



MMNSS COLLEGE KOTTIYAM

DISASTER MANAGEMENT CLUB IN ASSOCIATION WITH
DEPARTMENT OF PHYSICS AND IQAC

CONDUCTS

INVITED TALK ON ———
**DISASTER
MANAGEMENT**
————— **22 -03-2023**

Time : 10:30am

Venue : Seminar Hall

**FIRE AND SAFETY
DEPARTMENT
KOLLAM**

Prayer and Acharyanusmaranam

Welcome Speech

:

Resmi V S

Convener, Disaster Management Club

Presidential Address

:

Dr. Satheesh E N

Principal, MMNSS College Kottiyam

Felicitation

:

Dr. Syam Krishnan

Asst. Professor, Department of Chemistry

Anusha M G

Asst. Professor, PG Department of Chemistry

Talk on Disaster Management

Vote of Thanks

:

Akhila B

All are cordially invited...



FIELD TALK: DISASTER MANAGEMENT - First Aid Measures



Disaster Management Club

MMNSS KOTTIYAM

Club Co-Ordinator: Resmi V S

Activity Report(2022-2023)

The prime concern of Disaster Management Club is to provide knowledge of different types of disasters and how their effect can be minimised. Disaster management does not eliminate the threats ,instead it focuses on creating plans to decrease the impact of disasters. With this purpose a Disaster Management Club is formed in our college and students from various departments are selected as the members.

In order to provide an awareness of different disasters and the importance of first aid the disaster management club in association with Department of Physics and IQAC organised and conducted an invited talk on Disaster Management on 22/03/2023 at 10.30 am in the seminar hall. The talk was handled by the FIRE AND SAFETY DEPARTMENT ,KOLLAM. Dr. Satheesh E N,Principal ,MMNSS College delivered the presidential address. Resmi V.S ,Convenor ,Disaster Management Club delivered the welcome speech .Dr.Syam Krishnan,,Asst.Professor ,Department of Chemistry ,Anusha M G ,Department of Physics delivered felicitation. There were 52 participants including 40 students,10 teachers and 2 resource persons.

About the talk

The talk was lead by the fire and safety officer Arun Kumar.A from the fire and safety department Kollam. The invited talk on disaster management was a actually practice session to provide first aid for saving valuable lives in different emergency situations. The team clearly explained the different types of fires and the correct method to extinguish fire in different circumstances. They also demonstrated the basic method to provide CPR in emergency situations.

Akhila B, II MSc student proposed vote of thanks.




Principal
M.M.N.S.B. COLLEGE
KOTTIYAM


Resmi V.S



MMNSS COLLEGE

KOTTIYAM

#EmbraceEquity



Women's Day

Celebrations

Organized by:

Legal Awareness & Gender Sensitization Cell
in Association with : WSU and IQAC

• **VENUE : SEMINAR HALL** • **Date & Time : 16/03/2023, 11 am**

Prayer and Acharyanusmaranam

Welcome Speech : **Karthika M. G.** (Convenor , Legal Awareness & Gender Sensitization Cell)

Presidential Address : **Dr. Satheesh E. N.**
(Principal,MMNSS College Kottiyam)

Felicitation : **Dr. Vrinda Kumari T.** (Associate Professor & HOD Dept. of Physical Education)
Nair G. Krishna Prasads (IQAC Co-ordinator)
Sindhu S. (Librarian)
Aparna P. S. (College Union general Secretary)
Manasi H. G. (College Union Vice Chairpeson)

