



# **GURU NANAK COLLEGE (AUTONOMOUS)**

**Re-Accredited at 'A' Grade By NAAC  
Affiliated to the University of Madras  
Guru Nanak Salai, Velachery, Chennai -600042**



## **NATIONAL CADET CORPS (ARMY WING)**

### **Report**

- 1. Event Title : Live Yoga Session to celebrate 6<sup>th</sup> International Day of Yoga**
- 2. Category : Staff/Students/Others**
- 3. Department : National Cadet Corps (Army Wing)**
- 4. Date: 21<sup>st</sup> June, 2020**
- 5. No. of Participants:100**
- 6. No. of Resource Person: 1**

### **Report Description**

The NCC (Army Wing) in association with Sky Yoga MVKM Trust, Velachery organized a live yoga session to celebrate 6<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2020 through online Zoom Application for all the staff and students of various colleges.

### **Report**

Arulnithi V. Suresh, Assistant Professor, Sky Yoga MVKM Trust has conducted live demo yoga session. The yoga session insisted the importance of Yoga and its benefits. Around 100 participants were attended the session.

## Invitation of Programme



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**National Cadet Corps (Army wing)**  
In association with  
**Sky Yoga Velachery Manavalakalai Mandram Trust**  
Organizing

**6th International Day of Yoga – 2020**



Date: 21/06/2020  
Time: 10.00 A.M.

For any queries contact:  
Mobile No:9940478727

Join us in zoom :  
Meeting ID: 827 0203 5024  
Password: 0123

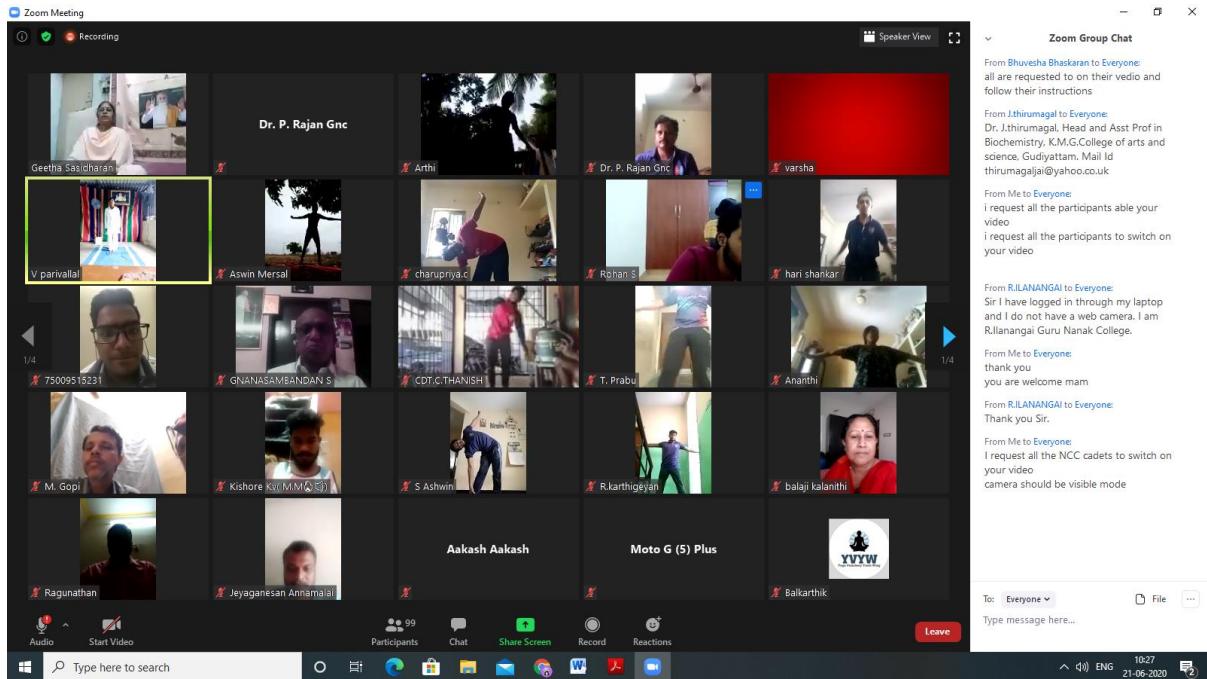
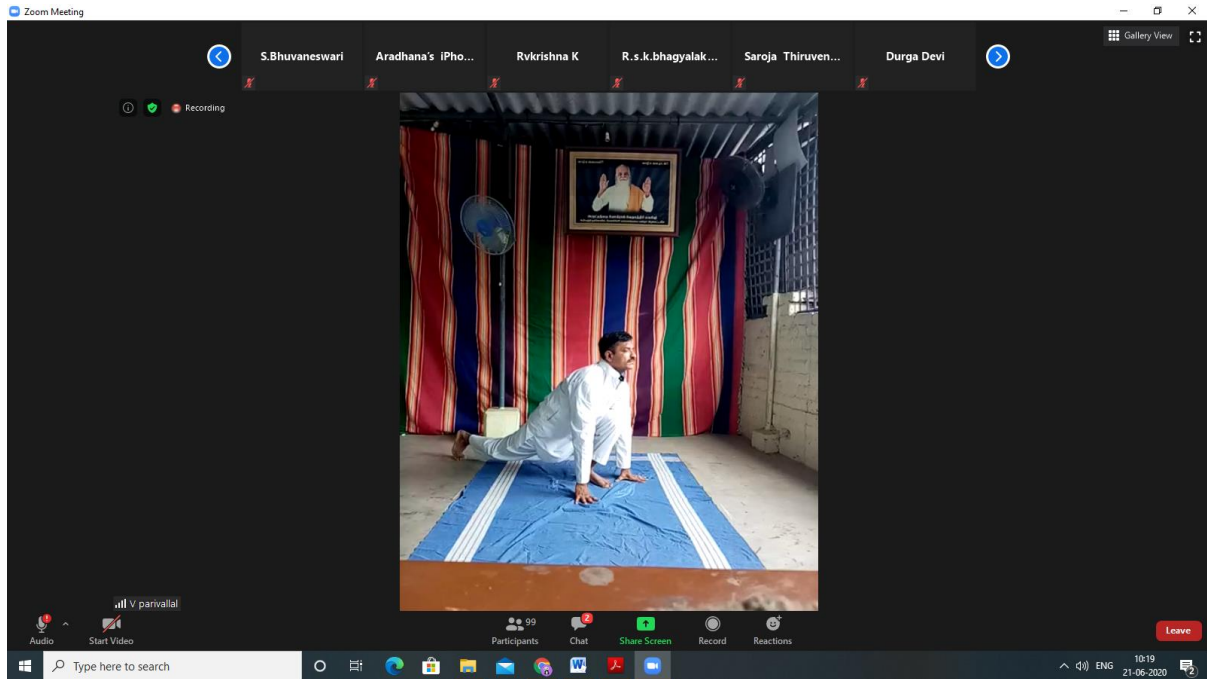
Live session by  
**Shri. Arulnithi V. Suresh**  
Sky Yoga Velachery Manavalakalai Mandram Trust

