

NATIONAL SERVICE SCHEME

UNIT NO.: 278



INTERNATIONAL YOGA DAY

Date of event: 20 June 2024

Faculties In-charge: Ms. Emil George, Mr. Abin John



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

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No: NIMIT/ CP-NSS /01/2024-25

Date: 28 May 2024

Circular

Various activities will be organised by National Service Scheme (NSS) in the upcoming month. Detailed information about each programme is furnished below. All the NSS volunteers are requested to participate in the activities without fail.

Sl. No.	Date	Event	Time	Venue/Platform
1	05-06-2024	Environment Day / Haritham – Tree Plantation & Cleaning Drive	09.30 AM	College Campus & Panchayat LP School, Koratty
2	13-06-2024	World Blood Donor Day – Interdepartmental Quiz	01.45 PM	MBA Seminar Hall
3	14-06-2024	World Blood Donor Day – Awareness & Blood Bank Formation	10.00 AM	College Campus & College Premises
4	20-06-2024	International Yoga Day	10.00 AM	Navarang
5	26-06-2024	Anti-Drug Day Awareness Session	10.30 AM	MBA Seminar Hall



Fr. Dr. Paulachan K.J

(Principal)



REPORT

International Yoga Day was celebrated with great enthusiasm on 20 June 2024, bringing together students and faculty members for a refreshing and meaningful session at LF Sourabhya, Munnoorpilly. The event was led by Rev. Fr. Baiju Varghese from Athma Yoga Academy, a renowned yoga practitioner and spiritual guide. His presence and guidance added depth to the session, which focused on promoting both physical well-being and mental clarity.

Participants actively took part in various yoga activities, including guided breathing exercises, meditation, and simple yet effective stress-relief techniques. The session aimed to raise awareness about the importance of maintaining a healthy body and a peaceful mind through regular yoga practice. Fr. Baiju Varghese spoke about the holistic benefits of yoga, urging everyone to integrate it into their daily routines to achieve a balanced and harmonious lifestyle.

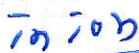
The atmosphere was calm and positive, fostering a sense of unity and collective well-being. The session concluded with a group meditation, which left attendees feeling relaxed, rejuvenated, and inspired. The event not only highlighted the relevance of yoga in contemporary life but also encouraged the college community to adopt healthier habits. It was a fitting tribute to the spirit of International Yoga Day and the timeless wisdom it represents.

Prepared by:



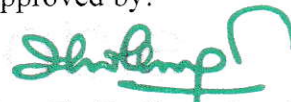
Ms. Emil George
NSS Programme Officer)

Verified by:



Dr. Joy Joseph Puthussery
IQAC Coordinator

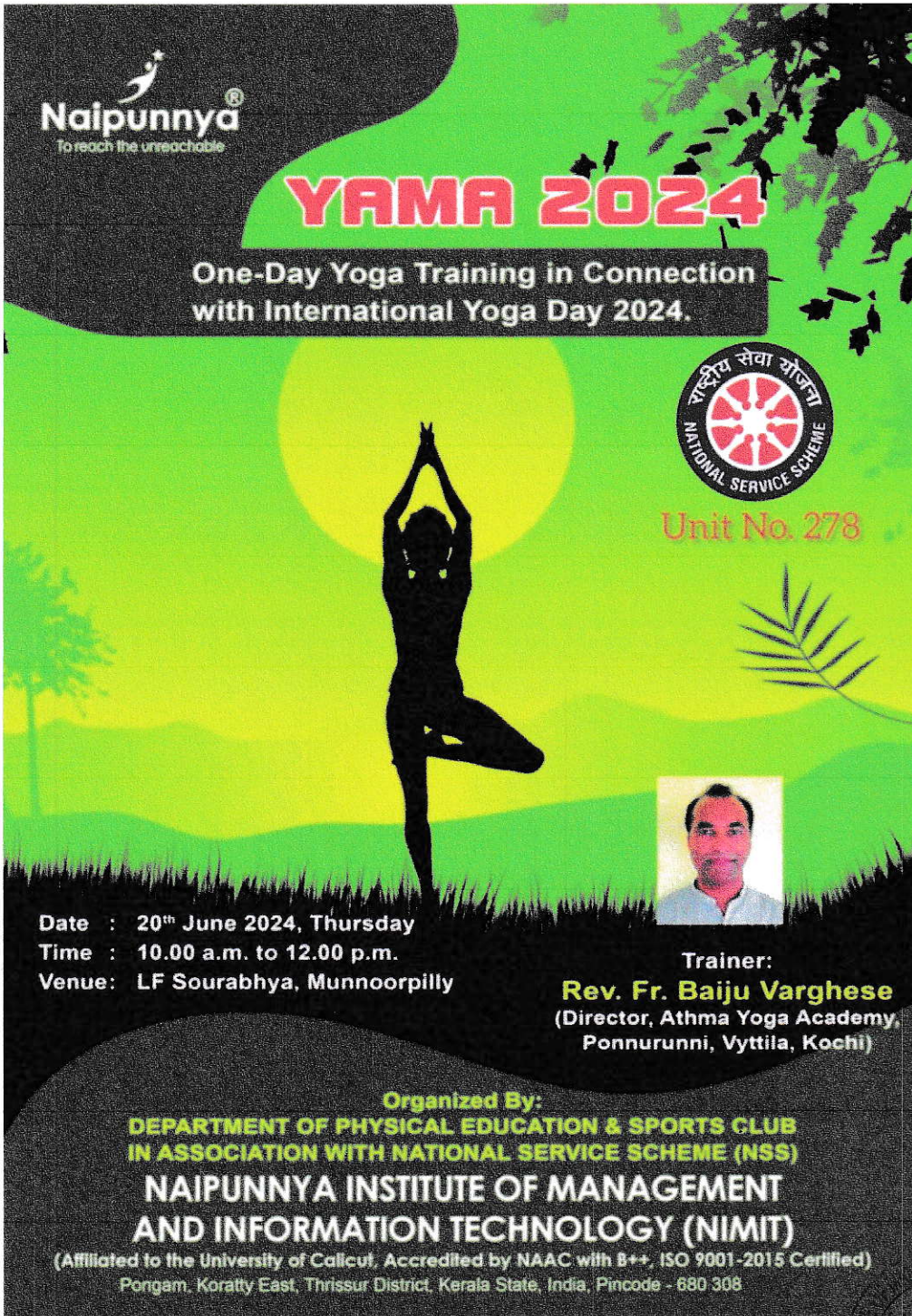
Approved by:



