

S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1.Title of the program:INTERNATIONAL DAY OF YOGA

2.Name of the Coordinator:Lt.Akhil J

3.Name of Organizing cell:NCC

4.Date:21st June 2022

5.Number of participants:72 cadets

6.Venue:SNMIMT, Maliankara.

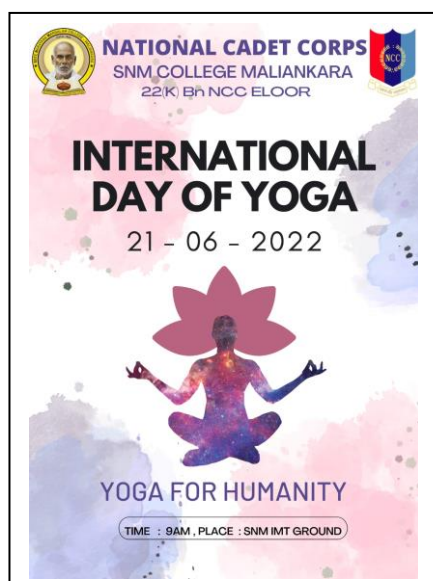
7.Resource person:

8.Objective of the program: To raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand.

9.Detailed description of program:On 21st June 2022, the NCC unit of SNM College,Maliankara celebrated the"INTERNATIONAL DAY OF YOGA". Reporting time was at 8:00 AM. All cadets were actively present for the yoga practice held at SNMIMT, Maliankara.Two of the PI staff from the 22 (K) Bn.NCC, Eloor was also present in the programme.

10.Outcome of the event: International Yoga Day aims to raise awareness worldwide of the many benefits of practicing yoga.

11.Brochure:



12.Photos

