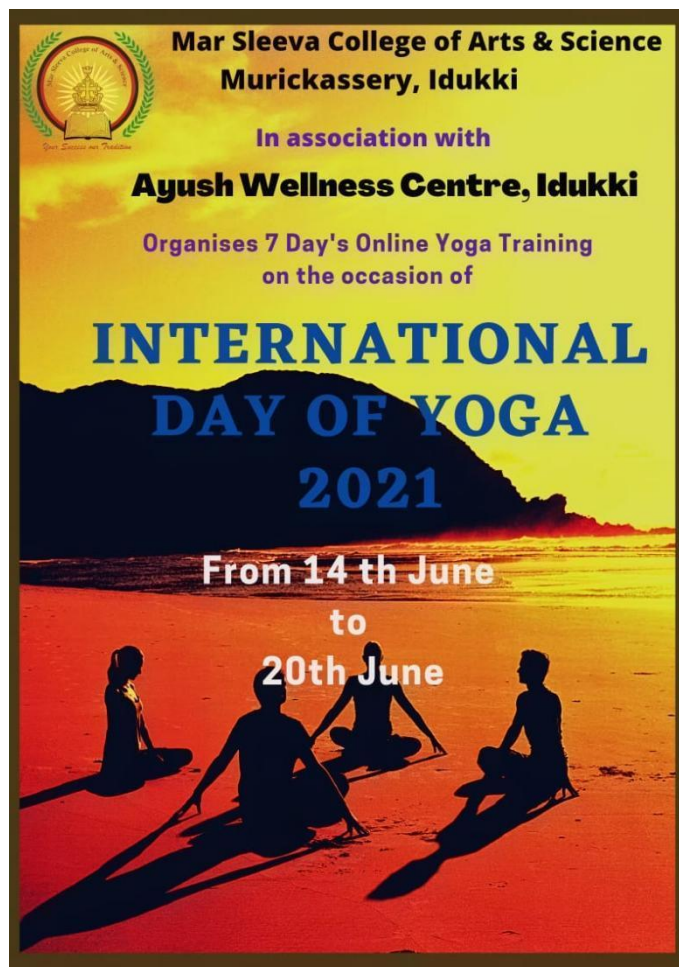


MAR SLEEVA COLLEGE OF ARTS AND SCIENCE MURICKASSERY

NCC UNIT

REPORT OF YOGA WEEK CELEBRATION

As per the special order from the Government all students of NCC and NSS had a one week programme from 14th June 2021 to 20th June 2021.



The programme was a one week online class on the importance of Yoga. Each cadets have to do Yoga throughout the week.


Some of the screenshots are attached:


Video	Visibility	Restrictions	Date	Views	Comments	Likes (vs. disl)
1:03:59	Public	Copyright claim	Jun 15, 2021	187	1	9/15
3:52	Public	Copyright claim	Jun 14, 2021	236	0	9/16
3:35	Public	Copyright claim	Jun 13, 2021	284	0	9/23

Video	Visibility	Restrictions	Date	Views	Comments	Likes (vs. disl)
1:05:08	Public	Copyright claim	Jun 18, 2021	100	0	10/4
2:29	Public	Copyright claim	Jun 16, 2021	130	0	10/5
2:51	Public	Copyright claim	Jun 16, 2021	155	0	10/13
3:28	Public	Copyright claim	Jun 16, 2021	163	0	10/10

Around 45 cadets performed yoga daily.

The yoga week was ended with a special session organized by Ayush Wellness Center Idukki, or an awareness programme on the **Importance of Yoga in Daily Life** on 21st June 2021 via google meet at 12 PM. Dr. Lea Mary John, Yoga Instructor, was the resource person.