Send the photographs of any five asanas with its name or 5 minute video of Asanas to the  
mail id: [nccarmyidy2020@gmail.com](mailto:nccarmyidy2020@gmail.com) on or before 25th June, 2020  
E-Certificate will be provided to all the participants

**Dr. M.G. Ragunathan**  
Principal

**Shri. Manjit Singh Nayar**  
General Secretary & Correspondent

# Live Yoga Demo Session by





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**6<sup>th</sup>**

**INTERNATIONAL  
DAY OF YOGA**

**21<sup>ST</sup> JUNE, 2020**

## **NATIONAL CADET CORPS (ARMY WING)**

**ORGANISED**

**LIVE YOGA SESSION BY**

**ARULNITHI V. SURESH & ARULNITHI  
GEETHA SASIDHARAN  
SKY YOGA, MVKM TRUST, VELACHERY**

**TO CELEBRATE**

**6<sup>TH</sup> INTERNATIONAL  
DAY OF YOGA – 2020**

**On**

**21<sup>st</sup> June, 2020**



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## **6th International Day of Yoga – 2020**

**Date: 21/06/2020**

**Time: 10.00 A.M.**

**For any queries contact:**

**Mobile No:9940478727**



**Live session by**

**Shri. Arulnithi V. Suresh**

**Sky Yoga Velachery Manavalakalai Mandram Trust**

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**Principal**

**Shri. Manjit Singh Nayar**  
**General Secretary & Correspondent**

**Join us in zoom :  
Meeting ID: 827 0203 5024  
Password: 0123**



**Guru Nanak College (Autonomous)**  
Guru Nanak Salai, Velachery, Chennai-600042

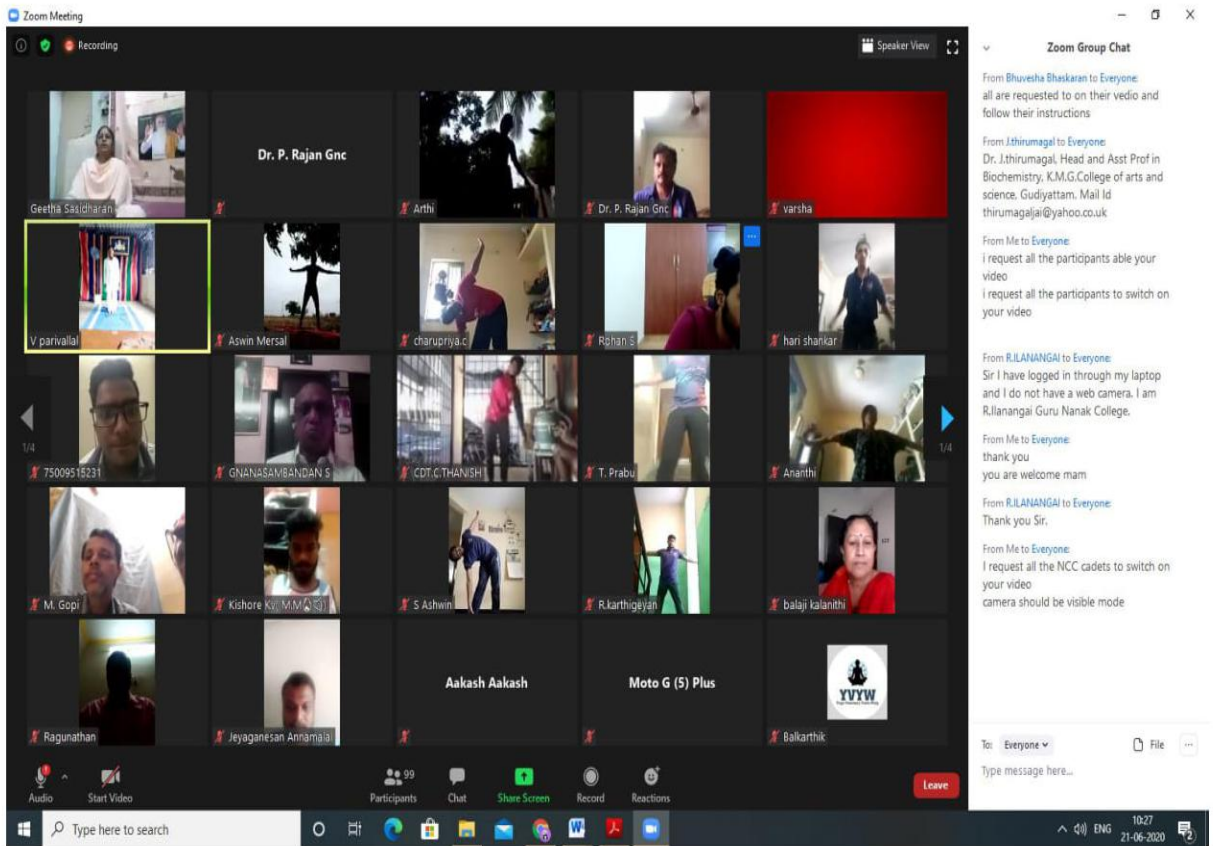
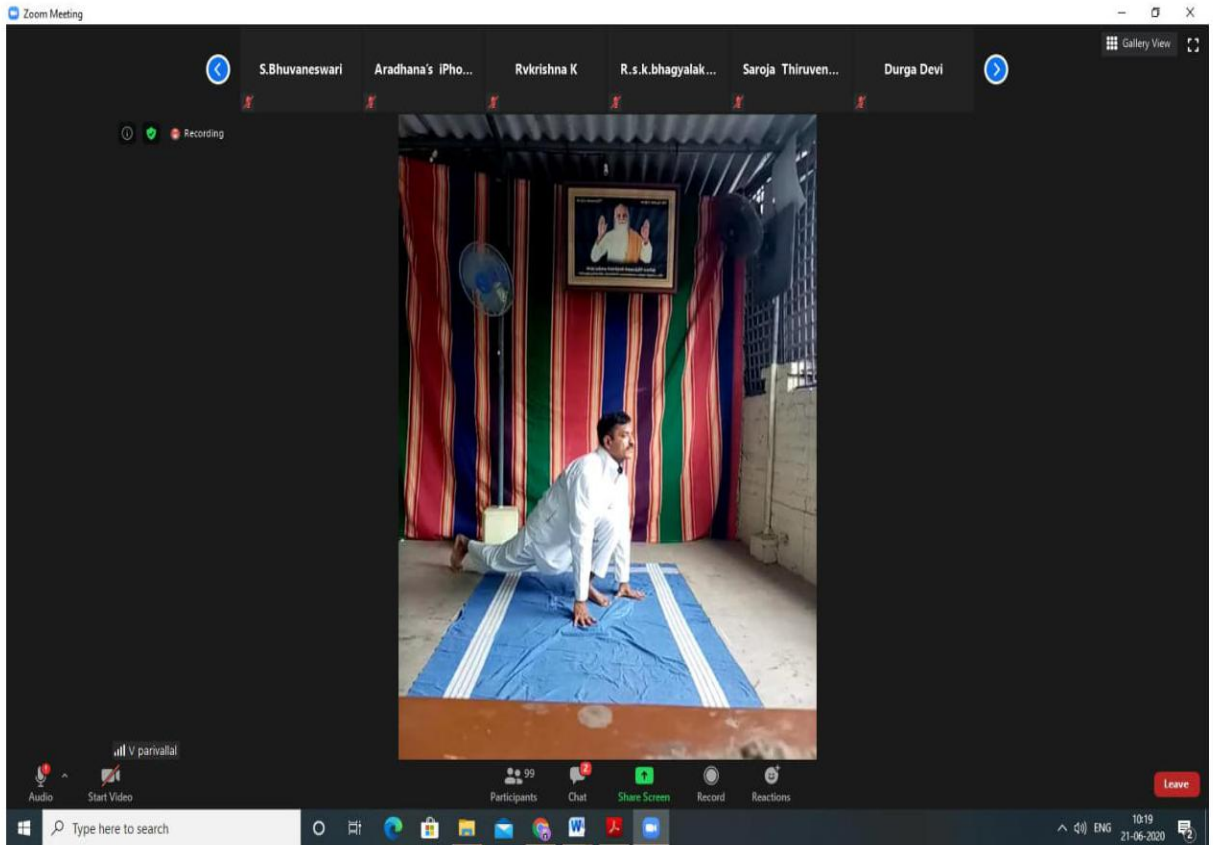


