



# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program :** TRAINING PROGRAMME ON YOGA
- 2. Name of the Coordinator/s :** Dr VC Resmi AND Vipin KD
- 3. Organizing Department/Cell :** NSS UNIT 47
- 4. Date :** 21/06/2022
- 5. Number of participants:** 100 NSS VOLUNTEERS
- 6. Venue:** SNM IMT COLLEGE
- 7. Resource Person/s :** Dr. M. Lakshmi Kumari the Director of Vivekananda Kendra Vedhik Vision Foundation
- 8. Objective of the Program :** to aware the importance yoga practice in maintaining good physical and mental health

## **9. Detailed description of the event:**

SNM College Maliankara NSS unit no 47 organised Yoga Day at the ground of SNMIMT College on 21st June 2022. The volunteers of the college organized the event in the presence of NSS programme officers Dr VC Resmi Vipin KD NSS secretaries Athul Krishna Meenakshi Sunish Shahir Mohammad and the event attended by more than 100 volunteers. Dr. M. Lakshmi Kumari, the Director of Vivekananda Kendra Vedhik Vision Foundation, graced the occasion as the chief guest,

The program started with the inauguration by Dr. Lakshmi Kumari spoke about the significance of Yoga in our daily lives and how it can help in maintaining good physical and mental health. After the inauguration, the Yoga session began, and the NSS volunteers participated with great enthusiasm. The session was conducted by a trained Yoga instructor.

The International Yoga Day celebration at SNMIMT College was a great success. The NSS volunteers showed great interest in learning and practicing Yoga. The presence of Dr. Lakshmi Kumari, who is a renowned Yoga practitioner, made the event more significant.

## 10. Outcome of the event/Evaluation by Program Coordinator:

The programme enlightend the spirituality and mental health of the people.

## 12. Photos

