



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- **Title of the program** : Health awareness class
 - **Name of the Coordinator/s** :Viji M P
 - **Organizing Department/Cell** : Yoga Club SNM College
 - **Date** : 19/03/22
 - **Number of participants**: 25
 - **Venue**: Google Meet
 - **Objective of the Program** to provide awerness about relation between yoga and health and importance of yoga in daily life
 - **Resource Person/s** : Dr Amrita BNYS, Varkala, Sreenarayana Medical Mission Hospital
 - **Detailed description of the event** : To make aware of students the importance of yoga in everyday life.SNM yoga club conducted health awareness class on Wednesday, 19/03/2021, Class presented by Dr Amrita BNYS Sreenarayana Medical Mission Hospital,Varkala . The class on 'Yoga in Everyday Life' was very useful for the contemporary society. This class was conducted through Google Meet at 5.30 pm and students, teachers and non-teachers participated in this class including students of yoga club.Mrs. Jyotsana delivered welcome speechand Amiya Santhosh gave the vote of thanks for the ceremony
- Outcome of the event/Evaluation by Program Coordinator** :Were able to provide awarness about relation between yoga and health.

Broucher

**Yoga Club, SNM
College, Maliankara**
awareness class on
" Yoga In Daily Life ".

Dr.Amrutha.BNYS

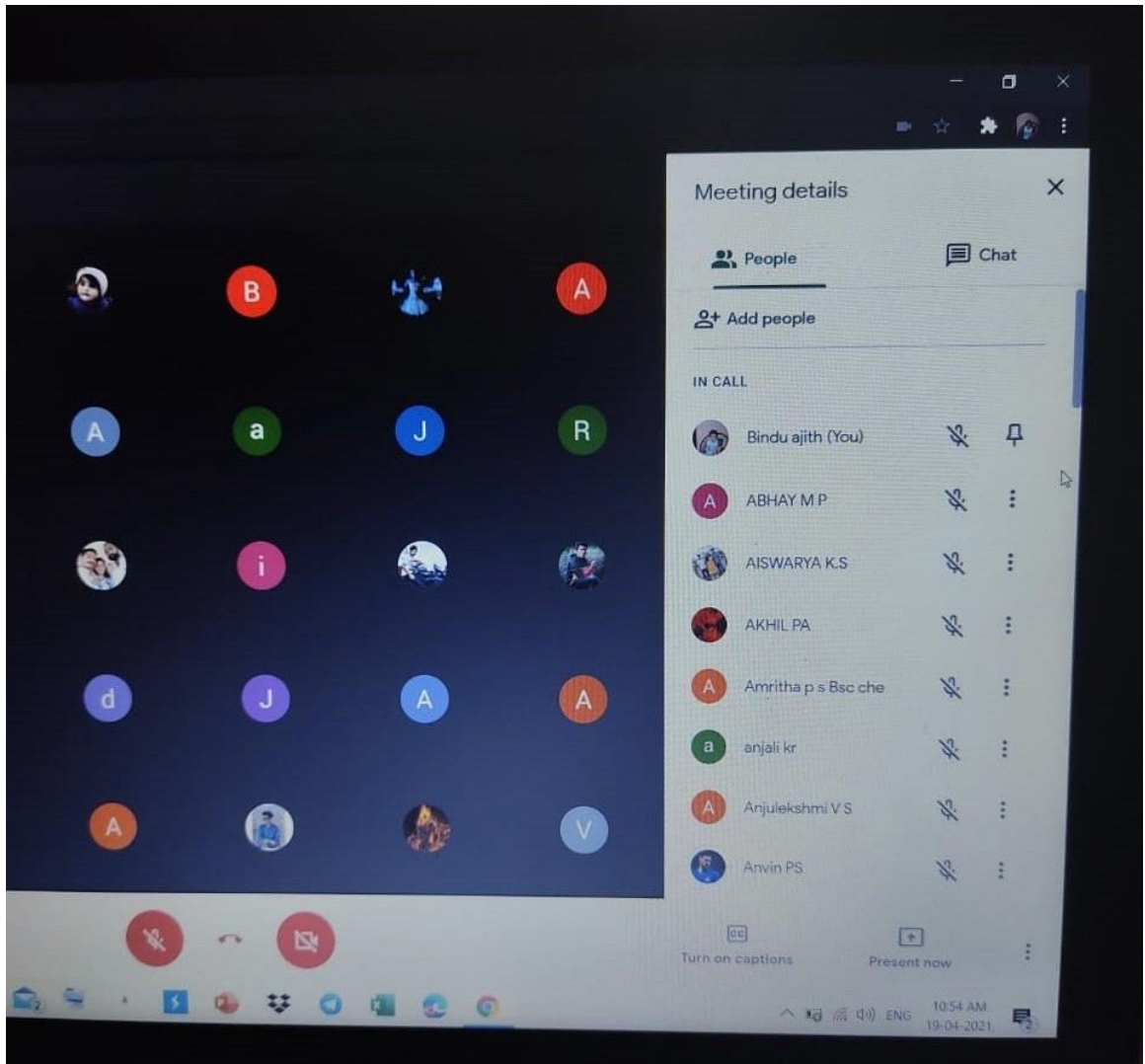
**Sree Narayana Medical
Mission Hospital,Varkala
on Google Meet**

Date:19/03/2021

Time: 5.30 pm

<https://meet.google.com/aqy-uvbp-aer>

All are welcome



list of participants

SNM college, Malankara.
Yoga club.
Health awareness class on 19/03/2021
Time: 5.30pm Google Meet platform.

1. Akshaya VS	<u>III</u> BA Malayalam
2. Jeeshma T.J	"
3. Roshna Raj	"
4. Soothy Lakshmi TS	"
5. Jayapriya PS	<u>III</u> DC physics
6. Aya Ajithan	
7. Nirya TR	
8. Chauthra VS	
9. Athira MV	
10. Lakshmi mol AS	

- | | |
|---------------------|-------------------------|
| 12. Aleena.k.J | I MA Malayalam |
| 13. Anjana | " |
| 14. Anjitha | " |
| 15. Geetha MA | " |
| 16. Mary Lismi | " |
| 17. Parvathy | " |
| 18. Leenu MN | " |
| 19. Silpa EP | " |
| 20. Joyale Sameera. | " |
| 21. Srothy AV | " |
| 22. Gradha | <u>III</u> BA Malayalam |
| 23. Akash VB | " |
| 24. Krishna Priya | " |
| 25. Krishna Prasad | " |

