



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 counsellor initiated the whole session. The session was adjourned at 5.00 pm-6.00 pm. The session mainly included breathing exercises, 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)**



AL SHIFA COLLEGE OF PHARMACY



**JUNE 16 TO 20
5:00 PM TO 6:00 PM**

*"Yoga is the dance of every cell with the music of every
breath that creates inner serenity and harmony."*

DEBASISH MRIDHA