

Department Name: DEPARTMENT OF PHYSICAL EDUCATION

Event Name: "YAMA 2025"

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To reach the unreachable

Date of event: 21st June, 2025

Faculty In-charge: Ms. Niya 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

No: NIMIT/NPE/01/25-26

Date: 01.05.2025

Circular

Subject: INTERNATIONAL YOGA DAY 2025-2026

We are delighted to announce the : INTERNATIONAL YOGA DAY “YAMA 2025-2026” which is scheduled to be conducted on 20/06/2025. Interested students should forward their names to Ms. Niya Scaria (Physical education HOD) by 20/05/2025.



Fr. Dr. Paulachan K.J
(Principal)



REPORT

DEPARTMENT OF PHYSICAL EDUCATION

Venue: NAVARANG AUDITORIUM, NIMIT

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aims to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duḥkha). 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. 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 health. Yoga helps to discover the sense of oneness within you, the world and the nature.

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.

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.

The Department of Physical Education and the National Service Scheme of Naipunnnya College, Koratty organized "*YAMA 2025*" in connection with International Yoga Day on 20th June 2025 at 2:10 PM in the Navarang Auditorium, NIMIT.

The celebration began with a prayer by S. Gowripriya of II BBA, followed by the welcome address delivered by Ms. Emil George, NSS Programme Officer and Assistant Professor, Department of Language, NIMIT.

Rev. Fr. Dr. Paulachan K J, Executive Director and Principal of NIMIT, delivered the presidential address. The Chief Guest of the day, Rev. Fr. Baiju Varghese, Director of LF Saurabhya, inaugurated the International Yoga Day celebration. He also led a practical session as part of "*YAMA 2025*," which provided deep insights into the philosophy and practice of yoga. The session was highly interactive and engaging for the participants.

A total of 100 participants, including faculty members and undergraduate and postgraduate students from various departments, took part in the event.

The programme concluded at 2:30 PM with a vote of thanks by Ms. Niya Scaria from the Department of Physical Education, NIMIT.

Prepared by:


NIYA SCARIA
Ms. Niya Scaria

HoD, Physical Education

Verified by:


Mr. Joy Joseph Puthussery

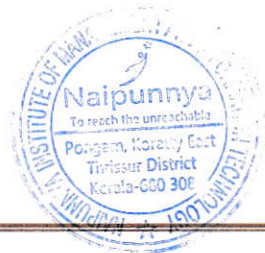
Dean of Studies/ IQAC Coordinator

Approved by:

