

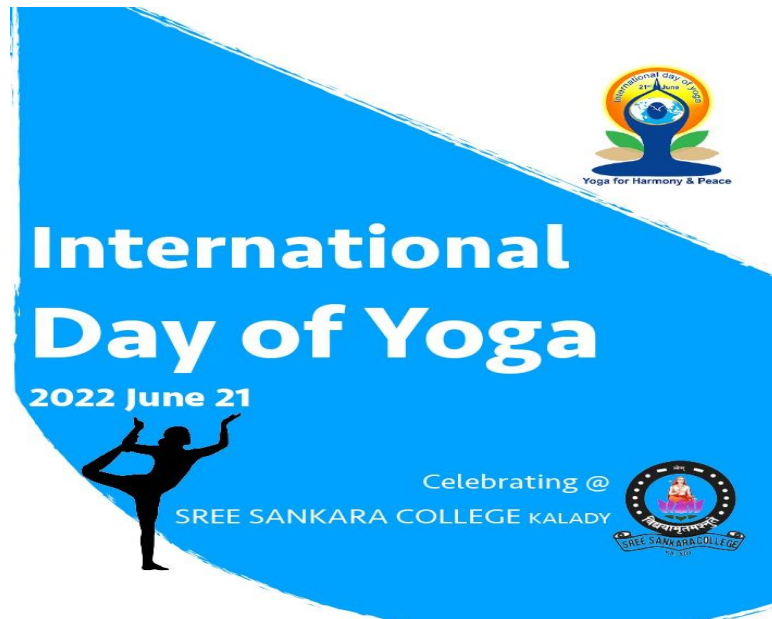
REPORT OF THE PROGRAMME CONDUCTED

Title of the Programme	: International Yoga Day
Date & Time	: 21 - 06 - 2022 , 10am
Total no. of Participants	: 75
Convener	: Department of Sanskrit and Dept. of Physical Education

Detailed Report

The Department of Sanskrit and Dept. of Physical Education, Sree Sankara College organised International Yoga Day celebrations on 21 - 06 - 2022. The function was inaugurated by the principal Dr. Preethi Nair and felicitated by IQAC coordinator Dr. Manju T. The function was started with a practical session on Yoga led by Sri.Vipin Gurukkal at an indoor stadium for students and organised a lecture thereafter. The lecture was delivered by Dr. V.V.Anil kumar, (Asst.Professor, Dept of Sanskrit, SSC) on Yoga practice in Daily life - Benefits. The session ended with a vote of thanks by Dr. Suvarnani Antherjanam.

Photos



International Day of Yoga
2022 June 21

Yoga for Harmony & Peace

Celebrating @
SREE SANKARA COLLEGE KALADY

Group Yoga Session @ 10.00 AM
Trainer: **Sri. Vipin Gurukkal**
Indoor Stadium

Yoga Day Talk @ 12.00 Noon
Speaker: **Dr. Anilkumar V V**
(Asst. Professor, Dept. of Sanskrit, Sree Sankara College Kalady)
Seminar Hall