



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program** :INTERNATIONAL YOGA DAY

2. **Name of the Coordinator/s** : C P SUNIL KUMAR

3. **Organizing Department/Cell** : NSS UNIT 47

4. **Date** : 21.06.2019

5. **Number of participants**: 100

6. **Venue**: SNM COLLEGE MALIANKARA

7. **Resource Person/s** : NIL

8.Objective of the Program : The objective of International Yoga Day is to promote and raise awareness about the physical, mental, and spiritual benefits of practicing yoga.

9. Detailed description of the event: The Programme commenced with an opening ceremony where the importance of yoga in promoting physical and mental well-being was highlighted. NSS Programme Officer, Sri C.P. Sunil Kumar, shared insights into the benefits of yoga and its role in maintaining a healthy and balanced life. The volunteers then participated in a series of yoga sessions, where they practiced different yoga methods under the guidance of experienced instructor Sreejith. These sessions encompassed a wide range of yoga techniques, including asanas (postures), pranayama (breathing exercises), and meditation.

10. Outcome of the event/Evaluation by Program Coordinator: The outcomes of International Yoga Day can have a positive and far-reaching impact on students.

11 Photos



12. Brochure

SNM COLLEGE MALIANKARA

NSS UNIT NO : 47

21 June 2019

HAPPY INTERNATIONAL
Yoga Day

Yoga asana is the physical practice and postures of yoga. Yoga is incredibly beneficial to our overall well-being.