. Funding agency & grant (if any) : -
7. Beneficiaries : NCC Cadets of Madura College
8. Number of participants : 14
9. Details of Resource person(s) : -
10. Brief the proceedings of the programme along with some photographs

As per the direction of Commanding Officer - 7 Bn NCC, the NCC unit of The Madura College has conducted a webinar on "Yoga for Fitness" on 03<sup>rd</sup> September 2020 during 1500-1600 hrs. The webinar was conducted in Google Meet and 15 cadets have participated. This programme was conducted as a part of "Fit India Online Webinar Programme"

The webinar started with the presentation by Lt Dr. S. V. Karthikeyan about the importance and benefits of yoga. 2 SD and 2 SW cadets have performed various yoga which they are doing regularly and highlighted their importance. Also they have briefed the DOs and DONTs of those postures. Overall the NCC cadets of Madura College got awareness on yoga.

3:22

REC

### What is Yoga

- Yoga is a mind-body practice with origins in ancient Indian philosophy
- Yoga or Yuj in Sanskrit language means "Union"
- Combines physical exercises, breathing exercises, and mental exercises
- Is used to be a way of life

(13)

2019PMC029 SNEHA M. (You)

Karthikeyan S V

2018BCZ034 SURESH M.

Karthikeyan S V

Also in the meeting (9)

2018BCZ012 INDHUMA... NEW

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2019PMC029 SNEHA M. (You)

Karthikeyan S V

2018BCZ034 SURESH M.

2019CSC004 ARAVIND B.

Also in the meeting (9)

2018BCZ012 INDHUMA... NEW

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### Benefits of Yoga

#### Mental Benefits of Yoga

- Relief of stress
- Self awareness
- Emotion Control
- Anxiety
- Depression
- Improved Memory
- Concentration
- Relaxation

(14)

2019PMC029 SNEHA M. (You)

Karthikeyan S V

2018BCZ034 SURESH M.

Karthikeyan S V

Also in the meeting (10)

2018BCZ012 INDHUMAT... >

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2019PMC029 SNEHA M. (You)

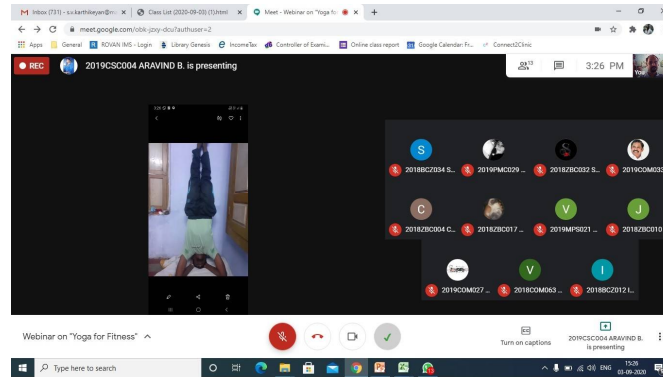
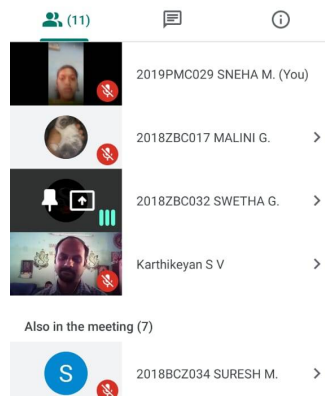
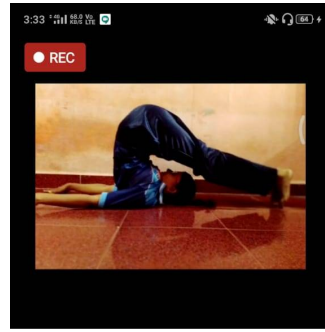
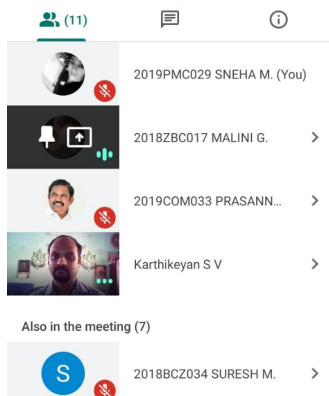
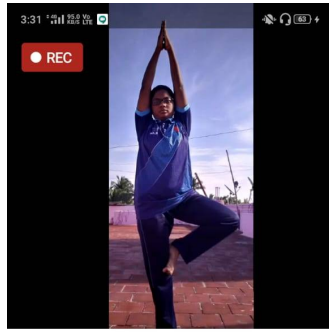
2018BCZ034 SURESH M.

2019COM033 PRASANN...

Karthikeyan S V

Also in the meeting (7)

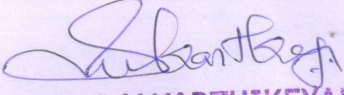
2018COM063 VISWANAT... >



## LIST OF PARTICIPANTS

S. No.	Regt. No.	Name
1	TN18SDA686391	M.SURESH
2	TN18SDA686393	L.VETRIVEL
3	TN18SDA686395	P.VISWANATHA RAO
4	TN18SWA686396	P.CHITRA DEVI
5	TN18SWA686397	B.INDHUMATHI
6	TN18SWA686398	P.L.JEYALALITHA
7	TN18SWA686399	J.JEYAPRADHA
8	TN18SWA686400	S.KEERTHANA
9	TN18SWA686401	G.MALINI
10	TN19SDA686449	M.THALAPATHI
11	TN19SDA686450	M.VIJAYARAJ

12	TN19SWA686451	M.NAGESWARI MONISHA
13	TN19SWA686452	J.SNEHA PRIYA
14	TN19SWA686453	M.SNEHA

  
**Lt. Dr. S.V.KARTHIKEYAN**  
NCC / 14110346  
Associate NCC Officer  
Coy Commander NCC Army  
The Madura College (Autonomous)  
Madurai-625 011, Tamilnadu.