



# 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](mailto:paramekkavucas@yahoo.in), Website : <https://www.paramekkavuartsandsciencecollege.com>

From

Bindu A.B.

Asst.Professor & Librarian

Paramekkavu College of Arts and Science

12/06/2024

To

Dr. Capt. Suseela Menon R.

The Principal

Paramekkavu College of Arts and Science

Subject: Request for permission to observe International Yoga Day

Respected Madam,

I am writing to seek your permission to observe International Yoga Day on 21st June 2024. We plan to organize an event focusing on the theme "Importance of Yoga in Contemporary Life." We believe that this event will not only promote physical well-being but also foster a sense of community and mindfulness among participants.

Your support in granting permission for this event would be greatly appreciated. Thank you for considering our request, and I look forward to your positive response.

Yours Faithfully

Bindu A.B.

Asst.Professor & Librarian



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Ref:

Date: 18/06/2024

## 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 2024. There will be a discussion about the 'Importance of yoga in contemporary life'. The session was handled by Reshma Raj C Yoga Teacher , PVM Thrissur. All students are hereby informed to attend the program at the given venue.

Venue: AV room

Date: 21/06/2024

Time: 12.30 PM



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IQAC in association with Yoga and Fitness Club  
jointly organizes to celebrate

# International Yoga Day

## -21 JUNE 2024-

"Find your inner  
strength and peace,  
one pose at a time."



**Reshma Raj C.**

Yoga teacher, PVM Thrissur.

**Time: 12.30 PM**

**Dr. Capt. Suseela Menon R.**  
Principal

**Bindu A. B.**  
Coordinator



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## Agenda for the programme

**Event** : Yoga day celebration-Discussion and practical session

**Date** : 21/06/2024

**Time** : 12.30 PM

**Venue**: AV Room

Prayer	: Gopika ,Student representative
Welcome Speech	:Smt. Soumya C., NSS coordinator
Presidential Address	: Dr Capt.Suseela Menon, Principal
Inauguration	: Reshma Raj C, Yoga Teacher, PVM Thrissur
Felicitation	: Smt. Bindu A B, Programme Coordinator
Vote of thanks	: Karthika ,Student representative



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## Yoga and Fitness Club Programme Report

Academic year : 2024-25  
Date : 21/06/2024  
Name of the Event : Find your inner strength and peace one pose at a time”-  
Discussion and practical session

Date and time	21/06/2024, 12.30 PM
Venue	AV Room
Organized by	Yoga and Fitness Club
Targeted Audience	Students of the college

### Details of the programme:

Paramekkavu College of Arts and Science, Thrissur celebrated International Yoga Day on 21st June 2024 and had a discussion about "Find your inner strength and peace one pose at a time". The programme was organized by Yoga and Fitness Club in association with IQAC. The session was handled by Reshma Raj C Yoga Teacher, PVM Thrissur. In June 2024, our yoga community embraced the theme "Find your inner strength and peace one pose at a time," fostering a deeper connection to both body and mind. Classes focused on foundational poses that promote stability and balance, encouraging practitioners to explore their limits while cultivating mindfulness. Participants shared transformative experiences, highlighting how consistent practice not only enhanced physical strength but also provided mental clarity and emotional resilience. Special workshops on breathwork and meditation complemented our regular sessions, allowing individuals to integrate relaxation techniques into their daily lives.

The NSS coordinator Smt. Soumya C. welcomed the gathering. The College principal Dr. Capt Suseela Menon delivered the presidential address. Chief Guest Reshma Raj C inaugurated the ceremony and addressed the gathering. Smt. Bindu A.B., the coordinator of yoga and fitness club felicitated the gathering. The program was concluded with a vote of thanks by the student representative Karthika. 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:



