

MES COLLEGE MARAMPALLY

Activities of Red Cross –Report

International Yoga Day

In connection with International Yoga Day we have conducted a one-day programme “Fitness Arena” on 21st June for the students and faculty of our college in association with NSS, NCC and Department of Physical education. The programme was inaugurated by our beloved Principal Dr. Ajims P Mohammed. There were three sessions .The first session, “Yoga for Transformation” was handled by Mr. Manjunathan K, Yoga Teachers Trainer, Pathanjali College of Yoga. The session I started at 10.00am.Remaining practical yoga sessions were handled by Ms. Arya S Kumar, Assistant Professor, Department of MSFT. II session was for students and was from 11.00 am-12 pm. The III session for the faculty was held from 2.30-3.30 pm.



MES COLLEGE MARAMPALLY
INTERNATIONAL
YOGA DAY
in association with

SESSION I
YOGA FOR
TRANSFORMATION
(10 AM - 11 AM)

SESSION II & III
PRACTICAL YOGA SESSION
FOR STUDENTS / FACULTY
(11 AM - 12 PM)/(2.30 PM - 3.30 PM)

Manjunathan K.
Yoga Teachers Trainer
Pathanjali College of Yoga

Arya S. Kumar
Assistant Professor
Department of MSFT

21 JUNE | 2022
FITNESS ARENA, MSFT

Coordinators:
Dr. Ajims P Mohammed
Principal
MES College Marampally

Mrs. Jasmine S
Head of the Department
MSFT



Students and faculties actively participated in the respective sessions. The programme helped a lot to give the students an awareness about the significance of yoga and meditation in student life.