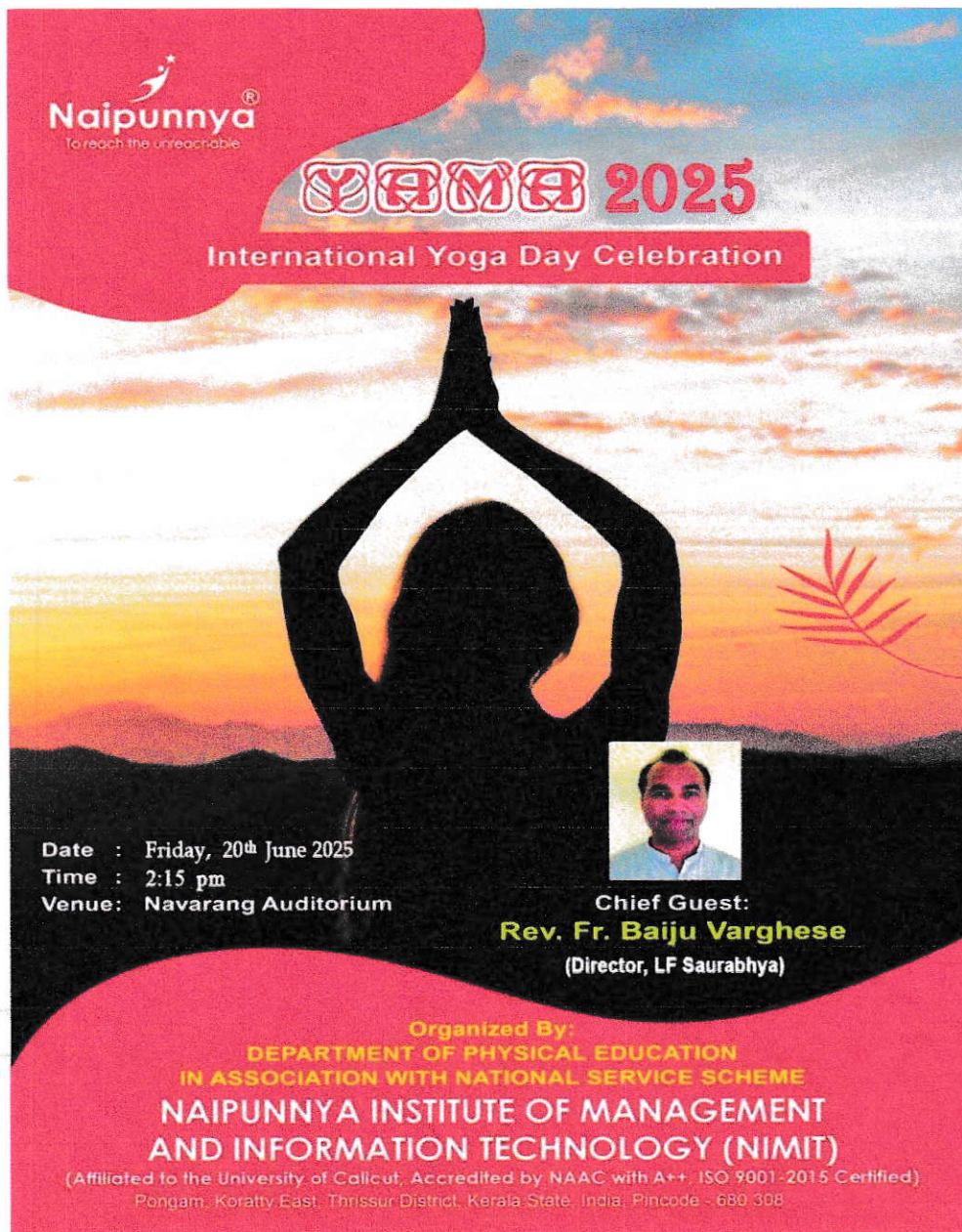

Rev. Fr. Dr. Paulachan K J

Principal


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BROCHURE



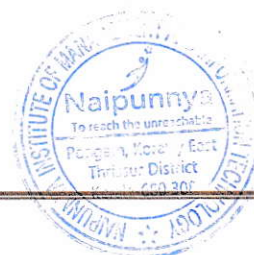
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YAMA 2025
International Yoga Day Celebration

Date : Friday, 20th June 2025
Time : 2:15 pm
Venue: Navarang Auditorium

Chief Guest:
Rev. Fr. Baiju Varghese
(Director, LF Saurabhya)

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 A++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308



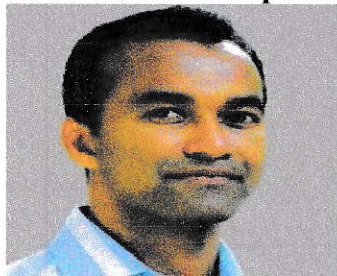
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RESOURCE PERSON'S PROFILE

