

Yoga for Harmony of Mind

Date: 23 June 2023

Yoga is a practice that promotes physical, mental, and spiritual well-being. International Yoga Day is celebrated annually on June 21st, following a proposal by Prime Minister Narendra Modi to observe this day as a global celebration of yoga. The day encourages people worldwide to practice yoga for both physical and mental health, fostering unity and harmony among individuals. Practicing yoga is one of the ways to develop into a better human being, with a sharp mind, a compassionate heart, and a relaxed soul. Known for its numerous health benefits, yoga contributes to overall well-being and inner peace.

T.K.M COLLEGE OF ARTS & SCIENCE, KOLLAM
RE-ACCREDITED BY NAAC WITH A++ GRADE

DEPARTMENT OF PHYSICAL EDUCATION
In association with
Sports Club, NCC and NSS
Celebrating
INTERNATIONAL YOGA DAY 2023
Workshop
on
YOGA FOR HARMONY OF MIND
23rd June -2023 at College Auditorium

PROGRAMME
10.00 am

Welcome Speech	:	Dr. Abdul Rafaeque T.C Assistant Professor & Head Dpt. of Physical Education
Presidential Address	:	Dr. Chithra Gopinath Principal, TKMCAS
Inauguration	:	Dr. Padmanban T.V Visiting Professor, Centre of Yoga & Naturopathy MG University, Kottayam
Felicitation	:	Dr. Sulfiya Samad NSS Programme Officer
	:	Capt. Liby KS NCC officer
Vote of Thanks	:	Dr. Sangeetha P Assistant Professor Dpt. of Physical Education

The body benefits from movement, and the mind benefits from stillness

As part of International Yoga Day, our NSS Unit celebrated the occasion on June 23, 2023, in the college auditorium. The event was jointly organized by the Department of Physical Education, NSS, NCC, and the Sports Club. The celebration featured a session on the benefits of practicing yoga and its

importance in daily life. The session was led by Dr. Padmanaban T. V., visiting professor at the Centre for Yoga and Naturopathy, MG University, who also served as the Chief Guest and inaugurated the program.

The event began with a welcome address by Dr. Abdul Rafeeqe, Head of the Physical Education Department, followed by a Presidential Address by Dr. Chithra Gopinath, Principal of TKMCAS. Felicitation speeches were delivered by Dr. Sulfiya Samad, NSS Programme Officer, and Capt. Liby K.S., NCC Programme Officer.

Dr. Padmanaban conducted an engaging session on enhancing mental and physical health through the regular practice of yoga. He also discussed the significance of celebrating Yoga Day and the numerous benefits of incorporating yoga into one's routine. During the session, he demonstrated various yoga poses and guided the participants in replicating them. Following his instructions, the volunteers actively participated in performing the poses. The session was highly interactive and enjoyed by all the volunteers, leaving a lasting impact on their understanding of yoga.

Through this session, the volunteers gained a deeper understanding of the importance of yoga in daily life and its numerous benefits. The session provided valuable insights into yoga practices while offering an engaging and interactive experience. It was an excellent opportunity for the volunteers to learn and perform various yoga poses under the guidance of such an esteemed expert.

23/6/23

International Yoga Day

2

International yoga day is celebrated on 21st June every year. As a part of yoga day celebration NSS in collaboration with sports club and NCC had organised a session "yoga for harmony of mind". The resource person of the session was Dr. padmanaban T.V, visiting professor, centre of yoga & naturopathy, Muz university, Kottayam. There was a live yoga instructing session in which the volunteers had done the yoga postures shown by resource person along with class on art of yoga.

(1) Namitha S. Pillai	B.Sc Mathematics (S5)	Prathiba
(2) Shajiba S	B.Sc physics (S5)	Shreya
(3) Aayisha Akabir	"	Amrita
(4) Ishad	BA islamic history	Indu
(5) Muhammed bilal N	"	Bilal
(6) Muhammed Ali	"	Sul
(7) Said Ali	"	Abul
(8) Saad	"	Ahan
(9) Hiba saj	Bsc physics	Hiba
(10) Riya B	"	Riya
(11) Anu Rajeev	"	Anu
(12) Sneha M	B.com finance	Sneha
(13) Nikitha	CCU. maths	Niki
(14) OTOPIKA	"	OTOP
(15) Nazib	"	Nazib
(16) Rehana	B.com finance	Rehan
(17) Ayyapadas	B.com "	Ay
(18) Anzil	"	Anzil
(19) Anya Mohan	"	Anya
(20) Vijina Reji	B.com C.A	Vijina