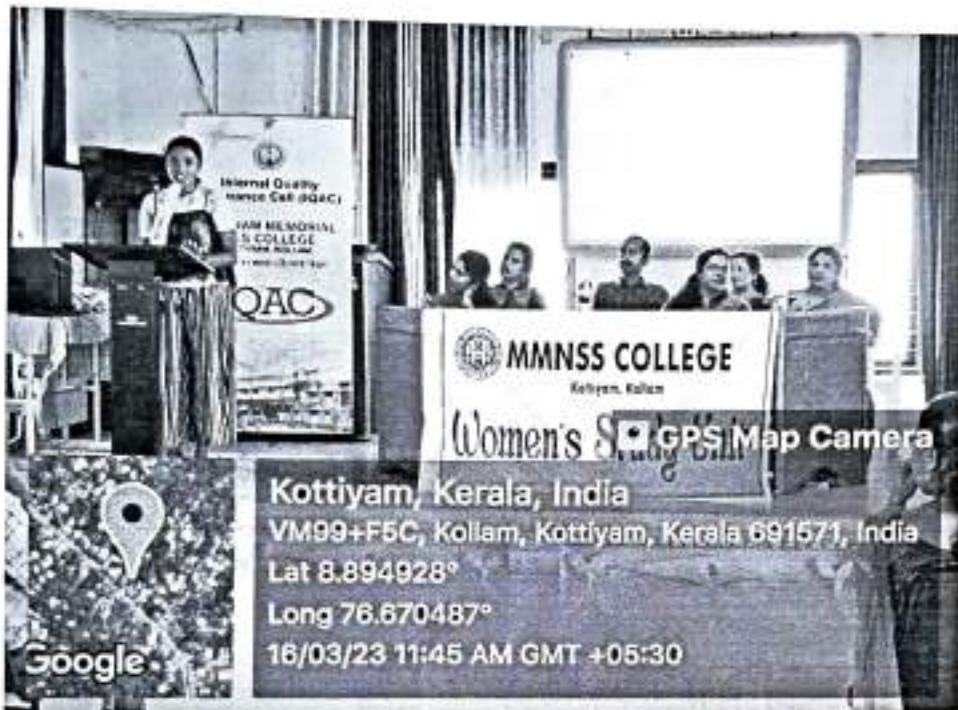
Invited Talk (Drop the Gender mask .Let the Equality Bloom) :

Chithra Goutham (Psycho Social School Counsellor ,Department of Women & Child Development)

Vote of thanks : **Resmi V. S.** (Convenor ,WSU)

Poster Competition

Drop the gender mask Let the equality bloom—16-03-2023



LEGAL AWARENESS AND GENDER
SENSITIZATION CELL
MMNSS COLLEGE KOTTIYAM

WOMEN'S DAY CELEBRATIONS

Report

Name of the Club/ Department	Legal Awareness and Gender Sensitization Cell in Association with WSU and IQAC
Title of the event	Women's Day Celebrations
Date	16/03/2023
Name of resource person	Chithra Goutham (Psyco Social School Counsellor , Department of Women and Child Development)
Venue	Seminar Hall
Number of Participants	93
Brief report less than 100 words	Legal Awareness and Gender Sensitization Cell in Association with WSU and IQAC celebrated Women's Day on 16/03/2023. 93 students participated in the programme. Karthika M G , Convenor, Legal Awareness and Gender Sensitization Cell welcomed the gathering. Dr. Satheesh E.N., Principal, MMNSS College Kottiyam delivered the presidential address. Felicitations done by Dr.Vrinda Kumari T (HOD, Dept. of Physical Education), Dr.Syam Krishnan(IQAC member), Smt.Sindhu L (Librarian), Thanima CS and Anjana V P(Students representatives). Talk on the topic "Drop the Gender Mask . Let the Equality Blooms" was done by Chithra Goutham (Psyco Social School Counsellor , Department of Women and Child Development).She clearly explained the words intersex, lesbian, gay , homosexuality and transgender and talks about the problems encountered by them. She Also said that women must be given equal opportunities in every field, irrespective of gender. A nation needs to value every gender equally to progress at the right place. A society attains better development in all aspects when both genders are entitled to similar opportunities. Equal rights in decision making, health, politics, infrastructure, profession, etc will surely advance our society to a new level. A Poster Making Competition (Theme: Her Sky) was conducted in the afternoon session. At the end, prize distribution for the winners of competition was organized. Winners in Poster making Competition 1. Krishnapriya (Second Year Physics) 2. Pranav (Second Year Chemistry) 3. Sufi S (Third Year BCom.) Resmi V S (Convenor W S U) proposed the vote of thanks .

