

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)

Affiliated to University of Kerala



3.6.1 International Yoga Day 2018

IQAC INTERNAL QUALITY ASSURANCE CELL

INTERNATIONAL YOGA DAY -21/06/2018

Yoga is an invaluable gift of India's ancient tradition. The international Yoga Day was celebrated on every year June 21. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. The day was observed by conducting a Yoga class for cadets. Cadets also participated in the Mass Yoga class conducted at, Kollam Beach during every year.