Rev. Fr. Dr. Paulachan K.J
Principal



BROCHURE




Naipunnya®
To reach the unreachable

YAMA 2024

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



Unit No. 278



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,
Ponnurunni, 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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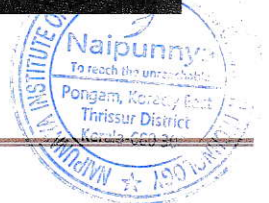
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PHOTOGRAPHS



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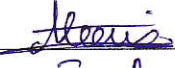
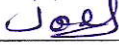
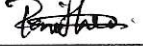
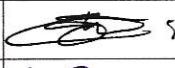
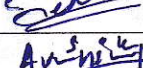
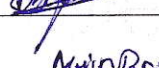
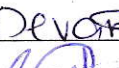
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PARTICIPANTS' LIST

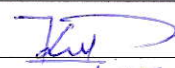
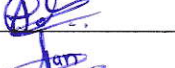
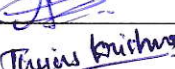
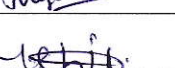
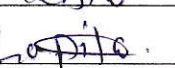
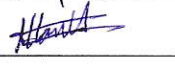
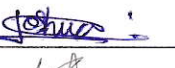
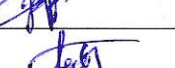
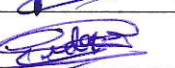
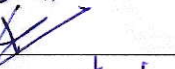
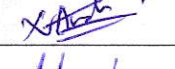
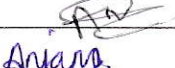
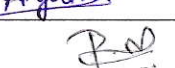
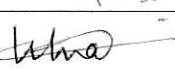
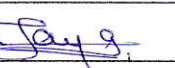
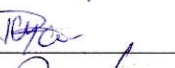
Name of the Event: International Yoga Day

Date: 20 June 2024

Class: NSS

Sl.No	Name	Class	Signature
1	Muhammed Roshan K N	B Com Computer Application	
2	Siniya Jose	B Com Computer Application	
3	Jeswin Francis	B Com Computer Application	
4	Adithyan E S	B Com Computer Application	
5	Aneen Joseph Joshy	B Com Computer Application	
6	Aleena K J	B Com Computer Application	
7	Joel Tim Jose	B Com Computer Application	
8	Giridhar KG	B Com Computer Application	
9	Pavithra. TV	B Com Computer Application	
10	Ebin Shaijan	B. Com Co-operation	
11	Angelina Sajeev	B. Com Finance	
12	Theertha Suresh	B. Com Finance	
13	Devika Shibu	B. Com Finance	
14	Avani Shajan	B. Com Finance	
15	Abhai Jagadeesan	B. Com Finance	
16	Merin Rose Babu	B. Com Finance	
17	Ananthakrishnan K. B	B. Com Finance	
18	Aswini CP	B. Com Finance	
19	Aleena Thomas	B. Com Finance	
20	Devananda E S	B. Com Finance	
21	Samah Sanofer	BBA	
22	Pooja Vinod	BBA	
23	Abhishek.S	BBA	



24	Kevin Pauly	BBA	
25	Krishnanunny K S	BBA	
26	Amrutha B Raj	BBA	
27	Adhith Shajan	BBA	
28	Alan Pauly	BBA	
29	Thejus Krishna Chandramohan	B. Sc Computer Science	
30	Mebin Martin	B. Sc Computer Science	
31	Gopika KS	B. Sc Computer Science	
32	Allan. V.L.	B. Sc Computer Science	
33	Joshua Sujo	B. Sc IT	
34	Kasinathen M S	B. Sc IT	
35	Jeffin Job	B. Sc IT	
36	Faris Nishad P	BCA	
37	Akulkrishna Dileesh	BCA	
38	Lisben C S	BCA	
39	Ann Salomi Jose	BCA	
40	Keerthana S Nair	BCA	
41	Nanda Divedi	BCA	
42	Aleena Anto	BCA	
43	Angel Rose Pauly	BCA	
44	Anjana K S	BCA	
45	Priyada.M	BCA	
46	Helna Thomas	BCA	
47	Laya Therese Prince	BCA	
48	Daya C S	BCA	
49	Brito Davis	B A English	
50	Abhijith Santhosh	B A English	

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2	Nandakishor P S	B. Com Finance	<i>Nandakishor</i>
3	Justine Shaju	B. Sc CS	<i>Justine</i>
4	Meharin Ullas	BCA	<i>Mell</i>
5	Navin	BCA	<i>Navin</i>
6	Anna Shaju	B. Sc CS	<i>Anna</i>
7	Rosna Byju	BCA	<i>Rosna</i>
8	Joseph Joby	BCA	<i>Joseph</i>
9	Arlin Jijjo Melappilly	B. Com Finance	<i>Arlin Jijjo</i>

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Coordinator



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