



# SREE SANKARA VIDYAPEETOM COLLEGE

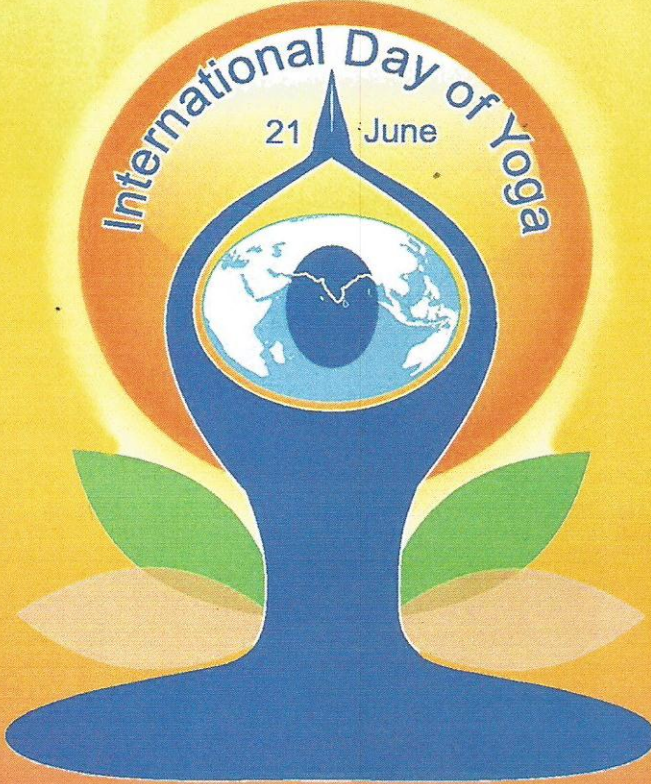
Valayanchirangara, Perumbavoor, Ernakulam, Kerala - 683 556

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Affiliated to Mahatma Gandhi University, Kottayam

. Re accredited by NAAC with 'A' Grade



Yoga for Harmony & Peace

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उत्सव

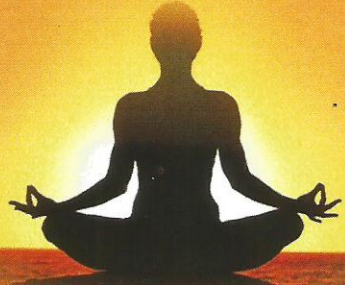
ON 21 JUNE 2018

VENUE : P.N. NAMBOODIRI HALL

TIME : 10.00 A M

Dear Sir / Madam,

We are very pleased to announce that the Yoga club, in association with the Dept. of Physical Education & NSS Unit, SSV College, Valayanchirangara, Perumbavoor is celebrating International Yoga Day on 21st June 2018 at P.N. Namboodiri Hall at 10.00 a.m. The programme aims at making the people aware of the effects of Yoga on their life. Yoga was developed in India as estimated 5,000 years ago as a philosophy and practice for achieving a balanced state of body, mind and spirit. Mental capacity is improved through proper Yoga and Meditation. This helps people regulate their lives and co-ordinate their relationships.



We whole heartedly welcome you to this programme.

Under the auspices of the Yoga club and the Dept. of Physical Education, we intend to organise Yoga classes for the staff and students from 25th June 2018 onwards.

*Thank you*

Convenor  
**Sreekala P.S.**  
Dept. of English

Principal  
**Dr. Padma P.**

### PROGRAMME

- Prayer :  
Welcome Speech : **Smt. Sreekala P.S.**, (Dept. of English)  
Presidential Address  
& Inauguration : **Dr. Padma P.**, (Principal, SSV College)  
Felicitation : **Smt. V.N. Chandrika**, (Dept. of English)  
: **Dr. K.M. Sudhakaran**, (Dept. of Politics)  
Vote of Thanks : **Dr. Remya K.R.**, (Dept. of Hindi)

#### Session I

- Introductory Class : **Sri. M.J. Sreekumaran Nair**  
(Dept. of Zoology)  
Demonstration Class : **Sri. Anup Jain**  
(Dept. of Physical Education)

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Cycle rally will be conducted at 9.30 a.m.