



ST. JOHN'S
COLLEGE, ANCHAL

NSS UNIT 14 A&B & NCC UNIT
9K Bn NCC KOTTARAKKARA



INTERNATIONAL **21**
YOGA DAY **JUNE**
PROGRAMME INVITATION



Welcome
(9: 30 AM)

- Prof. Thomas Mohan
N.S.S Programme Officer

Inauguration

- Rev. Fr. Shoji Varghese
Principal, St. John's College

**Presidential
Address**

- Rev. Fr. Jinoy Mathew
Bursar, St. John's College

Keynote Address

- Shri Vijayan C
Director, Bharathiya Yoga Academy, Anchal

Vote of Thanks

- Lt. Dr Arun P.S.
A.N.O., St. John's NCC

10: 00 AM

- Yoga Class & Practice

11: 00 AM

- National Anthem

Venue - College Auditorium - Time - 9:30 AM

21/06/2023

Yoga Day

On the occasion of International Yoga Day, the NSS (National Service Scheme) and NCC (National Cadet Corps) units of the college came together to organize a special yoga training session. The event, aimed at promoting the physical, mental, and spiritual well-being of students, was inaugurated by the esteemed College Principal, Rev. Fr. Shoji Varghese.

The event commenced with a ceremonial lamp lighting by Rev. Fr. Shoji Varghese, symbolizing the dispelling of darkness and the ushering in of light and positivity. This was followed by an invocation to Lord Patanjali, the father of yoga, seeking his blessings for a successful and enriching session.

The yoga training session was led by experienced instructors who guided the students through various asanas (postures), pranayama (breathing exercises), and meditation techniques. The students, ranging from beginners to advanced practitioners, enthusiastically participated in the session, eager to experience the benefits of yoga firsthand.

The instructors emphasized the importance of regular practice and correct technique, highlighting the role of yoga in improving flexibility, strength, and overall health. They also spoke about the mental benefits of yoga, such as stress reduction and improved concentration, which are particularly relevant for students facing academic pressures.

As the session progressed, the atmosphere was filled with a sense of calm and serenity, as students focused on their breathing and embraced the present moment. The instructors encouraged the students to listen to their bodies and practice mindfulness, reminding them that yoga is not just a physical practice but a holistic approach to well-being.

After the yoga session, the students gathered for a discussion on the significance of yoga in modern life. They shared their experiences and insights, expressing gratitude for the opportunity to learn and practice yoga in a supportive environment.

Mr. Thomas Mohan, NSS Program Officer welcomed the gathering on the occasion. The vote of thanks was delivered by Dr. Arun PS, ANO, NCC.

The event concluded with a pledge by the students to continue practicing yoga and spreading awareness about its benefits. They expressed their gratitude to the college authorities, NSS, and NCC units for organizing such a meaningful and impactful event on International Yoga Day.

**ST. JOHN'S**
COLLEGE, ANCHAL

NSS UNIT 14 A&B & NCC UNIT
9K Bn NCC KOTTARAKKARA





Welcome (9:30 AM)	- Prof. Thomas Mohan <i>N.S.S Programme Officer</i>
Inauguration	- Rev. Fr. Shoji Varghese <i>Principal, St. John's College</i>
Presidential Address	- Rev. Fr. Jinoy Mathew <i>Bursar, St. John's College</i>
Keynote Address	- Shri Vijayan C <i>Director, Bharathiya Yoga Academy, Anchal</i>
Vote of Thanks	- Lt. Dr Arun P.S. <i>A.N.O., St. John's NCC</i>
10:00 AM	- Yoga Class & Practice
11:00 AM	- National Anthem

Venue - College Auditorium - Time - 9:30 AM







