



# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

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

**2. Name of the Coordinator:** Lt.Akhil J

**3. Name of Organizing cell:** NCC, NSS & Yoga Club

**4. Date:** 21<sup>ST</sup> June 2023

**5. Number of participants:** 115 Students

**6. Venue:** SNM College Maliankara

**7. Resource person:** shri.Sudhakar J I

**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 the program:**

On 21st June 2023, As a part of International Yoga Day. The NCC Cadets, NSS Volunteers and members of yoga club of SNM College jointly organized Yoga Day at the College Auditorium. The Event was Inaugurated by Our Chief Guest, Shri. Yogacharya Sudhakar JI (Co-ordinator, Indian yoga association & Chief Instructor of SNMC yoga club) along with the presence of Our Principal Dr T.H Jitha, ANO-Lt.Akhil J, NSS officials and teaching and non-teaching staffs. The 115 students were actively performed yoga under the guidance of Shri. Jayakrishnan (yoga instructor).

**10. Outcome of the event:** Yoga Day celebrations can have several positive outcomes, promoting physical and mental well-being, community engagement, and the adoption of a healthier lifestyle.

11.Brochure:

**S N M COLLEGE MALIANKARA**

**Yoga Club**

N S S UNIT NO : 47      22 (k) BN. N C C, ELOOR      (S N M C)

*Jointly Organising*

**INTERNATIONAL  
YOGA DAY**  
21<sup>st</sup> June 2023

**PROGRAMMES**

WELCOME SPEECH : Dr. V C RESMI N S S PROGRAMME OFFICER  
PRESIDENTIAL ADDRESS : Dr. T H JITHA PRINCIPAL  
**INAGURATION BY : YOGACHARYA SUDHAKAR J.I**  
(CO ORDINATOR , INDIAN YOGA ASSOCIATION)  
(CHIEF INSTRUCTOR , YOGA CLUB)  
VOTE OF THANKS : N C C (S U O), KARTHIKA T.U

<b>TIME</b> 8:00am	<b>DATE</b> 21/06/2023	<b>VENUE</b> COLLEGE AUDITORIUM
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12. Photos:

