



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the programme:INTERNATIONAL DAY OF YOGA

2.Name of the Coordinator:Lt. (Dr.) C .M.Sreejith

3.Name of Organizing cell:NCC

4.Date:21/06/2017

5.Number of participants:650 cadets (from different NCC units)

6.Venue:SNMIMT COLLEGE MALIANKARA

7.Resource person:Jayakrihnan C S

8.Objective of the program:: The goal is to spread awareness about the numerous physical and mental health benefits of yoga and offer a chance for individuals of all ages and backgrounds to experience its transformative effects firsthand

9. Detailed description of program:On 21st June 2017, the NCC unit of SNM College,Maliankara celebrated the"INTERNATIONAL DAY OF YOGA". Reporting time was at 8:00 AM. All cadets from different NCC units were actively practice yoga held at SNMIMT, Maliankara. Three PI staff from 22 (K) Bn.NCC, Eloor was also Participated in this programme.

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

11.Brochure:



NATIONAL CADET C

SNM COLLEGE MALIAN

22 KERALA BN. NCC,ELOC



NCC UNIT
No.4 COY



SNMC

JOINTLY ORGANISING

INTERNATIONAL DAY C

12.Photos:



13.List of the participants: