

## INTERNATIONAL YOGA DAY

Date:22/06/2022

Venue: College Conference Hall

The NCC & NSS unit , Mar Sleeva College of Arts and Science had organized a programme "Yoga For Life" in connection with the International Yoga Day on 22 June 2022 for the college students. The programme begun at 10 am in college auditorium in the presence of Dr. Joshy Varghese , College Principal. Ms. Nisha Hanishlal (MSc Yoga for Human Excellence from Bharathidasan University, Master and Asst. Professor in SKY YOGA from World Community Service Centre-Chennai led the session. She talked about the importance of yoga in daily life and trained the students certain Yoga Asanas, Surya Namaskara and Pranayama . It was an informative session for the volunteers.It lasted for 2 hrs and 23 volunteers participated in the session.

Lt .Abin Mathew Sebastian (Ncc Officer) and Mrs. Mariya Susan Jose (Commerce English)were the programme coordinators