

NATIONAL SERVICE SCHEME (NSS)

UNIT NO. 278

YOGA DEMONSTRATION & PRACTICE SESSION

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To reach the unreachable

Date of event: 21.06.2023

Faculty in-charge: Dr. Sajith K. S., Ms. Emil George, Mr. Jithin Scaria

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnnya.ac.in, mail@naipunnnya.ac.in



REPORT

National Service Scheme (NSS) Unit No: 278 organized “YOGA DEMONSTRATION & PRACTICE SESSION” on 21st June 2023 in connection with International Yoga Day Celebration. The yoga demonstration was done by the volunteers of NSS. Practice session was led by Mr. Sreejith P. A. All NSS volunteers participated the programme. Management team and various teaching and non-teaching staff witnessed the function. The programme began at 2.30 p.m. Navarang auditorium and came to an end by 3.30 p.m.

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Prepared by:



Dr. Sajith K. S.
(NSS PO)

Verified by:



Dr. Joy Joseph Puthussery
(Dean of Studies & IQAC Coordinator)

Approved by:



Rev. Fr. Dr. Paulachan K. J.
(Principal)



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 2023

INTERNATIONAL YOGA DAY

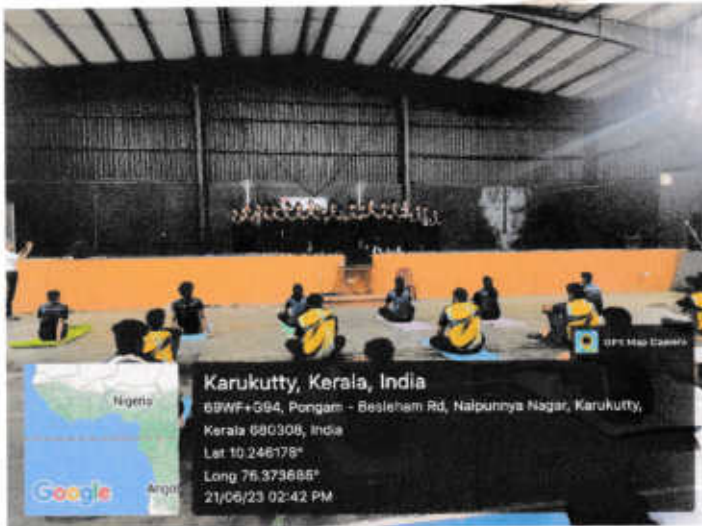
**THE DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH
NATIONAL SERVICE SCHEME
UNT NO: 278**

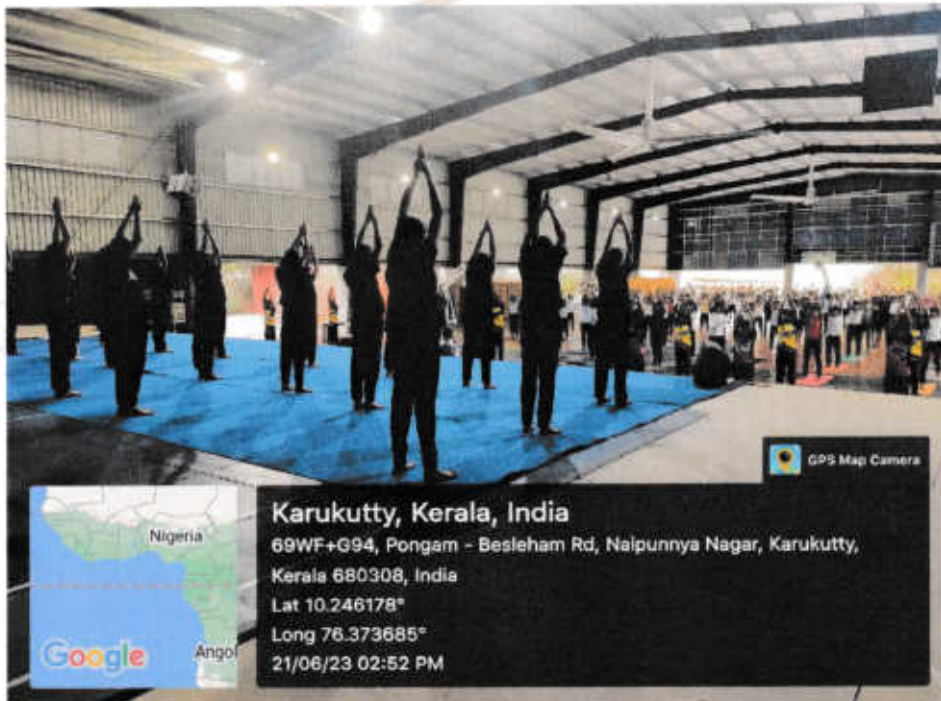
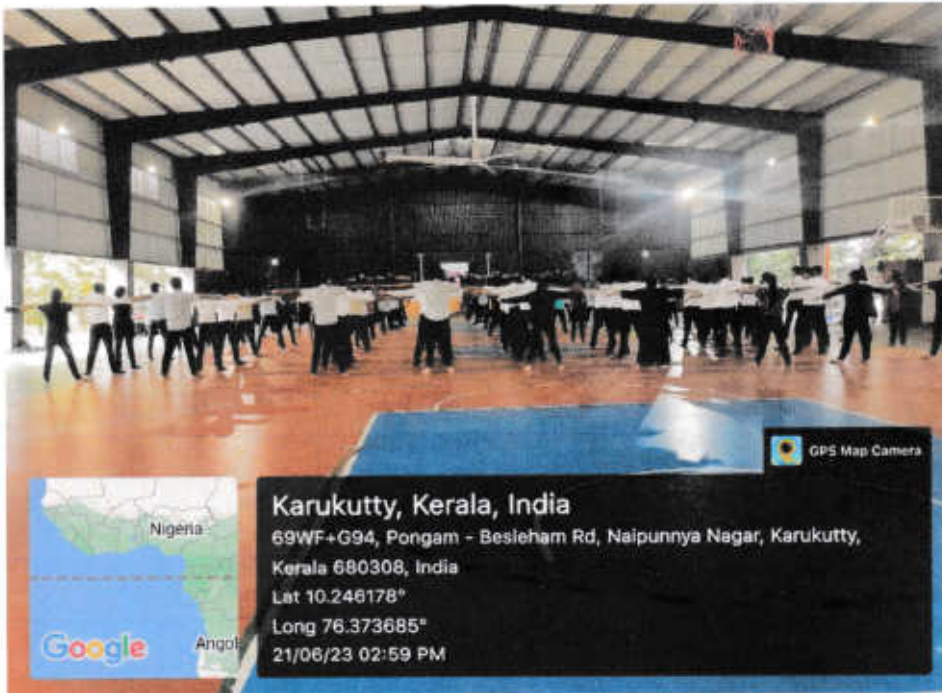
Organises