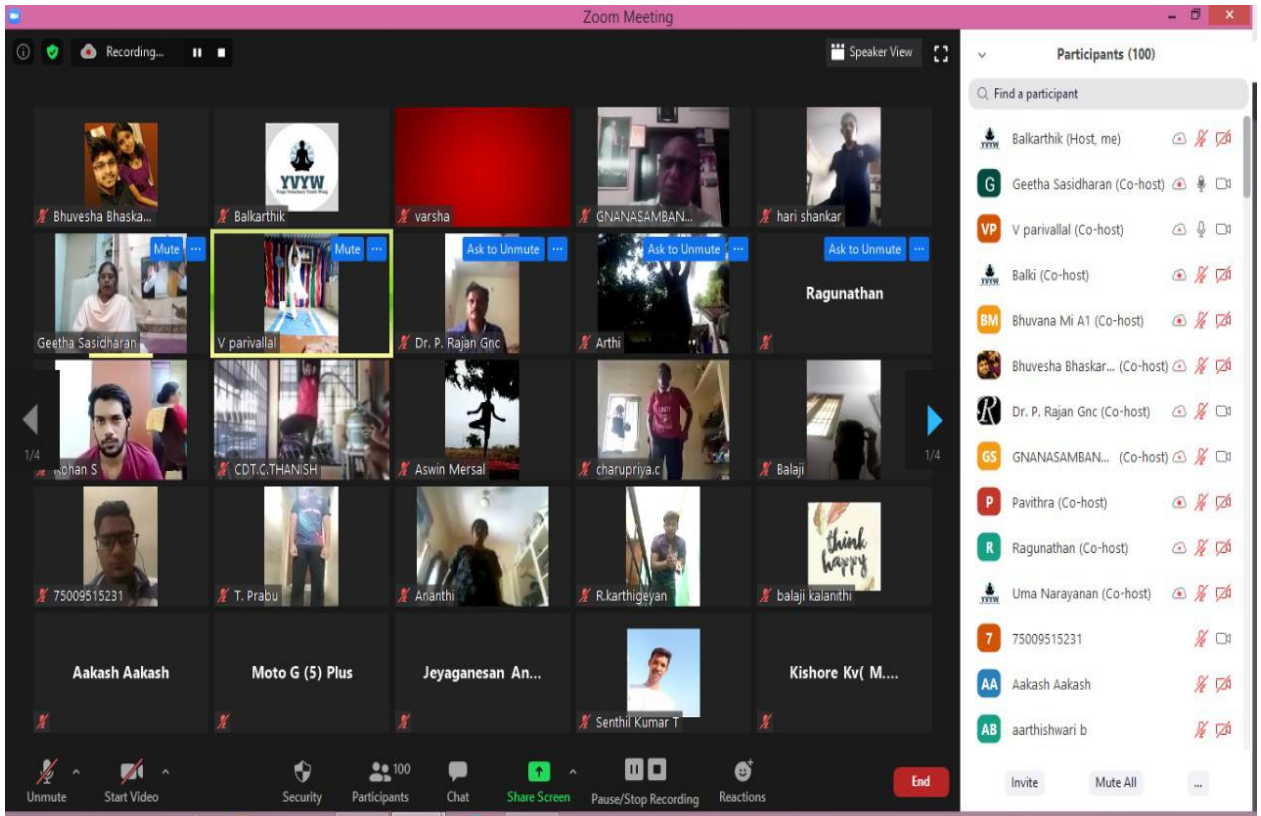
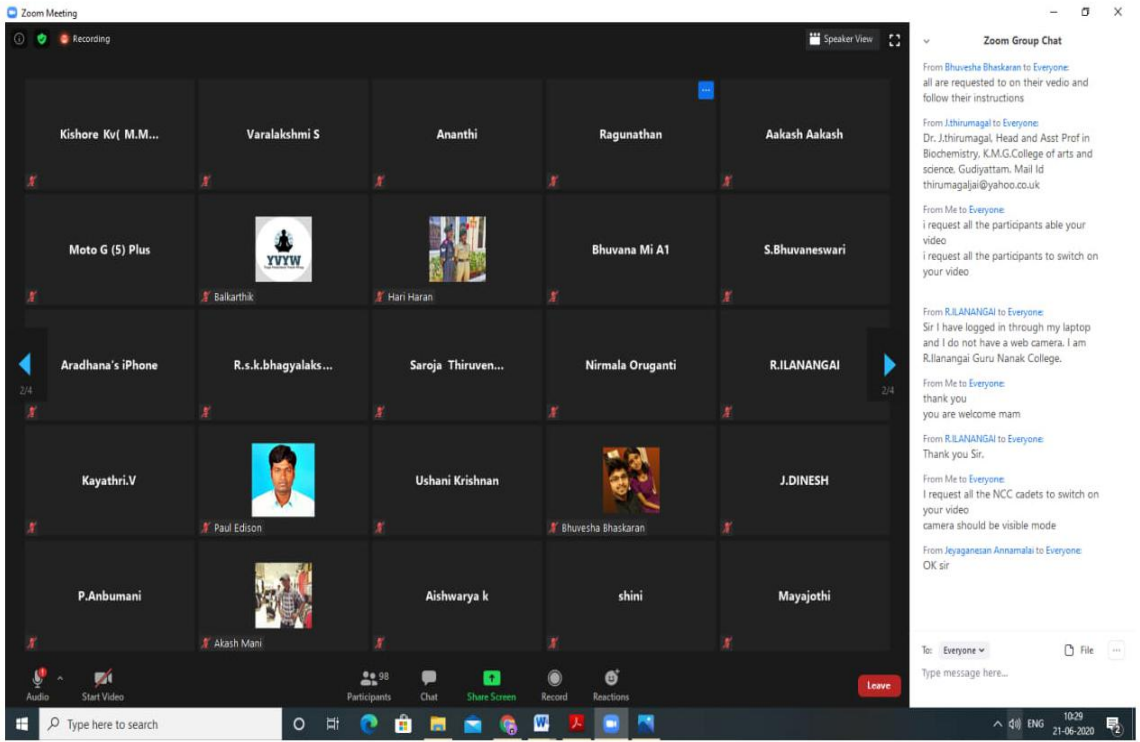
**CELEBRATION OF 6TH INTERNATIONAL DAY OF YOGA – 2020**  
**ON 21<sup>st</sup> JUNE, 2020 AT 10.00 A.M.**

