

Azadi Ka Amrit Mahotsav (AKAM)

INTERNATIONAL YOGA DAY

Name of the Event: International Yoga Day (IDY-2022)

Organiser: National Service Scheme (NSS) and NCC 21(K) Battalion, Ernakulam

Date: 21/06/2022, Tuesday

Venue: St. Xavier's College Auditorium

Activity: Practice and create awareness among students about benefits of Yoga

Theme: "Yoga for Humanity"

Report

People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety. This year IDY-2022 on 21st June 2022 is being celebrated across world in a grand manner as a whole Government approach completely embedding it with the ongoing Azadi Ka Amrit Mahotsav (AKAM) celebrations by central government vide D.O.No.1-16/2021(Website). The programme was jointly organised by NSS and NCC wing of our college. Students and faculty members actively participated in Yoga practice and thereafter for breakfast at college canteen.

ST. XAVIER'S COLLEGE VAIKOM

International Yoga day

Jointly Organised by

NSS & NCC

“Yoga for humanity”



21st June 2022

5:30 – 8:00 am

St. Xavier's College Auditorium



NSS Unit No. 46



NCC 21 (K)

St. Xavier's College Vaikom
National Service Scheme (NSS)
Unit No. 46
Attendance Sheet

Name of the Event: Yoga Day Observation Date: 21.06.2022
Venue: St. Xavier's College Premises & Room No. 107

Sl.No.	Name of Volunteer	Department	Batch Year	Signature	Remarks
1	Jeej Thomas	Zoology		<i>[Signature]</i>	
2	Adithyan M. Mathai	Economics		<i>[Signature]</i>	
3	Arunal	Engineering		<i>[Signature]</i>	
4	Aravindhalingam P.T	Zoology		<i>[Signature]</i>	7:30 AM
5	Vishal	Computer		<i>[Signature]</i>	
6	Anusha Jay	Commerce		<i>[Signature]</i>	
7	Nehal	Physics		<i>[Signature]</i>	
8	Atul Jayan	Philosophy		<i>[Signature]</i>	
9	Manu Aravindhan	Botany		<i>[Signature]</i>	
10	Madhura G.I.	PSST		<i>[Signature]</i>	
11	Madhura Saritha	Practical Science		<i>[Signature]</i>	
12	Madhura Shree	B-Com		<i>[Signature]</i>	
13	Prithvi	B-Com		<i>[Signature]</i>	
14	Nandakumar	Bio-Logy		<i>[Signature]</i>	
15	Arshana P.	Zoology		<i>[Signature]</i>	
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Programme Officer 1: *[Signature]*
Programme Officer 2: *[Signature]*

