

AUXILIUM COLLEGE (Autonomous)
(Accredited by NAAC with A+ Grade with a CGPA of 3.55 out of 4 in the 3rd cycle) Gandhi Nagar, Vellore – 6.

> 5.1.3 2021-2022 LIFE SKILL

Life skill for young people, 22-03-202, Dr. Fathima & Mr. Ramesh V J, Beyond coaching life





AUXILIUM COLLEGE (Autonomous)
Gandhi Nagar, Veliore - 632 006.
Vellore District, Tamil Nadu.

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Date:21st June 2021

Event:International Day of Yoga celebration at home

Commemoration of international yoga day was celebrated by NCC cadets at home. Different Asanas were performed by Cadets. Taking the task as young warriors, the programme was benefited to nearly 50 children in vellore district. Initially this 7th International yoga day was ignited by Naib subedar R. Sivanesan 1 Armed Sqn, Chennai with the importance of asanas and its beneficial in maintaining our body with the absence of diseases. During this pandemic situation cadets practiced as and provoked its importance to the nearby residents.



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