


International Day of Yoga Celebration at MMNSS College: A Report

Emphasizing the importance of yoga in our daily lives, Mannam Memorial NSS College, Kottiyam, Kollam celebrated International Yoga day on 21st June 2018. The event was conducted in the college auditorium from 10.00am to 12:00 pm. Ms.Chithra.P (Department of Commerce), Co ordinator of the health club, delivered the welcome address. Principal Dr.G.Girija Devi presided over the function. Mr. G. Jayakumar (President, Yoga Association, Kollam) delivered the inaugural address. About 200 members of the academic community of the institution including students, teachers and non-teaching staff actively participated in the program. Demo sessions were held under the guidance of experienced yoga instructors like Mrs, Bindhu who also enlightened the participants about the advantages of different asanas and postures. A meditation session was also held as a part of the program. The program concluded with a vote of thanks followed by the National Anthem. Refreshments were distributed to all the participants after the celebration. Later, the participants shared their experiences and feed back about the program. The photographs of the event are attached here with.

Yours Faithfully




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