



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

From
Soman TB,
Programme coordinator Yoga and Fitness Club
Paramekkavu College of Arts and Science

To
The Principal
Paramekkavu College of Arts and Science
13 June 2024

Subject: Permission Letter for International Yoga Day Celebration June 2023

This is to inform you that the Yoga and Fitness Club, in association with NSS and IQAC of Paramekkavu College of Arts and Science, will observe International Yoga Day on June 21, 2023. We are excited to announce that there will be a demonstration class for students, conducted by Sri E. Gopinath, Yoga Instructor of the District Yoga Association and member of Paramekkavu Devaswom.

We request your permission to conduct this event and encourage all students to participate in this enriching experience, promoting wellness and mindfulness through yoga.

Thank you for your support.

Your's Sincerely,
Soman TB



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

Ref:

Date: 16/06/2023

CIRCULAR

This is to notify that the Yoga and Fitness Club and NSS in association with IQAC of Paramekkavu College of Arts and Science will observe International Yoga Day on 21st June 2023. There will be a demonstration class for students, the session will be handled by Sri E Gopinath Yoga instructor of district yoga association MC member of Paramekkavu devaswom. All students are hereby informed to attend the program at the given venue.

Venue: Seminar Hall

Date: 21/06/2023

Time: 10.30 AM



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

AFFILIATED TO UNIVERSITY OF CALICUT MLA ROAD PUNKUNNAM THRISSUR 680002

2023 JUNE 21

10.30 AM

VENUE

OPEN SEMINAR HALL

YOGA AND FITNESS CLUB & NSS
IN ASSOCIATION WITH IQAC

INTERNATIONAL DAY OF

YOGA

DEMONSTRATION BY

E GOPINATH

MC MEMBER PARAMEKKAVU DEVASWOM,
YOGA INSTRUCTOR, DISTRICT YOGA ASSOCIATION

PRINCIPAL
DR. SUDHA K P

IQAC COORDINATOR
DR. CHITRA P M

COORDINATORS
PRASEETHA K, SOMAN T B



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

Agenda for International Yoga Day Celebration

Date: June 21, 2023

Venue: Seminar Hall

Time: 10.30 AM

1. Opening Ceremony

- Welcome Address
- Introduction to International Yoga Day and its significance

2. Demonstration Class

- Instructor: Sri E. Gopinath, Yoga Instructor, District Yoga Association
- Overview of various yoga practices and their benefits

3. Interactive Session

- Participation in yoga exercises led by the instructor
- Emphasis on mindfulness and relaxation techniques

4. Q&A Session

- Opportunity for students to ask questions about yoga and fitness

5. Closing Remarks

- Summary of key takeaways from the session
- Encouragement to incorporate yoga into daily life



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

PROGRAMME REPORT

Yoga and Fitness Club Programme Report

Academic year : 2023-24
Date : 21/06/2023
Name of the Event : Yoga Demonstration class

Date and time	21/06/2024, 10.30 PM
Venue	Open Seminar Hall
Organized by	Yoga and Fitness Club & NSS
Targeted Audience	Students of the college

Programme Schedule

Prayer : Aiswarya Neelakandan
Welcome Speech : DR K P Sudha, Principal
Presidential Address: Sri G Rajesh, Managing Trustee Paramekkavu devaswom
Inauguration : Sri E Gopinath
Yoga instructor of district yoga association &
MC member of Paramekkavu devaswom
Felicitation : Sri Prasanth Balakrishnan, Administrator
Sri. Soman TB, Programme coordinator
Vote of thanks : Krishnajali K

Details of the programme:

The yoga & fitness club and NSS in association with IQAC organized the International Yoga Day celebrations of our college. Sri E Gopinath, Yoga instructor of district yoga association & MC member of Paramekkavu devaswom was the chief guest & demonstrator of the day. Dr K P Sudha principal welcomed the gathering. Sri G Rajesh, Managing Trustee & Sri Prasanth Balakrishnan, administrator also attended the function. The club Members were given training on basic yoga steps.

Yoga Day 2023, celebrated on June 21, focused on the theme "Yoga for Vasudhaiva Kutumbakam," emphasizing the idea of the world as one family. Events and activities around the world highlighted the importance of yoga for mental and physical well-being, promoting unity and peace.

The programme started with Prayer. The College principal Dr K.P Sudha welcomed the gathering. Sri G Rajesh Managing Trustee delivered the presidential address Chief Guest Sri E Gopinath inaugurated the ceremony and addressed the gathering. Sri Prasanth Balakrishnan, administrator and Sri. Soman TB , the coordinator of yoga and fitness club felicitated the gathering. The program was concluded with a vote of thanks by the student representative Krishnajali K. All students participated in demonstration class.

PHOTOS:







GPS Map Camera

Lat 10.546195, Long 76.192833
06/21/2023 11:12 AM GMT+05:30
Note : Captured by GPS Map Camera