Karthika M.G
Convenor
Legal Awareness and
Gender Sensitization
Cell

Resmi V.S
Convenor
WSU



Krishnapriya
Co-ordinator
IQAC
MMNSS College, Kottiyam

Principal
M. NSS COLLEGE
KOTTIYAM



MMNSS COLLEGE KOTTIYAM

Entrepreneurship Development Club
in collaboration with Department of Commerce

SPARK YOURSELF (An Inspirational Talk)

Resource person



Mr.S.Suresh Kumar

Corporate trainer and Psychologist

Dr.Kavitha L

Club coordinator

Hisana N

Student coordinator



Seminar Hall

13th March 2023

Monday ,10.30am



Programme by ED Club in collaboration with Department of Commerce and IQAC -Spark Yourself- A Motivational Talk

Date- 13/3/23

Venue- Seminar Hall

The Program spark yourself- An inspirational talk was organized by Entrepreneurship Club in collaboration with Department of Commerce in our college on 13/3/23 at 10.30am. Program was held in Seminar Hall and it was decorated with banners. All the teachers and students were present at the seminar hall at 10.30am. The program started with the arrival of chief guest Mr. S Suresh Kumar. Hisana, first year B.Com student anchored the program. The program began with a prayer song. Dr Kavitha L, ED Club coordinator and Head Department of Commerce, welcomed the chief guest and other faculties and students to the program. She introduced the objective of Entrepreneurship development club and the various initiatives undertaken in the college since its inception. Honourable and dignified principal Dr.Satheesh E N presided over the function. Dr Prakash Chandran, Head of the Department, Chemistry and PTA secretary gave the felicitation speech. Mr. Suresh Kumar sir, the resource person and speaker of the program is a corporate trainer and Psychologist. He holds post graduate diploma in journalism and counselling Psychology. He introduced several entrepreneurial and inspirational stories and various real life examples. Inspirational talks gives a sense of purpose that enhances well-being and may lead to personal growth. At times, inspiration can significantly influence the entrepreneur, the entrepreneurial process, and others. Hence conducting such programs enhances and sparks the entrepreneurial and creative thinking ability of the students.



The session was activity oriented and was enriching for the students. There was great enthusiasm among the students and they were looking highly energetic. It was a unique and wonderful experience for the students since they were involved in various activities throughout the session. The program came to an end by 12.30pm. Sufi S , Final year B.com presented the feedback of the session and proposed the vote of thanks .



13/3/2023

Spark Yourself- A Motivational programme conducted by ED Club

The Program 'Spark yourself' - An inspirational talk was organised by ED Club and Department of Commerce in collaboration with IQAC. The venue for the program was college seminar hall. All the teachers and students were present at 10 am. The program started with the arrival of our chief guest Mr. Suresh Kumar- A corporate trainer and Psychologist.

The program started with a prayer song by Sneha of final year B.Com. Dr Kavitha L, Department head and coordinator of ED Club welcomed the gathering. The presidential address and formal inauguration of the program was done by College Principal, Dr Satheesh E N. Dr Prakash Chandran, Head, Dept of Chemistry and PTA Secretary offered his felicitation for the future endeavours of the activities and programmes of the club. He made a wonderful speech by sharing his knowledge and experience. Talk by Mr Suresh Kumar was a fruitful one and he delivered a brief speech on the advantages of being an entrepreneur. He motivated the students by citing the examples of various businessmen who struggled hard with high desire and also made students aware of personality issues, ways of Identifying business opportunities and how to frame business plans etc. The entire session was activity oriented which helped him to grab students' attention throughout. At the end, students expressed interest in exploring entrepreneurship as a career. There was great enthusiasm among the students and they were looking highly spirited. The programme came to an end at 1 pm by a vote of thanks proposed by Hizana N, student coordinator and ED Club member of the program.



മുഖ

22-23



[Signature]
 PRINCIPAL
 MM NSS COLLEGE
 KOTTIYAM

Dr. KAVITHA L
[Signature]
 Assistant Professor & Head
 Department of English
 Kottiyam

Department of English
MMNSS College, Kottiyam

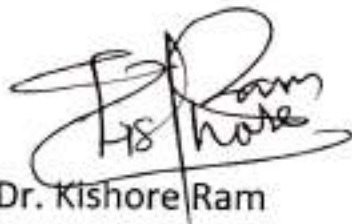
Date: 14/12/2022

NOTICE

This is to inform all the students that Department of English has taken an initiative to offer a one-day **Soft skill development program "A session on how to tackle competitive exams"** on 18th December 2022 to develop the soft skills and personality of the students. The venue and time for the programme is Seminar Hall, at 10 am. Hence, all the aspiring students are hereby requested to contact the convenor, Dr. Kishore Ram, Head of the Department for the enrollment process as well as for any query regarding this notice.

