

Yoga Demonstration and Practice session

Date of Event: 21/06/2022

Faculty In-charge: Mr. Tony V M, Ms. Emil George



Report of Yoga Demonstration practice session

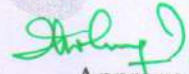
As a part of International Yoga day Celebration On Tuesday, 21 June 2022 from 9 AM to 10.30 am at Navarang (New auditorium) Mr.Baiju Varghese Director of Athma Academy Kochi Conducted Yoga demonstration. Students from Physical education department and NSS got an opportunity to practice Yoga on international Yoga day. By afternoon students got an opportunity to practice yoga in new Auditorium. The event Coordinated by physical education department in collaboration with NSS.



Prepared by
NSS Programme Officer
Mr. Tony V M



Verified by,
IQAC Coordinator
Dr. Joy Joseph Puthusery



Approved By
Principal
Rev.Fr.Dr.Paulachan K J

Brochure

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
PONGAM, KORATTY
(Affiliated to the University of Calicut, Accredited by NAAC with B+, ISO 9001:2015 Certified)

21 JUNE 2022
INTERNATIONAL YOGA DAY



**THE DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH
NATIONAL SERVICE SCHEME
UNIT NO: SF-03**

Organises



**Yoga
Demonstration
&
Practice
Session**

1:20 PM | NAVARANG

To reach the unreachable



YAMA 2022
International Yoga Day Celebration



On Tuesday, 21 June 2022
From 9.00 am to 10.30 am
At Navarang (New Auditorium)

Chief Guest:
Baiju Varghese
(Director, Athma Yoga Academy,
Ponnuruni, Vyttila, Kochi)

Organized By:
DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH NATIONAL SERVICE SCHEME
**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**
(Affiliated to the University of Calicut. Accredited by NAAC with B++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India. Pincode - 680 308




Photo of Yoga Demonstration



Karukatty, Kerala, India

69WF+W3W, Naipunnya Nagar, Karukatty, Kerala 680308, India
Lat 10.247337°
Long 76.372788°
21/06/22 09:36 AM



Karukatty, Kerala, India

69WF+W3W, Naipunnya Nagar, Karukatty, Kerala 680308, India
Lat 10.247337°
Long 76.372788°
21/06/22 09:24 AM

