

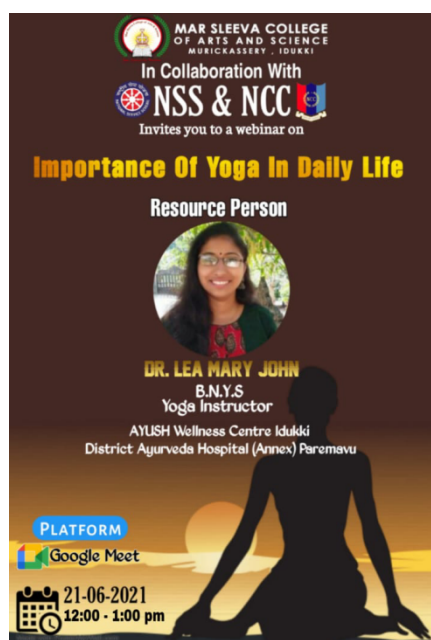
REPORT OF WEBINAR ON INTERNATIONAL YOGA DAY

DATE : 21/06/2021

BRIEF REPORT

On International Yoga Day, the NSS unit of Mar Sleeva College of Arts and Science had conducted a webinar on the topic "Importance of Yoga". The resource person Dr. Lea Mary John, BNYS Yoga instructor Aayush Wellness Center, Idukki, District Ayurveda Hospital (Annex) paremav conveyed the importance of yoga in daily life. The same day, a video with all the pictures and videos of NSS volunteers attending yoga training organised on the dates 14/06/2021 to 20/06/2021 were also made and published.

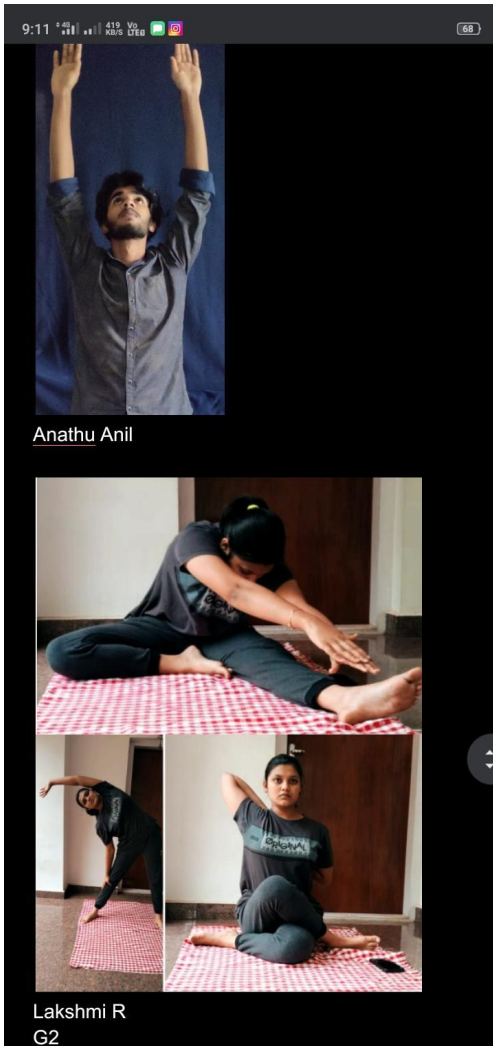
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Ashin Jimmy
T2





LIST OF PARTICIPENTS

1. Sreelakshmi S
2. Delphin Lalan
3. Aromal Aji
4. Akshai Joseph
5. Sruthy Saji
6. Amrutha Binu
7. Naveen K E
8. Albin Prince
9. Johnson Joseph
10. Deepak Binoj
11. Dalbin Roy
12. Meenu Benny
13. Aleena Shibu
14. Anusha K Sebastian
15. Jithu Saju
16. Salu C.M
17. Adithyan Gopi

18. Shahin Basheer
19. Beneetta Berly
20. Nayomi Sebastian
21. Sibil Sebastian
22. Abhijith V Suresh
23. Anakha Saju