Program Highlights:

- Improving soft and competitive skills
- Introduction to Career development
- Memory tips
- Practical tips and Resources



Dr. Kishore Ram

HOD

Department of English



Report on Soft skill program 2022-2023

Date: 18/12/2022

Venue: Seminar Hall, MMNSS College, Kottiyam

Event Overview:

On 18th December 2022, the Department of English at MMNSS College hosted a one-day soft skill program **"A session on how to tackle competitive exams"** focused on developing soft skills and giving Career English Guidance. The event aimed to provide students with valuable insights and practical advice regarding career opportunities and the importance of English proficiency in the professional world.

The program featured Nisamudeen.K, Resource person, Kerala State Youth Promotion Council as the key note speaker. He brought a wealth of knowledge and experience to the session, making it an engaging and informative event for all participants.

A total of 25 students from various disciplines attended the program. Their active participation and engagement throughout the session highlighted their interest in exploring career opportunities and enhancing their English language skills.

Program Highlights:

1. **Introduction to Personality Training:** He began the session by discussing various interview skills and career paths where English proficiency plays a crucial role. He highlighted fields such as business, journalism, education, and international relations, emphasizing the growing demand for strong communication skills in the global job market.
2. **Memory and motivation Tips:** The speaker provided insights into how memory can significantly impact career advancement. He shared practical tips on improving memory in academic and professional lives.
3. **Interactive Q&A Session:** Following the presentation, he engaged with students through a dynamic question-and-answer session. Students posed various queries regarding career planning, language enhancement techniques, and professional development. The interactive discussion allowed for personalized advice and clarification of doubts.
4. **Practical Tips and Resources:** The session shared a range of resources and tools that students can utilize to improve their English proficiency and explore career opportunities. These included recommended books, online courses, and professional networks.

Feedback and Outcomes: The feedback from students was overwhelmingly positive. Many participants expressed their appreciation for the practical advice and guidance provided by him. The program successfully highlighted the importance of English proficiency in career development and equipped students with actionable strategies for improvement.



Conclusion:

The soft skill development Program was a valuable initiative that offered students a comprehensive understanding of how English proficiency can influence their career trajectories. The expertise and insights shared by Mr. Nisamudeen have equipped students with the knowledge and tools necessary for their professional growth.

The Department of English at MMNSS College extends its gratitude to Mr. Nisamudeen for his contribution and to all participating students for their enthusiasm and engagement. The program underscored the department's commitment to providing students with relevant and impactful career guidance.

Report Prepared By

Dr. Kishore Ram

HOD

Department of English
MMNSS College

Principal
M.M.N.S.S.COLLEGE
KOTTIYAM





MMNSS COLLEGE KOTTIYAM

Organised by ED club and Department of
Commerce

CLASS ON LIQUID EMBROIDERY

Resource person

Rekha Anilkumar

Fewicryl Certified Specialist
Fewicryl Hobby Ideas
Fidilite Industries Ltd

Smart class room
Department of commerce
16th November 2022
Wednesday, 11.00am



Report on Liquid embroidery programme

The Entrepreneurship Development Club of MMNSS College, Kottiyam has organised a liquid embroidery programme on 16/11/2022 for its members. The programme was jointly organised by ED Club and Department of Commerce which was funded by DIC, Kollam for developing entrepreneurial qualities among students. The programme aimed at developing creativity talents of students. Students from the Department of Chemistry, Department of Zoology, Department of Commerce and Economics participated.

Liquid embroidery helps in developing the strengthening of coordination, academic, emotional and artistic skills. Students gain a sense of pride from jobs well done and the attention they gain from their achievements. Children learn respect for the time and labor that went into projects by learning these skills that embroidery teaches. A child learns discipline, endurance, patience, and time management from accomplishing these kind of work. Eye-hand coordination, color theory, design and planning skills are all developed by embroidery.

