



PARAMIEKAVU 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 : PCAS/YFC/PR-01/2022-23

Date: 13/06/2022

CIRCULAR

This is to notify that the Yoga and Fitness Club of Paramekkavu College of Arts and Science will observe International Yoga Day on 21st June 2022. There will be a discussion about the 'Importance of yoga in contemporary life', all students are hereby informed to attend the program at the given venue.

Venue: Seminar Hall

Date : 21/06/2022

Time : 10.00AM



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Yoga and Fitness Club Programme Report

Academic year : 2022-23

Date : 21/06/2022

Name of the Event: Importance of yoga in contemporary life-Discussion

Date and time	21/06/2022 10.00 AM
Venue	Seminar Hall
Organized by	Yoga and Fitness Club
Targeted Audience	First year Students of the college

Programme Schedule

Prayer : Anagha M R

Welcome Speech : Ms. Soumya C (Programme Coordinator)

Presidential Address: Dr. K. P.Sudha (College Principal)

Inauguration : E Gopinath

(Member of Thrissur Yoga Association and Paramakkavu Devaswom)

Key note Address : G Rajesh (Devaswam Secretary)

Felicitation : Sri Soman T.B

(Physical Education Dept.,Program coordinator)

Vote of thanks : Student Representative

Details of the programme

Paramakkavu College of Arts and Science, Thrissur celebrated International Yoga Day on 21st June 2022 and had a discussion about the importance of yoga in contemporary life. International Yoga Day serves as an opportunity for individual's communities and organisations to come together and celebrate the immense benefit that yoga offers.

The programme was organized by Yoga and Fitness Club in association with IQAC. The session was taken by E Gopinath (Member of Thrissur Yoga Association and Paramakkavu Devaswom). The college organized a plethora of activities for students of all ages ranging from 'asanas', 'praanayam' to 'Suryanamaskar'. The

students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body. Yoga master encouraged the students to practice regular yoga to remain physically fit and improve concentration. All faculties, staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. The session lasted for over an hour, witnessing active participation and engagement from all attendees. Undoubtedly, it proved to be a successful event.

The College principal Dr. K.P Sudha delivered the presidential address. Chief Guest E Gopinath inaugurated the ceremony and addressed the gathering. G Rajesh (Devaswom Secretary) delivered the Keynote speech. Sri Soman T.B (Physical Education Dept.) the coordinator of yoga and fitness club felicitated the gathering. The program was concluded with a vote of thanks by the student representative. Teaching staff and non-teaching staff of the college participated with utmost cooperation in the function. The celebration concluded with a token of appreciation presented to the esteemed guest.

Photos:

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IQAC in association with Yoga and Fitness Club
jointly organizes to celebrate
*International
Yoga Day*
-21 JUNE 2022-

**Importance of yoga in
contemporary life-
Discussion
And Demonstration**



E Gopinath
Member of Thrissur Yoga Association and
Paramekkavu
Devaswom

SEMINAR HALL **10.00AM**

...All are cordially invited...

