



MAR GREGORIOS COLLEGE OF LAW

MAR IVANIOS VIDYANAGAR, THIRUVANANTHAPURAM

Affiliated to the University of Kerala & Approved by the Bar Council of India

The First NAAC Accredited Law College in Kerala



Name of the event: International Yoga Day

Date: June 21, 2023

Venue: Yoga Room

Objective: To enable the student to have good health, to possess emotional stability, to integrate moral values, to attain higher level of consciousness

About the event

As part of International Yoga Day (June 21, 2023), the NSS unit of Mar Gregorios College of Law, Nalanchira, Trivandrum celebrated Yoga Day in a befitting manner in the campus, to bring awareness about health benefits of Yoga. The program started with a 5min breathing exercise in all the classrooms. 46 students from various classes were assembled in Yoga room for Yoga Session. Robins D. John, NSS Programme Officer shared the history, theme, meaning and importance of Yoga in daily life and welcomed the gathering. Our College Director Adv.Fr. Joseph Venamanath lead the yoga pledge(Yog Front Pledge). The celebration was further initiated with the short speech by the instructor Dr. Chincy Mohan, RMO, Bethany Nature Cure Centre, Nalanchira, Tvm, she said that the art of practicing yoga helps in controlling an individual's mind, body and soul. It also helps in increasing flexibility, muscle strength and body tone. The celebration was followed by practice of Pranayama and some Asanas. Students did various Asanas under the instructions of the yoga instructor Dr. Chincy Mohan. Warm up exercises were taken by all the students, some of the sitting and standing asanas were also performed, importance of these were explained simultaneously. After that a Poster making Competition was also held. The celebration concluded with a short speech by the Programme Officer Robins D. John and he encouraged students to practice regular yoga to remain fit and improve concentration.



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NATIONAL SERVICE SCHEME

UNIT NO: KL-07-158

INTERNATIONAL

Yoga Day

" YOGA FOR VASUDHAIVA
KUDUMBAKAM "

YOGA INSTRUCTOR



Dr. CHINCY MOHAN

RMO

Bethany Nature Cure Centre
Nalanchira Trivandrum