**PROGRAMME SCHEDULE**

<b>10.00 a.m.</b>	<b>Welcome Address</b>	<b>Dr. M.G. Ragnathan, Principal, Guru Nanak College</b>
<b>10.02 a.m.</b>	<b>Brief Introduction of Programme</b>	<b>Dr. P. Rajan NCC Officer Guru Nanak College</b>
<b>10.04 a.m.</b>	<b>Introduction of Sky Yoga Velachery MVKM Trust</b>	<b>Dr. J. Arunakaran Professor (Retd.) University of Madras</b>
<b>10.07 a.m.</b>	<b>Live Yoga Session</b>	<b>Arulnithi V. Suresh Assistant Professor Sky Yoga Velachery</b>  <b>Arulnithi. Geetha Sasidharan Assistant Professor Sky Yoga Velachery</b>
<b>10.40 a.m.</b>	<b>Special Address</b>	<b>Arulnithi. G.Gnanasambandam</b>
<b>10.45 a.m.</b>	<b>Vote of Thanks</b>	<b>Cdt. D. Pavithra</b>

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Zoom Meeting

Recording... Speaker View

Participants (99)

Find a participant

- Balkarthik (Host, me)
- Geetha Sasidharan (Co-host)
- V parivallal (Co-host)
- Balki (Co-host)
- Bhuvana Mi A1 (Co-host)
- Bhuvsha Bhaskar... (Co-host)
- Dr. P. Rajan Gnc (Co-host)
- GNANASAMBAN... (Co-host)
- Pavithra (Co-host)
- Ragunathan (Co-host)
- Uma Narayanan (Co-host)
- 75009515231
- Aakash Aakash
- aarthishwari b

Invite Mute All

Zoom Meeting

Recording... Speaker View

Participants (99)

Find a participant

- Balkarthik (Host, me)
- Jeyaganesan Annamalai
- Geetha Sasidharan (Co-host)
- V parivallal (Co-host)
- Balki (Co-host)
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Invite Mute All

Zoom Meeting

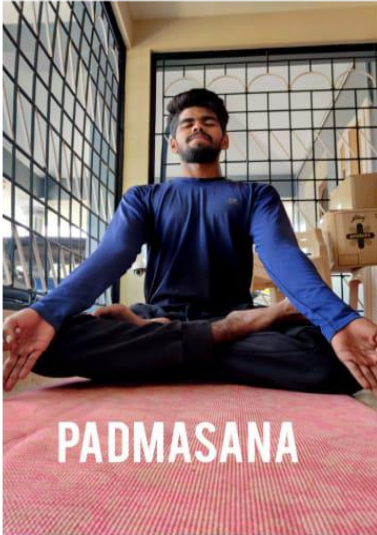
Recording... Speaker View

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Find a participant

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- Hari Haran
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- V parivallal (Co-host)
- Balki (Co-host)
- Bhuvana Mi A1 (Co-host)
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- GNANASAMBAN... (Co-host)
- Pavithra (Co-host)
- Uma Narayanan (Co-host)
- 75009515231
- Aakash Aakash

