

## Programme 63 - Yoga (21/6/2022)

### ACTIVITY REPORT FORMAT

Activity Report of Capacity Building Programme/ Skills Enhancement Initiative (1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/Computing Skills) Should contain following details

Name of Capacity Building/Skills enhancement Programme	"Inter National Yoga Day Celebration"
Organized by (Mention Department/Cell/Club Name)	Department of Physical Education
Co-ordinator	JAGANNADHAN C
Date of Activity	21/06/2022
Mode of Activity	Theory & Demonstration
Name of the agencies/consultants involved with contact details	District Yoga Association, Near Civil Station Palakkad
Number of Students Enrolled	54
Resource Person	Mr. SUMITH S, Certified Yoga Instructor
Venue	College ,Auditorium
Programme Objectives	To convey the message to Students - importants of Yoga in day to day life.
Programme Outcome	More number of students started to practice of Yoga
Overview of the Programme	Department of Physical Education Conducted one Day Programme on Yoga in connection with International Yoga Day On 21 <sup>st</sup> June 2022.54 students from various departments attended the programme . SUMITH S (resource person ) explained the way how to practice Yoga daily .He performed 5 Simple ashtanga Yoga Postures with Demonstration.
Brochure	
Attendance Sheet	



Geo Tagged Photo	
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