

SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA
VARKALA, THIRUVANANTHAPURAM, KERALA

Yoga Day 2019

Sree Narayana Training College, Nedunganda celebrated the International Day of Yoga, 2019 in a colourful manner. A State Level Seminar on Yogic Sciences was organized in the college. All members of Sree Narayana Training College, Nedunganda including Teaching and Non-teaching staff as well as students experienced the magical freshness of unity of both mind and body through involving this wonderful gift by our ancestors. The programmes organized in our college really highlighted the theme of international yoga day 2019 of “**Yoga with Gurus**”. The Programme coordinators were Sri. Amjith, Assistant Professor in Physical Education and Dr. Rani K.V., Assistant Professor along with Dr. Sheeba P, the honorable Principal. In connection with the 5th International Yoga Day Celebrations, the college organized a practical session for the students of SNVHSS Nedunganda in collaboration with the NSS unit of the school on 20th June 2019. Mr.Amjith S., faculty of SNTC and Mrs.Manjusha , faculty of SNVHSS Nedunganda lead the session.

‘5th **International Yoga Day Celebrations and State Level Seminar on Yogic Sciences**’ of Sree Narayana Training College, Nedunganda started with an Inaugural Session at 9.30 a.m.in the College Auditorium. Dr. A. Shershah, Associate Professor and HOD, Department of Physical Education, TKM Arts and Science College, Kollam was the Chief Guest and he inaugurated the programme by explaining the unlimited advantages of Yoga in daily life..

Followed by the Inaugural Session, a Mass Yoga Display was there under the guidance of Mr. Amjith S.and Dr. Rani K.V, faculty of SN Training college Nedunganda.. All staff and students of Our College participated and benefited with the activity. Next Session was a Talk on ‘Relevance of Physical Fitness among College Students’ by Dr. A. Shershah. In his own words, “Yoga is an invaluable gift from our ancient tradition. It embodies the unity of mind & body, thought, and action, a holistic approach that is valuable to our health & well-being. It is not only exercise but also the way to discover the senses of oneness with you, the world and nature”. It was a fruitful session for the audience in terms of attaining more valuable information about the rich therapeutic aspects of Yoga.

Next Session was Research paper presentations by invited Research Scholars. There were participants from Arts and Science Colleges, Engineering Colleges and Nursing Colleges. Many scholastic works on benefits of Yoga were presented. Dr. Sangeetha N.R., Mrs. Chitra S and Dr. Deepu chaired the session.SSNM college of Nursing won the best research paper award.

The Programme concluded with a Valedictory Session and college Principal Dr. Sheeba P. delivered presidential address and Dr.Pramod G Nair presented the report of the programme .