Invite Mute All



**PADMASANA**



**PADANGUSTHASANA**



**URDVA DHANURASANA**



**DHANURASANA**



**SIRSASANA**



**ADHOMUKHA VRKSASANA**

GURU NANAK COLLEGE  
1 TN (BTY) NCC  
CDT.C.THANISH  
TN18SDA635028



yapaṭha sērāsana



pōṣṇā bhujāṅgāsana



urdhva dhanurasana



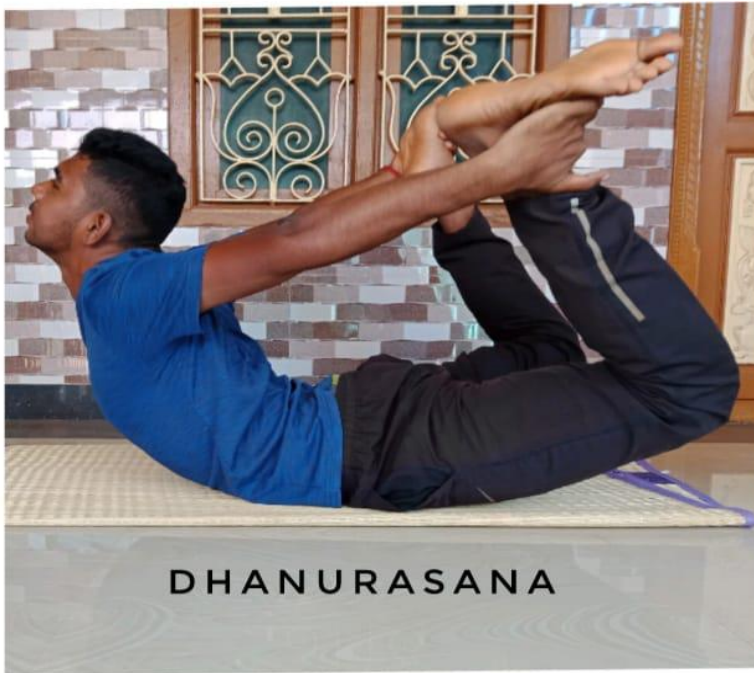
mayurasana



sērāsana

1 TN BTY NCC GNC  
E.Rno:TN18SDA635008  
CADET:V.Gowtham





**DHANURASANA**



**SARAVANGASANA**



**PAVANAMUKTHASANA**



**URDVA DHANURASANA**



**UTHITHAPADMASANA**

**1 TN BTY NCC / GURU NANAK COLLEGE  
ENROLL NO: TN18SDA635011  
CADET P.HARIHARAN**



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<sup>i</sup> TN18SDA635001

CDT M. ABISHEK

GURUNANAK COLLEGE NCC



Jhulana Lurhakana



Adho Mukha Svanasana



Pranayamas



Parsva Borasana



GURU NANAK COLLEGE  
1(TN)BTY NCC  
Enroll:TN18SDA635003  
NAME:CDT.T.Akash mani



**CDT D.JAYAKRISHNAN**  
**ENROLL NO TN18SDA635012**  
**1TN BTY GURU NANAK CLG**





DHANURASANA



PARIPURNA NAVASANA



SETHU BANDHA  
SARVANGASANA



UTKATASANA

*Guru Nanak College  
1(TN) BTY Ncc  
Reg. No. TN18SDA635015  
Cadet M.Malin*



GOMUKHASANA



VRIKSASANA



VASISTHASANA



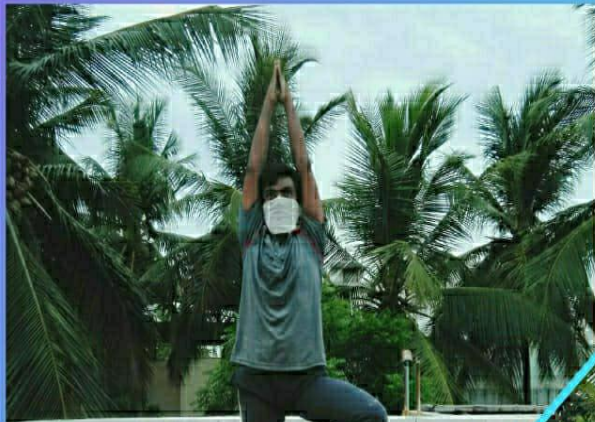
DANADAYAMANA  
DHANURASANA



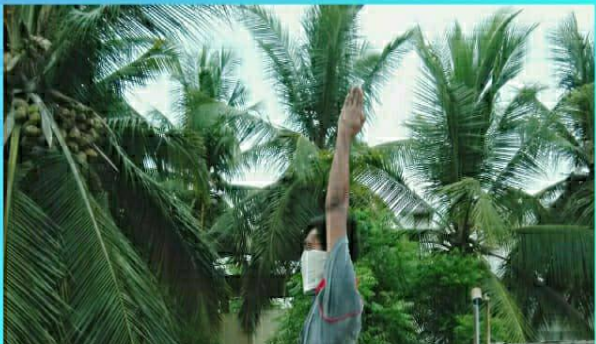
MAKARA ADHA MUKHASVANA  
SANA

**GURU NANAK COLLEGE**  
**1(TN)BTY ncc**  
**Enroll:TN18SDA635018**  
**NAME:CDT.R.Niranjan**

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**VIRICHASANA**



**ANJANEYASANA**



**VAJRASANA**

**GURU NANAK COLLEGE  
1(TN)BTY NCC  
ENROLL:TN18SDA635025  
NAME:S.SRI HARI SHANKAR**



**ASHWASANGHALASANA**



**ADHOMUGTHASASANA**



TN18SDA636024

CDT T. SIVA

GURUNANAK  
COLLEGE

1 (TN) BATTERY NCC

Full text: 1