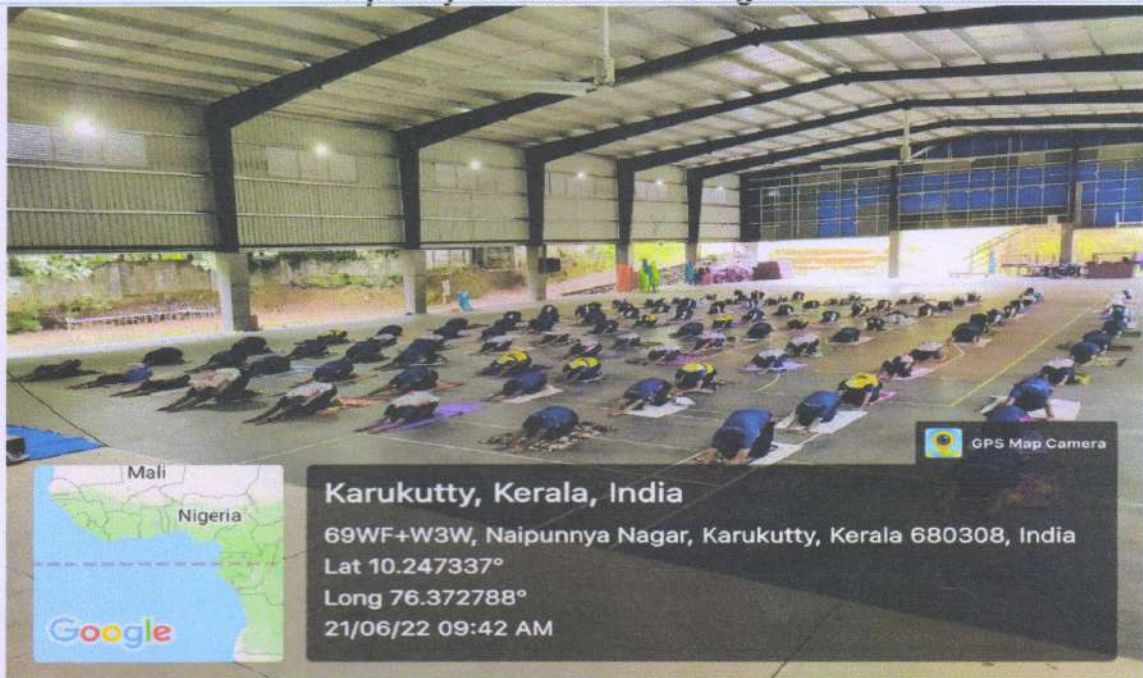
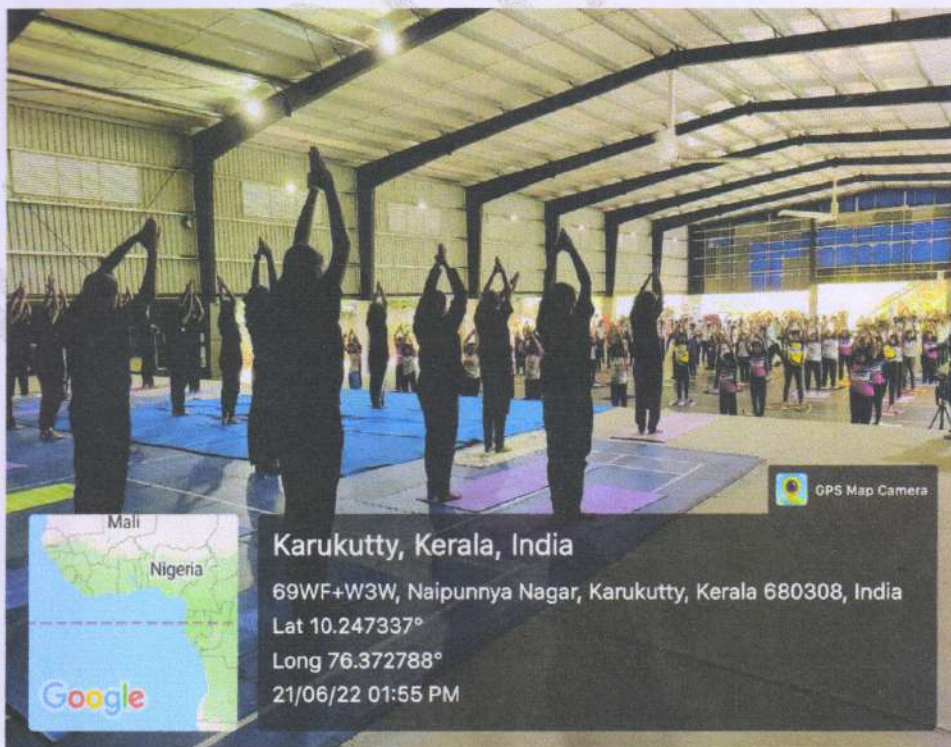


Photo of practice session in the evening



PARTICIPANTS' LIST

Attendance List of NSS Students			
Sl.No	NAME	Sl.No	NAME
1	A M ARUNDHATHY	26	GOURAV M S
2	ABEL SONY	27	HANNA ASHARAF
3	AISWARYA P P	28	JALJO JAISON
4	AJIN JOBY	29	JAMES VARIKKASSERY
5	ALBIN BENNY	30	JOE PAUL ANTU
6	ALDEN BIJU	31	JOSEPH NELSON
7	ALEENA TOMY	32	LASLET P J
8	ALEENA VILSON	33	MEGHA MURUKESH
9	ALJO VARGHESE	34	MEHFAS NISHAE
10	ALNA JOSE	35	JYOTHIKA BABURAJ WAIR
11	ALVEENA MERIN JOHNSON	36	NANDHANA GOPINATHAN
12	ALVIN JOSHY	37	NANDHANA RAMESH
13	ALWIN PAPPACHAN	38	RAHUL V R
14	AMAL BABY	39	RICHES S VICHAD
15	AMRITHA S	40	ROSMI BIJU
16	ANCHEL K S	41	SANJAY SALI
17	ANJANA S NAIR	42	SHAHANA SHANAVAS
18	ARCHA SUBHASH	43	SHAINA SHAJU
19	ARJUN M P	44	SHAJU JOY
20	ALEENA CD	45	SHEETAL KR
21	DEVIKA SHAJU	46	SHINE SHAJU
22	DHINISH P V	47	SNOWMOL GEORGE
23	EMMANUEAL PAUL	48	SONA SHIBU
24	ESHA THOMAS	49	THARA SAJAN
25	FASNA NAURIN	50	AISHWARYA B