**Yoga
Demonstration
&
Practice
Session**

2:30 PM | NAVARANG

PHOTOGRAPHS /SCREENSHOTS















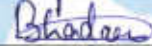





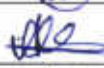

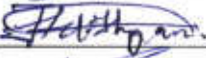




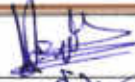


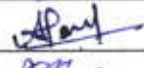
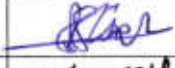
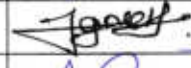







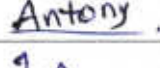



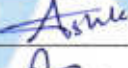


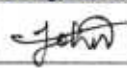



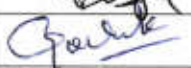
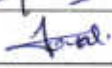
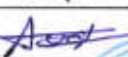
PARTICIPANTS' LIST


Name of the Event: Yoga Demonstration and Practice Session

Date: 21/06/2023

Class: NSS

Sl No.	Name of the Student	Class	Signature
1	SHERIN JOHNSON	B. Sc CS	
2	CHRISTO SANTHOSH	B. Com CA	
3	NOEL THOMAS	B. Com Finance B	
4	PRIYAN POLACHAN	BCA A	
5	ELDHO BENNY	B. Com Finance B	
6	HAFEEZ RAHMAN S H	B. Sc CS	
7	ANNMARIYA GEORGE	B. Com CA	
8	NEERAJA SUDHEER	B. Sc CS	
9	ALEN ANTONY	B. Com CA	
10	ADITHYA K PRAKASH	B. Com Finance B	
11	SANJU K S	B. Com Finance B	
12	AGNAS SAJU	BBA	
13	BHADRA BIJU	BCA B	
14	ANJO JOY K	B. Com Finance A	
15	ELZA BIJU	BCA B	
16	NOEL JOY	B. Com CA	
17	SAMSAN SOJAN	B. Com CA	
18	PAUL OUSEPH	BCA A	
19	AKASH SASI	B. Com Finance A	
20	ABHITH B	B. Com Cooperation	
21	ADITHYAN P R	B. Com CA	
22	JAMSHEETH JALAL	B. Com Finance B	
23	AISWARYA T B	BCA A	

24	ANIRUDH MOHAN	B. Com Finance A	
25	SHIYA SHIJU	B. Com CA	
26	NICHOL AIROOKARAN	B. Sc CS	
27	ALEENA JOY	B. Sc CS	
28	ASHIK THOMAS K	B. Com CA	
29	IGNO VARAGHESE	BCA B	
30	DAYANA K J	B. A. English	
31	ALAN JOY	BCA B	
32	KIRAN C. J	B. Com CA	
33	ALEN ANTU	BCA B	
34	GEO JOSHY	BCA B	
35	JEEVAN C.R	BCA A	
36	JOEL ANTONY	BCA A	
37	ANTONY JOSE	B. Com Finance B	
38	JOHN RAJESH CHEERAKATHIL	BCA A	
39	ALEX JOSE	BCA A	
40	SEBIN VARGHESE	B. Com Finance B	
41	ASHIK PETER	B. Com Finance B	
42	PRANAV SHIJU	B. Sc CS	
43	SRUTHI E.S	B. Com CA	
44	JOHN PAUL K DAVIS	B. Sc CS	
45	SNEHA BADRA V. R	B. Com CA	
46	ANTONIYO DAVIS	B. Com CA	
47	HENA JOSE	B. A. English	
48	G. GOWTHAMKRISHNA	B. Com CA	
49	JOEL JOSHY	B. Com Finance B	
50	AUSTIN M.M.	BCA B	

Event Coordinator  *Dr. Saji Mathias*

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

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