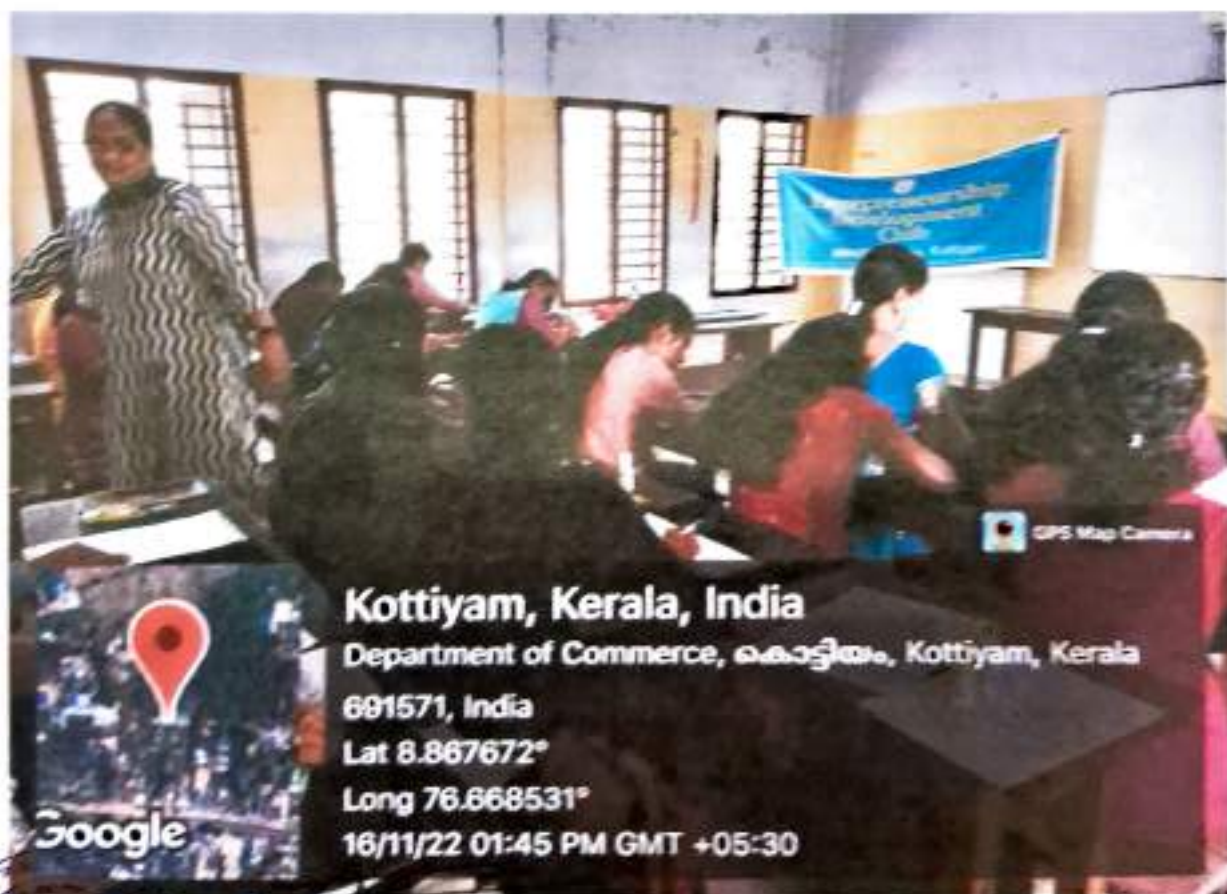


These skills easily build academic skills as well by improving fine motor skills, manual dexterity and manipulative skills as well as a working understanding of



art and life management skills. Embroidery can even teach a child money management. Projects can not only be given as gifts which allows for saving money that would have been needed to purchase a gift but also allows the individual to spend it on other things while still giving a thoughtful unique gift handmade instead of purchased in the store. The art form of embroidery can even launch a child into their own small business by selling their made items to friends. Learn embroidery skill will benefit society and the child's development into well rounded conscientious and productive adult. The material kit was provided to the students and no fund collection has been made from the part of students. The classes were taken by Smt. Rekha AnilKumar, an expert in conducting liquid embroidery classes. Altogether 18 students participated and the programme began by 1p.m and came to an end by 4pm. The programme was a fruitful one and benefitted the students a lot.





