



**THE MADURA COLLEGE**  
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



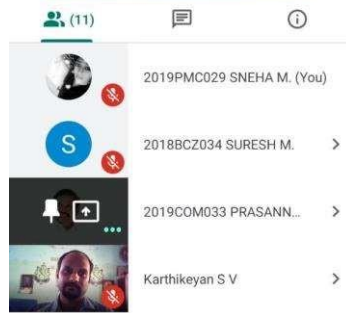
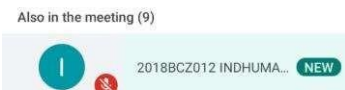
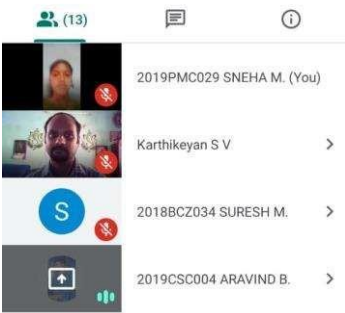
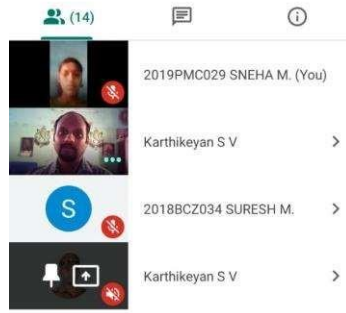
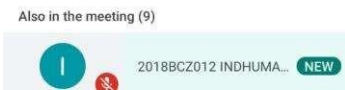
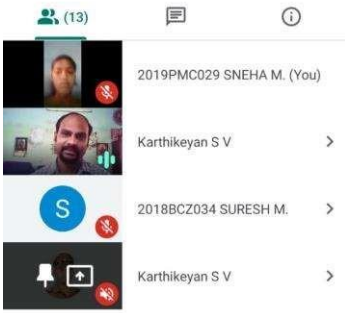
## **NATIONAL CADET CORPS (NCC)**

### **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, Madurai 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; totally 15 cadets (7 SD & 8 SW) 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 performed various asanas which they are doing regularly and highlighted their importance. Also, they briefed the DOs and DON'Ts of those postures. Ultimately, awareness on the benefits of Yoga was created among NCC cadets of The Madura College.





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- 2019PMC029 SNEHA M. (You)
  - 2018ZBC017 MALINI G. >
  - 2019COM033 PRASANN... >
  - Karthikeyan S V >
- Also in the meeting (7)
- 2018BCZ034 SURESH M. >



- (11)
- 2019PMC029 SNEHA M. (You)
  - 2018ZBC017 MALINI G. >
  - 2018ZBC032 SWETHA G. >
  - Karthikeyan S V >
- Also in the meeting (7)
- 2018BCZ034 SURESH M. >

Webinar on "Yoga for Fitness"

2019CSC004 ARAVIND B. is presenting

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Webinar on "Yoga for Fitness"

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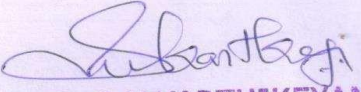
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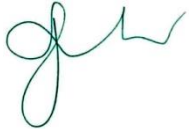
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## LIST OF PARTICIPANTS

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.



  
Principal  
PRINCIPAL  
**THE MADURA COLLEGE (Autonomous)**  
MADURAI - 625 011