Photo of the resource person



Name: Fr. Baiju Varghese

Designation: Director LF Saurabhya

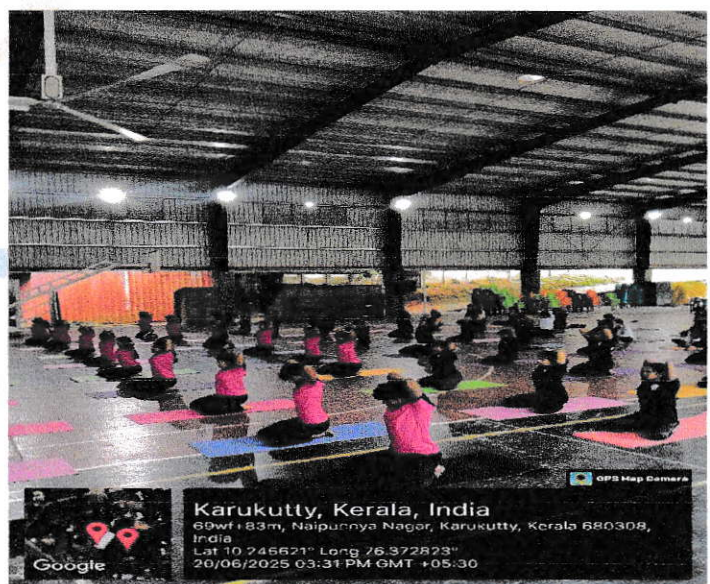
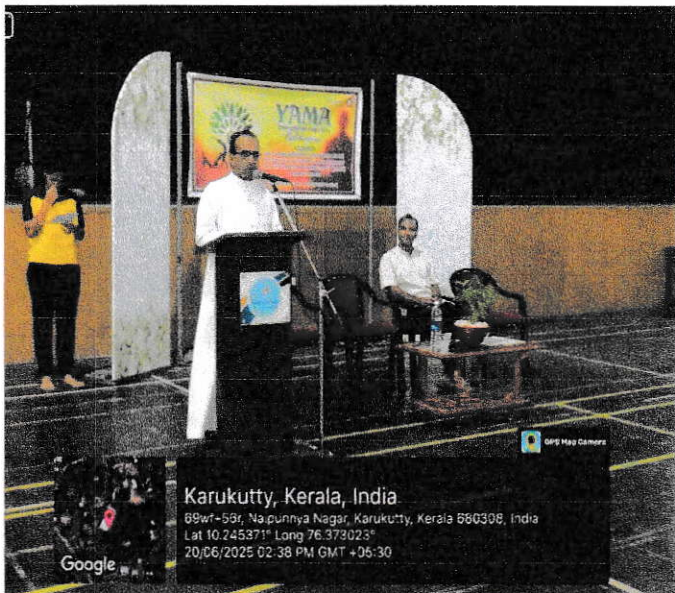
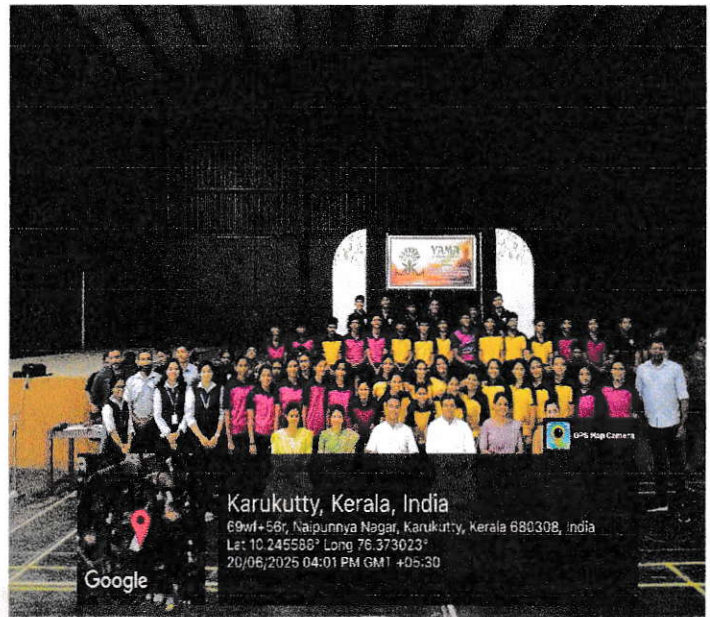
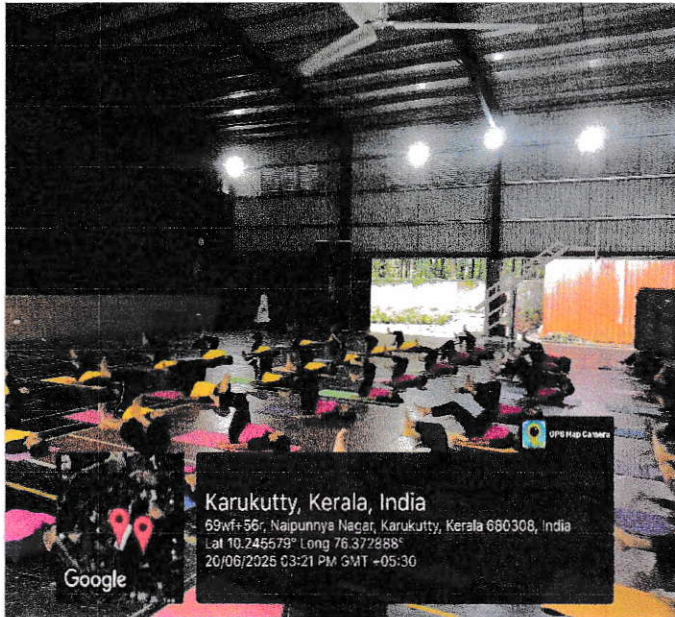
Profile:

