

YOGA DAY CELEBRATION

NSS UNIT 129

WORK REPORT

SNMIMT ENGINEERING COLLEGE
Building a better future based on values
SREE NARAYANA MANGALAM INSTITUTE OF MANAGEMENT & TECHNOLOGY
(Under the Patronage of HMDP Sabha, Moothakunnam)

SNM POLYTECHNIC COLLEGE
MALIANKARA PO, MOOTHAKUNNAM
Under the patronage of HMDP Sabha Moothakunnam

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NSS 129

21ST JUNE | **SNMIMT** | **9:15 AM**

Prayer

Welcome address - **Aishwarya**
NSS Volunteer, SNMIMT

Presidential address - **Sri P N Sreekumar**
Manager, SNMIMT

Chief Guest - **Dr M Lakshmikumari**
*Director,
Vivekanandakendra Vedic Vision Foundation*

Inauguration ceremony by chief guest and all other respected dignitaries

Inaugural Address - **Dr M Lakshmikumari**
*Director,
Vivekanandakendra Vedic Vision Foundation*

Keynote address - **Sri E P Santhosh**
President, HMDP Sabha

Blessing Notes - **Sri D Sunil Kumar**
Secretary, HMDP Sabha

Felicitation - **DR V R Prakasham**
Manager, SNM College
Sri C A Ranjith
Manager, SNM School
Dr Jitha T H
Principal, SNM College
Dr Sanjuna.K.R
Principal In Charge, SNMIMT
Sri K P Pratheesh
Principal, SNM Poly Technic College

Vote of thanks - **Shahir Muhammed**
*Secretary-NSS Volunteer,
SNM College*

YOGA DAY

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life. Yoga is a light, which once lit, will never dim, the better your practice, the brighter the flame.

Nss unit of our college SNMIMT Maliankara had reached a decision to celebrate yoga day on June 21. They decided to celebrate yoga day as a mega event including our sister institutions. For that a three day session was introduced .On 16th 17th and 18 th of June we had an amazing and peaceful Yoga training session led by yogacharyas named Sudhakar G sir and Sheelalal ma'am whom were from Vivekanandakendra Vedhic vision foundation Kodungallur . They give us a miniater experience of the Yoga session that was to be held on 21st of June (International Yoga Day celebration).The session was held from 3:00 to 4:00. Interested students ,NSS volunteers of NSS unit 129 as well as NSS volunteers of our sister institutions snm college, snm polytechnic college participated as well.All the students were asked to meet up at sharp 3 pm and they were asked to take yoga mats with them. Under there leadership we could understand how yogas were important in our day to day life and the need of performing yoya. That session was a nice and amazing one.





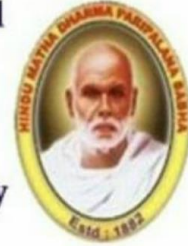
On June 21 2022 at sharp 9 am our yoga day programs had started. Dr. Lakshmi kumari ma'am from Viivekanandakendra Vedhic vision foundation Kodungallur was the main guest of that day. Starting with the inaugural address, there were many respected personalities who conveyed their wishes and support for this event. After that yoga event was scheduled and all the students got participated in that event. Everyone was provided with tea and snacks. The students of nature club performed flashmob along with this. Everyone had enjoyed it and it was a nice performance too.



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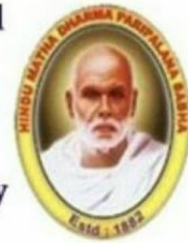




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NSS TECHNICAL CELL
UNIT 129



Yoga day celebration was an interesting and nice experience for everyone. Nss unit of our college worked very hard for the success of this program. This was really an unforgettable and amazing event for all of us.



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