DR. KAVITHA L
 Assistant Professor & Head
 Department of Commerce
 N. S. S. College, Kottiyam
 Kottiyam-681571

Principal
N. S. S. COLLEGE
 KOTTIYAM



**MMNSS COLLEGE
KOTTIYAM**

Organised by ED club and Department of
Commerce

Personality development class

Resource person

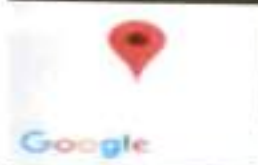
Mr. Nidhin Navadath

Career specialist, Logic School
of Management

Smart class room
Department of commerce

20th September 2022
Tuesday, 10am to 3 pm

Personality development class 20-09-2022



Kollam, Kerala, India

Department of Commerce, കൊട്ടിയം, Kottiyam, Kerala

Long 76.668546°

Lat 8.867719°

20/9/2022 10:44 AM



Personality Development class- Organised by Department of Commerce

Date- 20/9/2022

Offline Mode

Development of personality is the method of bringing about positive change or development of right attitude. Personality development classes are certainly useful in building a strong personality that focuses on solutions rather than the problem. It takes the path of positive attitude and also helps in developing the communication skills which form an integral and vital part of your personality. Personality development classes, most importantly helps students learn stress, conflict, anger management, improves their positive thinking, interpersonal skills, improves concentration and social etiquettes and pleasing mannerisms. In today's world possessing an attractive personality has become a necessity not only for our personal lives but in our career and every other aspect too. In this competitive world, having a great personality is necessary for a person's life. All get inspired by an attractive personality. Whether it's a job interview or conversation with a group of friends, there are certain characteristics that you must own to create your mark in society.

On 20th sept 2022, a personality development class was organized by the department of commerce in collaboration with Logic school of Management for the B.Com final year students of our college. It was organized in the smart class room of Department of Commerce. The session began with a prayer song by Sneha S R of final year B.Com. The welcome speech was delivered by the head of the department of commerce Ms. Kavitha L. Career guidance session was handled by the faculties of Logic Institution Mr. Nidhin. The class was carried out on activity oriented mode. Students were given many tasks to perform. Logo identification, tagline representation etc were shown to the



students in which the whole class performed very well with much energy and enthusiasm. The session started by 10 am and went upto 3pm. The whole students were so excited to cooperate with each tasks given and also maintained team spirit and discipline throughout the session. Mr Nithin concluded this session on talking about various job opportunities and about the professional courses available after degree program. Finally the session came to an with a vote of thanks by sufi S of final year B.Com. The total participants for the programme was 33 students.

Resource person- Mr. Nidhin Navadath

Nithin Navadath completed his schooling from Trivandrum. Further on he went to complete his Engineering from Chennai and completed his MBA from Bangalore University. With a decade of experience in the field of education, construction and real estate. Following his passion in the Edtech industry he played a pivotal role in a managerial role in Byjus and Upgrad. He has also been a trainer with White Hat Jr and Xylem. At present, he works in Head office of Logic School of Management as a Career Specialist. He was also a Kerala State Player for Softball in 2011-2012. He is an energetic and enthusiastic personality and his class was very much appreciated by the students.



PRINCIPAL
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KOTTIYAM



Dr. KAVITHA L
Assistant Professor & Head
Department of Commerce
M.M.N.S.S. College, Kottiyam
Kollam-691571

Department of English
MMNSS College, Kottiyam

Date: 18/2/2023

NOTICE

This is to inform all the students that Department of English has taken an initiative to offer a one-day **SPOKEN ENGLISH TRAINING PROGRAM "Everyday English"** on 22nd February 2023 to develop the communication skills of the students. The venue and time for the programme is Smart Class Room, Department of English at 10 am. Hence, all the aspiring students are hereby requested to contact the convenor, Dr. Kishore Ram, Head of the Department for the enrollment process as well as for any query regarding this notice.

Program Highlights:

- Improving Communication skills
- Introduction to Career Opportunities
- Public Speaking
- Practical tips and Resources

Dr. Kishore Ram

HOD

Department of English



Head
Department of English
MMNSS College, Kottiyam

**Report on One-Day Programme on Spoken English Training Program "Everyday English"
2022-2023**

On February 22, 2023, the Department of English at MMNSS College successfully conducted a one-day programme "Everyday English" aimed at enhancing public speaking skills among students. The session, held at the seminar hall, witnessed active participation from 65 enthusiastic students.