 **MAR SLEEVA COLLEGE**
OF ARTS AND SCIENCE
MURICKASSERY, IDUKKI

In Collaboration With
 **NSS & NCC**


Invites you to a webinar on


Importance Of Yoga In Daily Life

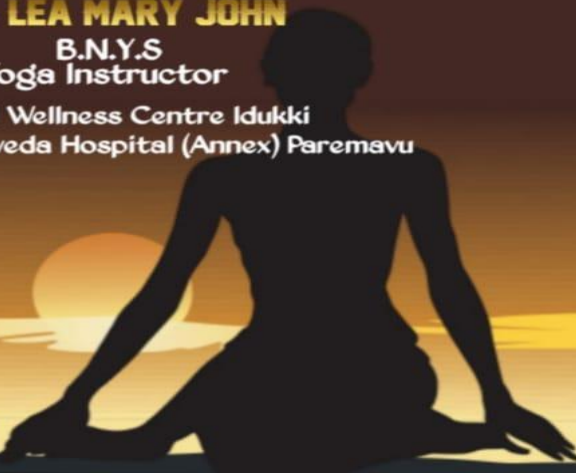
Resource Person



DR. LEA MARY JOHN
B.N.Y.S
Yoga Instructor
AYUSH Wellness Centre Idukki
District Ayurveda Hospital (Annex) Paremavu

PLATFORM
 **Google Meet**

 **21-06-2021**
12:00 - 1:00 pm



The link of the meeting was: <https://meet.google.com/aeo-unsk-hds>

**MAR SREEVA COLLEGE
OF ARTS AND SCIENCE
MURICKASSERY, IDUKKI**

**In Collaboration With
NSS & NCC**

**Importance Of Yoga In Daily Life
PROGRAM CHART**

ANCHORING	: AKHILA BIJU
PRAYER	: ARIYA SABU
WELCOME SPEECH	: AKHILA ROY
PRESIDENTIAL ADDRESS : JOSHY VARGHESE	
WEBINAR ON [RESOURCE PERSON]	: DR. LEA MARY JOHN
PRESENTATION	: MERIN MAGI TELSON
VOTE OF THANKS	: LAKSHMI R NAIR

The programme started with a prayer song. The college principal Dr.Joshy Varghese presided over the function. Dr.Lea Mary John made a special talk on the importance of Yoga in our daily lives. Merin Magi Telson, (First year NCC cadet) did the presentation.

Some of the screenshots are attached:

meet.google.com/aeo-uns-k-hds?pli=1&authuser=0

Apps | Semester BCA | Uolo™ Administrat... | Design And Analy... | Design And Analy... | Analysis of Algorith... | Download entire do... | 20 Best Websites T... | Reading list

REC Merin Magi Telson is presenting

Presidential address
DR. JOSHY VARGHESE
PRINCIPAL
IMPORTANCE OF YOGA IN DAILY LIFE

JOSHY VARGH... AKHILA BIJU LOVE Akhila Roy
Ariya sabu Leamary john Albin Regi Aleena Thomas
Fobin Mariya: Pin Arunima A.P to your main screen. 136 others You

12:14 | Yoga Day - Webinar

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Windows taskbar: S, 12:14 PM 6/21/2021

meet.google.com/aeo-uns-k-hds?pli=1&authuser=0

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REC Merin Magi Telson is presenting

Resources person
DR. LEA MARY JOHN (B.N.Y.S)
YOGA INSPECTOR
AYUSH Wellness Centre Idukki
District Ayurveda Hospital (Annex) Paremavu
IMPORTANCE OF YOGA IN DAILY LIFE

JOSHY VARGH... AKHILA BIJU LOVE Akhila Roy
Ariya sabu Leamary john Albin Regi Aleena Thomas
Fobin Mariya Saju Arunima A.P 133 others You

12:15 | Yoga Day - Webinar

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Windows taskbar: S, 12:15 PM 6/21/2021

meet.google.com/aeo-uns-k-hds?pli=1&authuser=0

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Abhiram Shaji Leamary john AKHILA BIJU JOSHY VARGHESE Akshay Anish LOVE
Akhila Roy Ariya sabu Albin Regi Fobin Mariya Saju Aleena Thomas Arunima A.P
Rincy Mathew Jissmol George 130 others You

12:16 | Yoga Day - Webinar

20210621_090355.png Show all

Windows taskbar: S, 12:16 PM 6/21/2021

Around 154 students participated in the programme. The meeting was ended with a vote of thanks by Lakshmi R Nair.

Signature	Signature	Signature	Signature
NCC Program Officer	IQAC Coordinator	Administrator	Principal