

INTERNATIONAL YOGA DAY

ACTIVITY REPORT 2014-2019

2014-15

International Yoga Day was celebrated by the Sports club on 21.06.2017. A session explaining the aasanaas of Yoga, which is followed by the practice of some important aasanaas



2015-16

- The “Yoga Day” 2015 was celebrated according to the directions given from the Ministry of Youth Affairs. It was planned as a 5-day training programme conducted in the campus for NSS volunteers, NCC Cadets and other interested persons. A seminar based on Yoga was conducted, after which the demonstration and practice of various “asanaas” of Yoga were done.





2016-17

- International Day of Yoga was celebrated by NCC, Army Wing, Fatima Mata National College on 21.06.2016.

- International Day of Yoga was celebrated by NCC, Naval Wing, on 21.06.2016. Twenty students of the college participated in performing Yoga aasanaas.
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2017-18

- On 21.06.2017, A total 30 **Naval NCC Cadets** and **NCC, Army Wing** practised yoga at the volleyball court in front of college. Senior cadets Sherin Thomas, Mukunda Krishnan and Arun S. Kumar gave demonstrations of different 'AASANAS'





- Yoga Day Observance- 21.06.2017, organized by Department of Psychology in which 54 students participated.



- International Yoga day is celebrated by the members of the Health Education Club on 21st June 2017. Twenty-two students of the club participated in the program. It helped them to get physical and mental discipline.



2018-19

- On 21.06.2018 NCC Army Cadets took part in the Mass Yoga class at Kollam Beach





- International Yoga Day observed by NSS volunteers on 21.06.2018





- Yoga Day celebration was organized on the 21st of June, 2018 with the aim of promoting knowledge about the indigenous culture and traditional methods, as well as to empower the participants towards inculcating the practice into their life. National level Yoga trainer with reputation, Mr. Ravikiran from the Sankalp academy handled the classes and the experiential learning session was considered highly useful by the participants. 56 students participated.

