



# 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>

Ref: PCAS/YFC/PR-01/2019-2020

Date: 17/06/2019

## CIRCULAR

This is to notify that the Yoga and fitness Club of Paramekkavu College of Arts and Science will conduct a Talk about Yoga for wellness and yoga demonstration class on the basis of International Yoga Day on 21<sup>st</sup> June 2019, all students are hereby informed to attend the program at the given venue.

Venue : Seminar Hall

Date : 21/06/2019

Time : 9.30.AM



# 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>

## Yoga And Fitness Club Programme Report

Academic Year : 2019-2020  
Date : 21/06/2019  
Name of the Event : Yoga For Wellness

Date And Time	21/06/2019, 9.30 A.M.
Event Venue	College Campus
Organized By	Yoga And Fitness Club
Targeted Audience	Students of Yoga and Fitness Club, Paramekkavu College Of Arts And Science

### Programme Schedule

Welcome Speech : Mr. Abhinav M V (Student, B.Sc Electronics)

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

Inauguration : Smt. Biyona Therese (Yoga instructor)

Felicitation : Mr. Soman T B (Yoga and Fitness Club Co-ordinator)

Vote Of Thanks : Mr. Abhinand T M (Student, BBA)

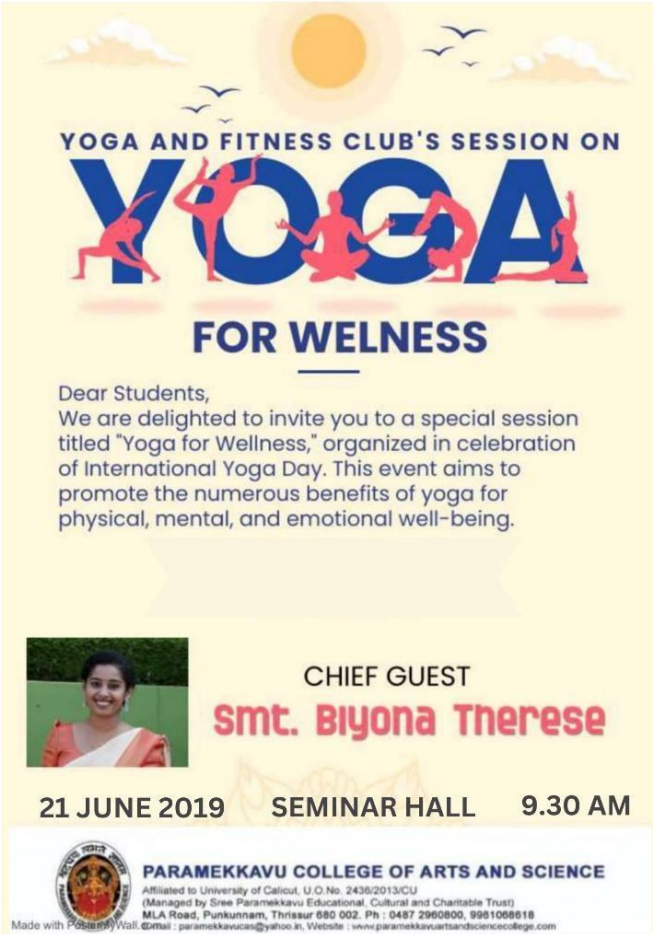
### Details of the Programme

On June 21, 2021, Paramekkavu College of Arts and Science celebrated International Yoga Day with thought-provoking programs. Smt. Biyona Therese, a yoga instructor, gave the pupils a practical yoga demonstration. A discussion on the subject of "Yoga for Wellness" was delivered following the class. The lecture covered the significance of each yoga pose and how it affects a person's health prior to the practice. All staff members and students participated effectively.

Student coordinator Mr. Abhinav M V welcomed all to the programme. Paramekkavu colleg Principal Dr. Sudha K P delivered presidential address. Smt.


Biyona Therese (Yoga instructor) inaugurated the function. Mr. Soman T B (Yoga and Fitness Club Co-ordinator) delivered felicitation. Vote of thanks was delivered by Mr. Abhinand T M student coordinator.

Photos:




**YOGA AND FITNESS CLUB'S SESSION ON**  
**YOGA**  
**FOR WELLNESS**

Dear Students,  
We are delighted to invite you to a special session titled "Yoga for Wellness," organized in celebration of International Yoga Day. This event aims to promote the numerous benefits of yoga for physical, mental, and emotional well-being.

 **CHIEF GUEST**  
**smt. Biyona Therese**

**21 JUNE 2019 SEMINAR HALL 9.30 AM**

 **PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE**  
Affiliated to University of Calicut, U.O.No. 2436/2013/CU  
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)  
MLA Road, Pankunnam, Thrissur 680 002. Ph: 0487 2960800, 9981068818  
Email: paramekavucol@yaho.in, Website: www.paramekavuarandsciencecollege.com



