



Sree Narayana Mangalam College, Maliankara

(Affiliated to Mahatma Gandhi University, Kottayam)

Collaboration WITH Vivekananda Kendra Vedic Vision Foundation



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TRAINING PROGRAMME ON YOGA

Vivekananda Kendra Vedic Vision Foundation: Vivekananda Kendra Vedic Vision Foundation is a trust under Vivekananda Kendra. Since 1997 the foundation is functioning from its new head quarters at the ancient port city of Kodungallur in Kerala. The foundation aims at achieving the very vital task of regeneration of Bharat and inspiring the world to live in harmony following the ideals of Swami Vivekananda. It also aims at motivating the youth of Bharat to absorb the glory of our spiritual heritage and to take up the challenging task of propagating this unique vision which is a global need at the present times. For this it is necessary to prepare the young generation and transform them into fit instruments to transmit that vision to the world. Keeping the above objectives in mind the foundation is emphasizing the social relevance of the vedic vision through a variety of programmes. One such programme organised by Vivekananda Kendra Vedic Vision Foundation in collaboration with NSS unit of S.N.M college, Maliankara is a training programme in Yoga and meditation for faculties and students.

Objective of the programme: To make people aware of the importance of practicing yoga in maintaining good physical and mental health.

Description of the programme: Vivekananda Kendra Vedic Vision Foundation in collaboration with NSS unit of S.N.M college, Maliankara organised Yoga Day as part of international yoga day celebrations. The programme was conducted at the ground of S.N.M Institute of Management and Technology, Maliankara 21st June 2022. The programme was coordinated by Dr. Resmi V C and Mr. Vipin K D - NSS programme officers of S.N.M college, Maliankara. NSS secretaries Athul Krishna, Meenakshi Sunish and Shahir Mohammad of S.N.M college monitored the event. More than 100 NSS volunteers participated in the programme. The event was inaugurated by the resource person, Dr. M. Lakshmi Kumari - the Director of Vivekananda Kendra Vedic Vision Foundation. She spoke about the significance of yoga in our daily lives and how it can help in maintaining good physical and mental health. The inauguration was followed by the yoga practise session conducted under the guidance of a trained yoga instructor. The NSS volunteers showed great interest in learning and practicing yoga.



Outcome of the progamme: The International Yoga Day celebration at S.N.M Institute of Management and Technology was a great success. The presence of Dr. Lakshmi Kumari, who is a renowned yoga practitioner made the event more significant. The programme enlightend the spirituality and mental health of the people.

Photos