**EKASARVANGADANA**

**DHANURASANA**



**ADHO MUKHA VIRASANA**



**VIPARITA KARANI**

**CHAKRASANA**

**CADET V.HARISH KUMAR**  
**ENROLL NO : TN19SDA635012**  
**1 TN BTY NCC / GURUNANAK COLLEGE**



*Padmasana* badabadmasan



*Vajrasana*

*Vrikshasana*

Tiryak Tapanasana

GURUNANAK COLLEGE

I TN (BTY) NCC

CDT.R.KARTHIGEYAN

TN19SDA635014



1TN BTY NCC

CTD N. ASWIN

GURU NANAK COLLEGE enrollment no:tn19sda635005



**SETUBANBHASANA**

**PAVANMUKTASANA**

**CADET K.B. NIROSHAN  
ENROLL NO : TN19SDA635020  
1 TN BTY NCC / GURUNANAK COLLEGE**



**VRIKSHASANA**



**PADMASANA**



**CHAKRASANA**



**HALASANA**

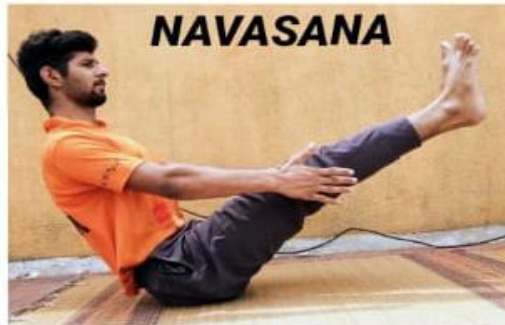
**VAJRASANA**

**CADET T.PRABHU**  
**ENROLL NO : TN19SDA635021**  
**1 TN BTY NCC / GURUNANAK COLLEGE**

# **HALASANA**



**DHANURASANA**



**NAVASANA**



**USTRASANA**



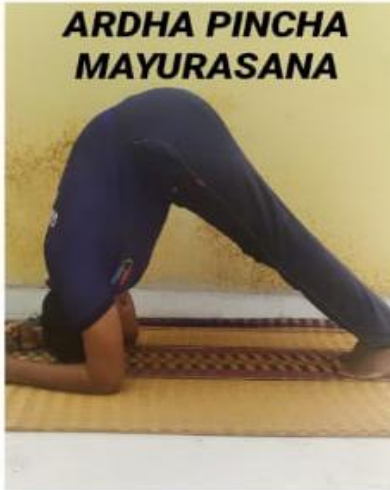
**CHAKRASANA**

**CADET P.RAKESH**  
**ENROLL NO : TN19SDA635024**  
**1 TN BTY NCC / GURUNANAK COLLEGE**

**USHTRASANA**



**ARDHA PINCHA  
MAYURASANA**



**SIRSASANA**



**NATARAJASANA**

**URDHVA PADMASANA**

**CADET S.ASHWIN  
ENROLL NO : TN19SDA635004  
1 TN BTY NCC / GURUNANAK COLLEGE**

1TN bty NCC  
Guru Nanak college  
cdt.S.Hari shankar  
enrollment  
no:TN19SDA63501

1

badda  
virabhadrasana

virabhadrasana

sarvangasana

pada adho  
mukhavriksasana

phalakasana

**DHANURASANA**

**USHTRASANA**



**UTTANAPADASANA**

**VRIKSHASANA**

**UTTANA MANDUKASANA**

**CADET P.VISHNU RAJAN  
ENROLL NO : TN19SDA635031  
1 TN BTY NCC / GURUNANAK COLLEGE**

# SWs



Vrikshasana



janushrighasan



verapathasana



sasangasana



dhanurasana



padmasanam



SASANGASANA



ATHO MUKHA  
SVANASANA



Janushrighasanam



padmasana



**HALASANA**

**SARVANGHASANA**



# SARVANGHASANA



# URDAVA DHANURASANA



# Ustrasana



# setu banda sarvangasana



**THANK  
YOU  
ALL.**