



**Government College of Engineering  
Sengipatti, Thanjavur-613402**

(Affiliated to Anna University, Chennai)

Website : [www.gcetj.edu.in](http://www.gcetj.edu.in)

Email: [gcesengipatti@gmail.com](mailto:gcesengipatti@gmail.com)



**REPORT ON FIT INDIA 2025**

**ACTIVITY - YOGA**

With reference to the Letter No. 1124/Trg/FIC dated.13.08.2025 from The Officer Commanding, 4 TN Girls Battalion NCC, Trichy to promote health and wellness through physical activity, Government College of Engineering, Sengipatti, Thanjavur -613402 organized a Yoga session on 14.08.2025 at 8.00 am. The NCC Senior Wing cadets of 4 (TN) Girls Battalion NCC, Trichy and NCC Senior Division cadets of 34 (TN) Independent Company NCC, Thanjavur participated in this yoga session.

Instructor : Arulnithi. S. KANNAN, Physical Director, GCE, Thanjavur  
Venue : Indoor Stadium, GCE, Thanjavur  
Date & Time : 14-08-2025, 08.00 a.m.



#### 4 (TN) Girls Bn. NCC, Trichy – GCE, Thanjavur – FIT INDIA 2025 - YOGA





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Physical Director Arulnithi S. Kannan, a well-trained yoga instructor guided the cadets on yoga practice. The cadets of NCC Senior Wing practiced various yoga postures and were instructed on how to lead a healthy life by incorporating yoga as daily routine. Prof. R. Swarna Lakshmi, NCC Caretaker Officer, accompanied the cadets, who participated in the yoga session.

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