

International Yoga day 2021

Department of Physical Education & Department of Biochemistry jointly celebrated International Yoga Day on 21/06/21 at 08.30 am. The programme was done in collaboration with National Ayush Mission. The event started with introduction to International Yoga Day by Dr.Deepa G.Muricken, followed by Welcoming the resource persons by Lt.Anu D.Alappat. The message on Yoga Day was delivered to the students by Principal, Sr.Dr.Magie Jose. The event was focused on the theme - “BE WITH YOGA BE WITH FAMILY”. Yoga Day attained great importance due to the present Covid scenario for maintaining both Physical and Mental wellbeing of the people.

A talk on the Importance of Yoga was given by Dr.Aneeja T.N, Medical officer, Ayush Wellness Centre. The demonstration on Yoga was performed by Smt.Renuka Divakaran from Ayush Gramam, Irinjalakuda.

The programme was intended for students of St.Mary’s College and participation was through Google Meet and Marian Webisode Live Telecast. The programme concluded by Smt.Abhini P.k by thanking everyone for making the event a successful one.