



# **GOVERNMENT COLLEGE, KARIAVATTOM**

## **International yoga day 21-June-2021**

***BE WITH YOGA, BE AT HOME***

### **HOME YOGA CHALLENGE 2021**

1. Participants should make a set of static/ dynamic yoga video.
2. The Maximum duration is 2 minutes.
3. Video must be shot at home.
4. The event is exclusively for present GCK students.
5. The last date is 21 June 2021, 10 PM.
6. The winners will be decided by a panel of judges only.
7. The decision of the organisers will be final.
8. Prizes for first, second and third will be 500 Rs, 300Rs and 200 Rs.
9. Certificates will be given to first, second and third place winners.

**SUBMIT YOUR VIDEOS TO**

**Dr. Rajeev Kumar R**

**Assistant professor, Department of Physical Education, Government college, Kariavattom,  
Watts app number/ Ph. No: 9656491982**

**Organized by  
Health club and physical education department**

Fig: 1 &2 HARSHA S VAZ (BSC COMPUTERSCIENCE)  
First position in Yoga challenge



Fig: 3&4 KARTHIKA M J (BSC GEOGRAPHY) Second position in Yoga challenge





Fig: 5 &6 ADEEP MOHAMMED S (BSC Chemistry&IC)  
Second position in Yoga challenge



Fig: 7 MEKHA KRISHNAN R S (BSC Geography) Third position in Yoga challenge



Fig: 8 KAVYA RAMESH M R (BSC Geography) Third position in Yoga challenge



Fig: 9 B S KRISHNAPREETHI (BSC Biotechnology)  
Fourth position in Yoga challenge



On 21st –June–2021, Yoga challenge for college students had conducted. This year, the theme for the event was “Yoga at Home and Yoga with Family”, in line with global concerns around the Covid-19 pandemic, emphasising the importance of maintaining good health, but within constraints of social distancing.

Number of participants : 16

Date :21-June-2021

**Objectives of the programme:**

- (1) To create awareness among students about the role of yoga in healthy mind and body.
- (2) learn how yoga and immunity can function together.
- (3) Bring down stress, enhances power of relaxation & stamina and bestows greater power of concentration and self control.