

## **International Yoga Day – 2019**

We celebrated International yoga day on 21/06/2019. As part of the celebration, we have conducted a workshop for creating awareness about the importance of yoga and meditation. National service scheme and Yoga center of our college jointly organized the workshop. A well-known Yogacharya Sri. Gopinathan was the chief guest of the programme. The work shop is inaugurated by the principal in charge, Dr. P Naseer and NSS Programme Officer, Mr. Asseem. J presided over the function. After the inaugural ceremony, the chief guest, Yogacharya Sri. Gopinathan delivered lecture about the importance of yoga and meditation.



**Dr. P Naseer, Inaugurating the function**



Yogacharya Sri. Gopinathan delivering lecture about the importance of yoga and meditation.



Yogacharya Sri. Gopinathan demonstrating yoga for the students