



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: PCAS/YFC/PR-01/2020-2021

Date:16/06/2020

CIRCULAR

This is to notify that the Yoga and Fitness club of the Paramekkavu College of Arts and Science had decided to celebrate the 6th International Day of Yoga 2020 on June 21 by conducting an online Yoga Class at 10.00 a.m. All students are hereby informed to attend the webinar at the given time.

Date: 21/06/2020

Time:10.00 a.m



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Yoga and Fitness club Programme Report

Academic Year : 2020-2021
Date : 21/06/2020
Name Of The Event : Online Yoga Class

Date and Time	21/6/2020, 10.00 a.m
Organised by	Yoga and Fitness club
Targeted audience	Students of college

Details of the Programme

The 6th International Day of Yoga 2020 was celebrated by the college on June 21 by conducting an online Yoga Class at 10.00 a.m by Sri Sagar, Yoga Trainer.

The theme of the year was “Yoga at Home and Yoga with Family” which signified the importance of staying at home and practicing Yoga with family while observing social distancing. Many of the students and their parents participated in the online platform.

YOGA
ONLINE SESSION

YOGA TRAINER: SRI SAGAR
21 JUNE, 2020, 10.00 AM
ORGANIZED BY YOGA AND FITNESS CLUB

JOIN THE LINK ON TIME

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Event : Online Yoga class

Date : 21/06/2020

Sl.No	Name Of The Students	Course
1	RAHUL N RAJAN	BSc Electronics
2	ARYA P G	BA English
3	DHEERAJ P SURENDRAN	BCom Finance
4	ANITTA BABY	BA English
5	ANILY SHAJAN	BCom Finance
6	ARAVIND K J	BBA
7	MADHU P M	BA English
8	ADITHYA K J	BBA
9	BABITHA P	BCA
10	AGNES DIXON K	BCA
11	FAYIZ MUHAMMED K U	BCom CA
12	ARJUN P	BCom CA
13	ARCHANA RAJAN	BCom CA