

2024-2025

DEPARTMENT OF PHYSICALEDUCATION & NATIONAL SERVICE SCHEME UNIT NO: SF-03



INTERNATIONAL YOGA DAY "YAMA 2024"

Date: 20th June 2024

Time: 10.00 a.m.

Venue: LF SOURABHYA, MUNNOORPILLY




Mrs. Niya scaria

H.O.D of Physical Education




Fr. Dr. Paulachan.K.J.

PRINCIPAL

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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

DEPARTMENT OF PHYSICALEDUCATION & NATIONAL SERVICE SCHEME UNIT NO: SF-03

Report on INTERNATIONAL YOGA DAY “YAMA 2024”

Date: 20th June 2024

Time: 10.00 a.m.

Venue: LF SOURABHYA, MUNNOORPILLY

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duhkha). There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide.

Yoga Boosts Self-Esteem and Confidence: **Yoga** helps to instill confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

“The Goal is to manifest this divine within, by controlling nature external and internal. Do this either by work, or worship, or psychic control, or philosophy, by one, or more, or all of these- and be free. This is the whole of religion.

The International Day of Yoga was first commemorated on June 21, 2002, in the city of Setubal in Portugal under the guidance of Jagat Raja, who was awarded the Padma Shri in the year 2015. June 21 was chosen as the International Yoga day since it's the longest day of the calendar year, and is connected with the Sunlight and nature. It has no personal importance.

Yoga is an embodiment of unity, it helps to unite the mind and body, strengthen mind and consciousness and a holistic approach to health and well-being. Yoga means a disciplined lifestyle to attain physical health, mental health, social health and spiritual

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health. Yoga helps to discover the sense of oneness within you, the world and the nature. It also helps to understand the intricacies of nature and life and to use this knowledge in day today life.

Contrary to political propaganda, yoga is a discipline which brings about the union of the Physical, Mental and spiritual through mental concentration and physical power. In Vedic Sanskrit, the literal meaning of the word yoga is “to add”, “to join”, “to unite”, “to yoke” or “to attach”, arising from the root “yuj”.

The International day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India.

This year, the theme of International Yoga Day is “Yoga for Wellbeing”. The Department of Physical Education and National Service Scheme Naipunnnya College, Koratty has organized a “YAMA 2024” in connection with International Yoga day on 21st June 2024 at, **LF sourabhya, munnoorpilly** by 10.00am Rev.Fr.Baiju Varghese (director, athma yoga academy ponnurunni, vytila ,kochi). He led a practical session on “YAMA 2024”. It gave deep knowledge and had an interactive session for the participants. A total of 156 participants were gathered in the LF SOURABHYA, MUNNOORPILLY which include faculties, Degree and post graduate students from various departments. The program is concluded at 12.00 am with a vote of thanks by Allen V.L BSC Computer Science 2nd year, NSS student, NIMIT.



Rev.Fr. Dr.Paulachan.K.J

PRINCIPAL

No: NIMIT/NPE/01/24-25

Date: 07.05.2024

Circular

○ Subject: INTERNATIONAL YOGA DAY 2024-2025

We are delighted to announce the : INTERNATIONAL YOGA DAY “YAMA 2024-2025” which is scheduled to be conducted on 20/06/2025. Interested students should forward their names to Ms. Niya Scaria (Physical education HOD) by 27/05/2025.




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



YAMA 2024

One-Day Yoga Training in Connection
with International Yoga Day 2024.



Date : 20th June 2024, Thursday
Time : 10.00 a.m. to 12.00 p.m.
Venue: LF Sourabhya, Munnoorpilly

Trainer:
Rev. Fr. Baiju Varghese
(Director, Athma Yoga Academy,
Ponnurunny, Vyttila, Kochi)

Organized By:
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS CLUB
IN ASSOCIATION WITH NATIONAL SERVICE SCHEME (NSS)

**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)
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24	Ashwin Wilson	
25		
26		
27		
28		

Sports Club Co-ordinator

Ms.Noble Devassy



Naipunnya

To reach the unreachable

YAMA 2024-YOGA DEMONSTRATION

PARTICIPANTS LIST

DATE:20/06/2024

SL NO	NAME	SIGNATURE
1	Devapriya pm	
2	Devananda AS	
3	vismaya .k	
4	Diya . K	
5	Amritha .H	
6	Finu Faran	
7	Hajila Rashid	
8	Sreedevi .k	
9	Alphy Sibickan	
10	Harsha . M.S	
11	Devi Krishna E S	
12	Alphiya Jose	
13	Athira.R	
14	Jinto Joy	
15	Prabath Achari	
16	Rohan . K . Roy	
17	Bichu B	
18	Joyal Jainan Mathew	
19	Aswin .V	
20	Saranj P. Sathesh	
21	Anuraj K.J	
22	Sayanth Santhosh	
23	Sarajo P H	