

## AL SHIFA COLLEGE OF PHARMACY

NSS

CIRCULAR DATED 16-20/6/2021

Department of NSS is organizing international Yoga Day celebration, NSS volunteers conduct a 5 days yoga training programme on June 16-20 june 2021 online (platform Google meet)

Venue: online

Expected Participants: NSS volunteers

Co-Ordinator Principal

Junise V

(HOD, Department of Pharmaceutics)



### AL SHIFA COLLEGE OF PHARMACY

# NSS & DEPARTMENT OF PHARMACEUTICS REPORT ON INTERNATIONAL YOGA DAY

Date-16 to 20 june 2021

Time-5.00-6.00 pm

Venue - Google meet

#### **REPORT:**

In relation to International Yoga Day celebrations, NSS volunteers conduct a 5 days yoga training programme on June 16-20 2021 online (Platform Google meet). The programme was inaugurated by our beloved principal Dr. T.N.K. Suriyaprakash. All teaching faculties, students and NSS Volunteers participated in the online event.

Mr. Jayaprakash, yoga trainer a social worker as well as a counseller initiated the whole session. The session was adjourned at 5.00 pm-6.00 pm. The session mainly included breathing exéresse, basic yoga posture like sooryanamaskaram" and various yoga moves to stretch and strengthen. It was followed by a feedback session, headed by vice principal Mr. Junaise V Programme driven by Al Shifa College of Pharmacy in association with Chethana yoga Association and Yoga Association of Kerala.

CO-ORDINATOR PRINCIPAL



CHETHANA YOGA ASSOCIATION AND YOGA ASSOCIATION OF KERELA

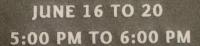
## 5 DAYS YOGA TRAINING PROGRAMME

In association with

NATIONAL SERVICE SCHEME UNIT NO.(NSS/FU/MPH/KUHS/4)







"Yogo is the dance of every cell with the music of every breath that creates inner senerity and harmony" DEBASISH MRIDHA