

Yoga and Meditation Centre

Activity Report 2019-20

The activities of the College Yoga Cell have been inaugurated by Dr. P. Nazeer, Principal of our College on the occasion of the International Yoga Day Observance on 21st July 2019. The function was organized by Health Club and National Service Scheme of our College. Dr. Baiju.A, Head of the Department of Physical Education and Co-coordinator of the Health Club and Yoga Cell welcomed the gathering. The eminent Yogacharya Sri. Gopinathan (Vykkathi Vikas Trainer and Life Coach) was the chief Guest and delivered keynote address. In his speech he explained the yoga philosophy and the spiritual and mental aspects of Yoga. Also shared the relevance of yoga in the modern era. After the keynote address Yogacharya demonstrated basic yoga "Asana" to the students and staff, and explained the benefits of each posture. The audience performed the "asana" following his demonstration instructions. Sri. Asseem. J, Assistant Professor of Commerce and programme Officer of NSS Unit of our College, expressed vote of thanks. Regular practice under the leadership of Dr, Baiju A, Head of the Department of Physical Education and Dr. Dilshad Bin Ashraf Assistant Professor of Psychology and Dr Shijina



AS, Assistant Professor of Commerce were held during the free hours on all working days.

Workshop on meditation

The goal of meditation is to go beyond the mind and experience our essential nature-which is realization of peace, happiness and bliss. To impart the knowledge and the importance of dynamic meditation, a workshop was conducted on 19th November 2019 in our College. The programme commenced with the speech HOD of Physical Education cum Coordinator of Yoga Cell, welcoming the gathering emphasizing the importance of meditation in a Child's life. Dr. Dilshad Bin Ashraf, HOD of the Department of Psychology took the session on Dynamic Meditation with a video presentation. The session was very informative and the participants felt rejuvenated after the valuable information they gained from the workshop. The programme concluded with the formal vote of thanks by Dr. Siyad, Assistant Professor of Chemistry.