The programme was inaugurated by the Head of the Department, who emphasized the importance of effective communication skills in today's competitive world. The session was led by Dr. Salim Peter, Assistant Professor from Presidency University, Bangalore, who is renowned for his expertise in public speaking and communication.

Throughout the day, Dr. Peter engaged the students with interactive sessions, focusing on various aspects of public speaking, including voice modulation, body language, and audience engagement. He provided practical tips and techniques to help students overcome stage fright and communicate more confidently.

The highlight of the programme was the Q&A session, where students were encouraged to ask questions and share their own experiences. Mr. Chaudary addressed each query with insightful answers, making the session highly informative and beneficial for all participants.

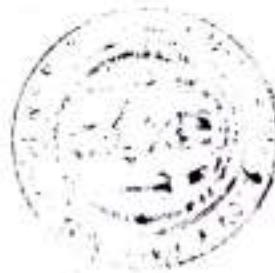
The programme concluded with a vote of thanks, where the students expressed their appreciation for the valuable insights gained during the session. Overall, the one-day programme was a resounding success, leaving the students motivated and better equipped to tackle public speaking challenges in the future.

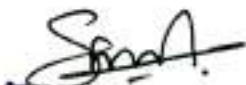
Prepared by

Dr. Meera K.G.

Head of the Department

Head
Department of English
MMNSS College, Kottiyam




M.M.N. KOTTIYAM
KOTTIYAM



മനഃ ശൈലിയിൽ എൻ എസ് എസ് കോളേജ്, കൊട്ടിയം
(നരങ്ങ് അക്രമിറ്റഡ് വിതരണിംഗ് പ്രദേശം)

ചൈബ്രറി വിഭാഗം
ഐ. ക്യൂ. എ.സി. യുമായി
ചേർന്ന സംഘടിപ്പിക്കുന്ന
വായന ദിനാചരണവും
റീഡേഴ്സ് ഷോറും

ഉദ്ഘാടനവും

ഉദ്ഘാടനം.

മുഖ്യപ്രഭാഷണം



ഡോ. ജി. തോപകുളം
ബഹു. കൊല്ലം നാഷണൽ
എൻ. എസ്. എസ്.
കോളേജ് യൂണിറ്റിന്റെ പ്രസിഡന്റ്

ഡോ. ബി. ഉഷാകുമാരി
ജെ. വി. അന്റോണിയസ് മെമ്പർ
പെർഫോമർ അസോസിയേറ്റ്
അസോസിയേറ്റ്

22-06-2022 കോളേജ് സെമിനാർ ഹാൾ 10.30 am



MMNSS COLLEGE, KOTTIYAM
DEPARTMENT OF GENERAL LIBRARY

**Report of Extension Activity – Vayana Dinam Seminar conducted by
Department of General Library & IQAC**

As a part of Reading Day Department of General library & IQAC conducted a talk on Reading and its importance on 22-06-2022 at 10.30 am in the seminar hall. This programme was inaugurated by Dr.G Gopakumar(President N S S Kollam Taluk Union) . Welcome Speech was delivered by Sindhu S, College Librarian . Our principal Dr. Satheesh E N given a good Presidential address and Dr Usha kumari (J C Daniel Award winner and former H O D Department Malayalam ,N S S College Nilamel)was the Subject expert . Felicitation of the programme was done by Dr. Kishore Ram (IQAC Co-ordinator) and Dr Prakash Chandran (P T A Secretary) .Vote of thanks for the programme were done by Dr .Lalu S Kurup (H O D Department Of Malayalam) . Most of the students, Teachers and Non Teaching staff were participated in the seminar . Dr Ushakumari



gave an informative lecture on the importance of reading and also the

various aspects of reading. During the session , the inauguration of Readers club were done by Dr.G Gopakumar and also distributed price for best reader .Anjana IInd B A English student were selected as the best reader. This seminar was highly motivated students to encourage their reading Habits .