Director LF Saurabhya, Fr. Baiju Varghese is a seasoned yoga trainer with over 14 years of experience, specializing in therapeutic yoga for lifestyle disorders. As an independent instructor, he conducts private and group sessions, workshops, and wellness retreats, collaborating with colleges, schools, hospitals, corporates, and community centers

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PHOTOGRAPHS /SCREENSHOT



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PARTICIPANT'S LIST

Name of the event:

Date:

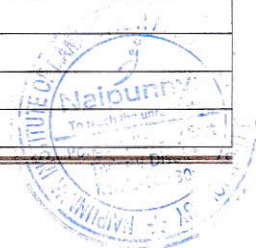
Class:

Sl. No.	Name	Signature
1.	Irene Elsa John	
2.	Neethu Babu	
3.	Hajin Rashid	
4.	Anjana Lakshmi PS	
5.	Alphy Sibichan	
6.	Parithras	
7.	A.S. Croowiprigo	
8.	Gopika KR	
9.	Aswini S	
10.	Malavika K S	
11.	Athira K	
12.	Devikrishna F.S	
13.	Alphiya Jose	
14.	Sreedevi K	
15.	Harsha M.S	
16.	Anurutha H	
17.	Priya K	
18.	Vismaya J	
19.	Devapriya pm	
20.	Perananathan AS	
21.	Akshya S Kurup	
22.	Ananya Vinod M.K	
23.	Abhirami S	
24.	Devipriya S	
25.	Siby Abraham Mathew	
26.	Behin Joseph	
27.	Gokul G	
28.	Sowrav	
29.	Bechu B	
30.	Anusaj K.J	
31.	Sanju P.H	
32.	Sarang P. Satheesh	
33.	Rohan Roy	
34.	Jogal Jainan	
35.	Aswin Wilson	

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36.	preetha Achari	
37.	Kaarthik Shankar Iyer	
38.	Albin Joseph Johnson	
39.	Sharon Biju	
40.	Sonnet Bajan	
41.	Abhiram P.B	
42.	Aswin V	
43.	Akshay	
44.	Vishnu elv. C	
45.	Jeevan vaughese	
46.	Shehidi M	
47.	Rasal PB	
48.	Adhikyan	
49.	Arbul Krishna	
50.	Amaan	
51.	Jasman	
52.	Robyn	
53.	Aswin B	
54.	Bonnet	
55.	Colto	
56.	Dayna	
57.	Susumi	
58.	Adarsh	
59.	Jayal the Jose	
60.	Aleena	

Event Coordinator

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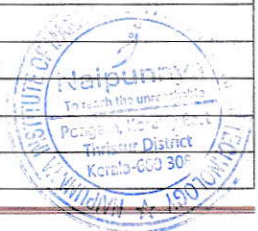
Class:

Sl. No.	Name	Signature
1.	Prasanna	
2.	Abhi	
3.	Antelo	
4.	Aljo	
5.	Taxin	
6.	Sasath	
7.	Jeswin	
8.	Adhithya Rg7	
9.	GOKUL R	
10.	Anju menachery	
11.	Arjuna pr	
12.	Ani Francis	
13.	Aswathy .vp	
14.	Christy Antony	
15.	Albin Benny	
16.	Rose Mary	
17.	Precious	
18.	Adharsha Jayan	
19.	Nikhitha Padachan	
20.	Aleena Biji	
21.	Delna Davis	
22.	Jeevan Roy	
23.	Cherobi	
24.	Helga Cneo	
25.	Arishpa	
26.	Mathu Benadict KV	
27.	Amitha NS	
28.	LIYA POULOSE	
29.	ABHINI P SHAJU	
30.	Sreyas Nair	
31.		
32.		
33.		

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