



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

**Life Skill Enhancement Programme -
Introductory class and Demonstration class on Yoga.**

Programme Details in a nutshell	
Name of the Event	Life Skill Enhancement Programme - Introductory class and Demonstration class on Yoga.
Nature of the Event	Skill Enhancement Programme
Objectives	To raise awareness about the numerous benefits of yoga, promote a healthy lifestyle, and contribute to the overall well-being and peace in our community.
Resource person	Sri. M.J. SREEKUMARAN NAIR (Department of Zoology) and Sri. ANUP JAIN (Department of Physical Education)
Date and Time	21 st June 2018
Duration	One Day
Beneficiaries	38 Students
Venue or Platform	PNN Hall
Organising dept/ Cell	Yoga Club
Convenor	SREEKALA P. S
Associating Agency	NSS Unit and the Department of Physical Education
Outcome/ Benefit of the programme	The programme was beneficial in creating awareness among the participants and had a positive impact on the participants, faculty members, and the college community



Detailed Report

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. Yoga is an ancient practice that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas that stretch and flex various muscle groups. A life skill enhancement programme was organised in connection with the celebration of Yoga Day on 21st June 2018 by the by the Yoga Club in association with the Department of Physical Education and NSS Unit of SSV College, Valayanchirangara, Perumbavoor.

The objective of the Life Skill Enhancement Programme on Yoga, organised on International Day of Yoga on 21st June 2018, was to raise awareness about the numerous benefits of yoga, promote a healthy lifestyle, and contribute to the overall well-being and peace in our community. The Life Skill Enhancement Programme on Yoga successfully achieved its objectives and had a positive impact on the participants, faculty members, and the college community.

Smt. Sreekala P.S., the convenor of the Yoga Club, extended a warm welcome to the gathering, creating an inviting atmosphere for all attendees. The program was inaugurated by Dr. Padma P., Principal of SSV College, who also presided over the function, setting a strong and supportive tone for the event. Sri M.J. Sreekumaran Nair, from the Department of Zoology, delivered an informative and engaging talk on the importance of yoga in human life. His insights provided a strong foundation for the subsequent yoga activities. A yoga demonstration class was conducted under the expert guidance of Sri Anup Jain, from the Department of Physical Education. This session allowed participants to experience various yoga asanas, breathing exercises, and meditation techniques, emphasizing the physical and mental benefits of yoga. Smt. V.N. Chandrika, from the Department of English, and K.M. Sudhakaran, from the Department of Politics, conveyed their appreciation and support for the initiative through felicitation speeches, highlighting the significance of incorporating yoga into



daily life. Dr. Remya K.R., from the Department of Hindi, proposed a heartfelt vote of thanks, expressing gratitude to all the participants, organizers, and supporters who contributed to the success of the event.

The Life Skill Enhancement Programme on Yoga was instrumental in spreading awareness about the incredible health benefits of yoga. It encouraged participants to adopt yoga as a means of reducing health problems, enhancing physical and mental well-being, and promoting peace in the world. The event fostered a sense of unity and holistic health among the college community.




PHOTO GALLERY

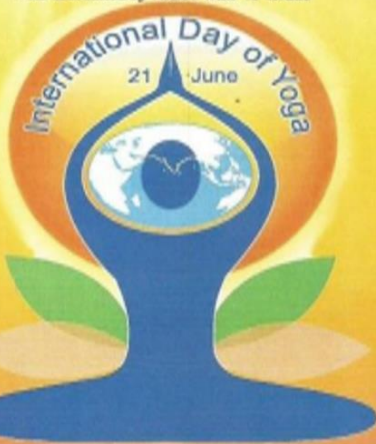




BROCHURE OF THE PROGRAMME



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 Affiliated to Mahatma Gandhi University, Kottayam
 Re accredited by NAAC with 'A' Grade



Yoga for Harmony & Peace

Life Skill Enhancement Programme-Introductory class and Demonstration class on Yoga

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)