Convener


M.M.S.S. COLLEGE
KOTTIYAM
Sindhu S. Librarian




Principal

Principal
M.M.S.S. COLLEGE
KOTTIYAM

1	Programme	International Yoga Day
2	Date	21/6/2022
3	Nature of Programme	Life Skills
4	Organized by	NCC Kollam Group HQ
5	Collaboration if any	-
6	Resource Person if any	-
7	Number of students benefited	30 NCC cadets of MM NSS College
8	Number of teachers involved	1
	Report	30 NCC cadets from our unit participated in the International Yoga day celebrations conducted at Kollam beach.



International Yoga Day-21 June

7 K BN NCC KOLLAM
Venue- Kollam Beach



Inauguration: Honorable District Collector, Kollam
Smt. Afsana Perween IAS

Presidential Address: Lt. Colonel Ganesh Singh
Administrative Officer, 7 K BN NCC, Kollam

Yoga Demonstration
Sri. K N Arumugham

Senior Art of Living Faculty, Art of Living Foundation, International Ashram, Bangalore
&

Smt. Shalini Santhosh
Yoga Trainer, Govt. of India

Time: 8.00 AM on 21st June 2022

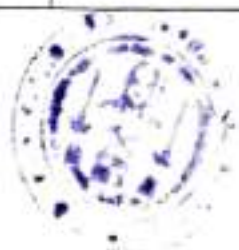


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Principal
M.M.N.S.S. COLLEGE
KOTTIYAM

MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

5.1.2 CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVES

1	Programme	International Yoga Day
2	Date(s)	21/06/2022
3	Nature of programme	Life skills
4	Organised by	NSS
5	Collaboration if any	Nil
6	Resource Person if any	Mr.Abhilash.C, Art of Living Yoga Trainer, Kollam
7	Number of students benefitted	95
8	Number of teachers involved	5
9	Description of the Programme	We conducted an International Yoga Day as a part of Central government initiative. This programme was led by Mr.Abhilash.C, Art of Living Yoga Trainer, 95 students are participated in the programme without fail.



Barth
Principal
M.M.M.S.S. COLLEGE
KOTTIYAM



MINNSS COLLEGE, KOTTAYAM
PG Department of Physics &
Department of Physical Education in Association With IQAC

celebrates
INTERNATIONAL
Yoga Day



**Yoga &
Stress Relief
Techniques**



Ms. Archana

Date : 21-06-2022
Time : 10:00 AM
Venue : Seminar Hall



PROGRAMME

- Acharyanusmaranam & : 'Krishnapriya
Prayer
JPG PHYSICS
- Welcome : 'Dr. Suthcertha S Nair
HOD PHYSICS
- Inauguration : 'Dr. Sarbesh U. N
PRINCIPAL
- Felicitation : 'Dr. 'Kishore 'Ram
COORDINATOR IQAC, HOD ENGLISH

**Yoga & Stress Relief techniques
(Ms Archana)**

- 'Vote of thanks : 'Dr. 'Vrindakumari
HOD, PHYSICAL EDUCATION

All are cordially invited

PG DEPARTMENT OF PHYSICS DEPARTMENT OF PHYSICAL EDUCATION
IQAC

Report on International Yoga day

21st JUNE

2022-2023

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body thought and action restraint and fulfillment harmony between man and nature and a holistic approach to health and well – being.

Yoga is a mental, physical and spiritual practice that needs to be carried every day. The word Yoga has originated from the Sanskrit word Yuja which means 'to join or to unite.'

The theme for this year's yoga day was "Yoga& Stress Relief". Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. With this in mind Department of physical education in association with P G Department of Physics and IQAC conducted yoga day on 21st June 2022

The welcome speech was given by Dr. Sutheertha HOD, Dept of Physics who emphasized the importance of Yoga in the covid period.

The resource person was Ms.Archana .She consented and agreed to conduct the session for the students of our college. Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. She performed Suryanamaskar and explained the benefits of it.

The participants benefited from the session. The IQAC Coordinator Dr. Kishore Ram spoke about the importance of yoga in the present scenario and our Principal Dr. Satheesh E N presides over the function. Dr. Vrinda Kumari T HoD, Department of Physical education expressed her sincere thanks to Ms. Archana for conducting the session on the occasion of International Yoga Day.




Principal
B.M.N.S.S.COLLEGE
KOTTIVAN

