

# GOVERNMENT COLLEGE, KARIAVATTOM

## Report on Yoga Day 21<sup>st</sup> - June-2019

*Government college, Kariavattom conducted the international Yoga day on 21<sup>st</sup> - June -2019. The function was inaugurated by our respected Principal Dr. B Unnikrishnan Nair. On the auspicious occasion almost 100 students and faculties were present.*

*The function was conducted in a colourful manner and the practical session was handled by Dr. Rajeev Kumar.R, Assistant Professor of Physical education. NCC cadets, sports students and NSS volunteers of the college also participated in the programme actively. Awareness about the origin of Yoga, importance of Yoga in daily life, role of Yoga in correcting postural deformities, yoga in lifestyle disease prevention etc. were the main content of the theory programme and the session was taken by Dr. PRASAD. T.K, Assistant Professor of Geography. Breathing technique, stress reduction and standing asanas were given priority in the practical session and was conducted through demonstration method,. The programme ends at 3 pm.*