ATTENDANCE



SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA

Attendance Sheet

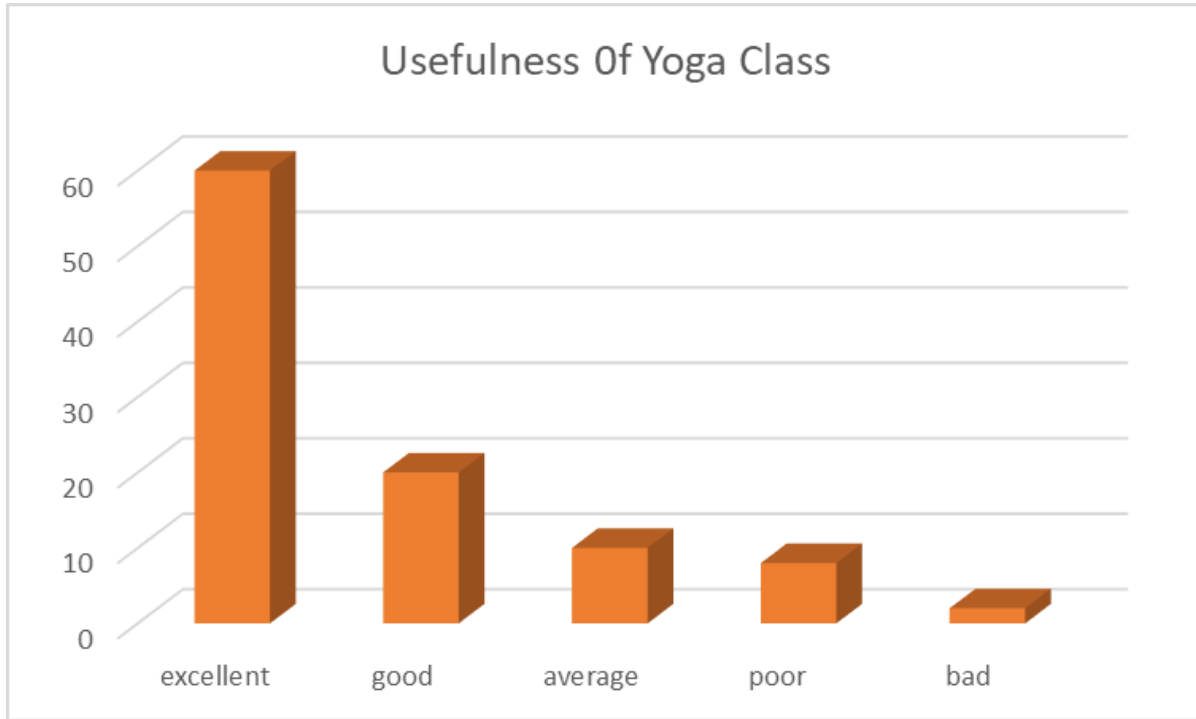
Name of the Programme: LIFE SKILL ENHANCEMENT PROGRAMME ON YOGA

Date 21/06/2018

Sl.No	Name	Class	Signature
1	Ginish K.M	BSc Mathematics	
2	Gokul Sivan	"	
3	Arimarya K.A	"	
4	Ajay Peakach	BSc Physics	
5	Akhila Sivan	"	
6	Asaathy Raj	"	
7	Sangeetha Kumaran	BSC CHEMISTRY	
8	Hanikeshwan K.S	"	
9	Ajaya Vinod	B.COM Finance and Tax	
10	Athira P.S	"	
11	Athira V.M	"	
12	Devika Biju	"	
13	K. Keishendu	"	
14	Tharini P.K	MA HISTORY	
15	Abi Arandhan	"	
16	Anju Vaghese	MA HISTORY	
17	Aryamol K Thankachan	"	
18	Akhil Babu	B.Com Computer Appln	
19	Akshay Kavi	B.Com CA	
20	Amal Siju	"	
21	Abhinand M.S	M.COM Internal Business	
22	Ajith K.P	"	
23	Amal Alundea	"	



FEEDBACK ANALYSIS.




PRINCIPAL
Signature and Seal of the Principal
VALAYANCHIRANGARA P.O
(VIA) PERUMBAVOOR

