

SREE NARAYANA TRAINING COLLEGE, NEDUGANDA

REPORT OF THE 4TH INTERNATIONAL YOGA DAY CELEBRATIONS JUNE 21ST 2018

Sree Narayana training college, Neduganda, Varkala observed 4th international yoga day in most befitting manner. SNVHSS, Neduganda joined the college in organizing the programme. The programme was coordinated by Sri.Amjith.S ,Assistant Professor in Physical education in charge, S.N. Training College, Nedunganda and was Presided by Dr. Rany. S Principal of the college. Programme began with prayer followed by welcome speech by Sri. Amjith. S, presidential address by Dr. Rany. S, inauguration and keynote by Adv. S. Jose Raj Manager S.N.V. H.S. Nedunganda Sri. Praveen, Assistant Professor in Physical Education, S.N. Collage Varkala proposed felicitation. The inauguration was followed by two practical orientation sections for local peoples Anjengo Panchayath, Lower Primary students, High School Students and faculty members of the college and neighboring school.

Session - 1 (Yoga and community health)

The 1st session was arranged for the peoples of costal area Anjengo panchayath as per the module prepared by the co-ordinator. The participants practiced different asanas and pranayama for one hour duration

Session - 2 (Significance of Yoga in professional life)

The participants includes the faculty members of Sree Narayana Training College, Nedunganda, S.N.V.H.S.S Nedunganda. This session was mainly concentrated on occupational fitness and was highly beneficial to the participants.

Both the sessions were handled by Sri. Amjith. S, Assistant Professor in Physical Education, Sree Narayana Training College, Nedunganda

Session - 3 (Yoga and child development)

The 3rd session was organized for the kids of age from 3 to 7 years from Pre-primary school, Anganvadi and Lower primary Section .

Sree Narayana Training College celebrated 4th International Yoga in colourfull and befitting manner. The theoretical and practical section were very much useful and beneficial for the students and teachers of the neighboring institution and near by community.

PRINCIPAL