

School of Pedagogical Sciences, Mahatma Gandhi University
Report of the International Yoga Day observation dated 21st June 2022

The International Yoga Day was observed by the School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam on 21st June 2022 with great enthusiasm. The programme started off with an opening remark of the student programme convenor Ms Divya Martin. School of Pedagogical Sciences choir has recited the prayer. The gathering was welcomed by the Head of the Department in charge and programme coordinator, Dr Ismail Thamarasseri. He deliberated on the relevance and importance of yoga in rehabilitating our post-COVID lives. He proposed a warm welcome to all the dignitaries and participants. It was followed by the presidential address by Prof. (Dr.) Asha J.V, Dean, Faculty of Education who talked about the need of inculcating yoga into our daily practices and its importance in coping with the lifestyle diseases. She revitalized the participants to adopt yoga as a daily routine and continue its practice lifelong.

The theme for International Yoga Day in 2022 is 'Yoga for Humanity', which is intended on bringing to light the physical, mental, and emotional state of people. The theme was selected with the aim to inspire the yoga for community and global development. Following the presidential address, Sri Anoop K.M, Yoga Instructor and the Chief Guest delivered the keynote address and inaugurated the programme. His expertise in the field was evident throughout the speech. He explained the purpose of yoga in a simple and brief manner by elaborating its benefits among students such as stress relief, to control our thought and actions and to improve quality of our life. The goodness of yoga influences the self and thereby the society.

Mahatma Gandhi University student union representative Ms Jeeva S Kumar, felicitated the programme. Research Scholar, Ms Sheeja S. proposed the vote of thanks. The official inaugural session was concluded with the National Anthem. The most awaited session, the demonstration session followed by the performance of *asanas* such as *Vrikshasana*, *Parvatasana*, *Padmasana*, *Vajrasana*, *Trikonasana*, *Sasankasana* etc. Participants of the session followed the instructions and performed yoga. This programme was an outcome of the efforts taken by the faculty members and research scholars of School of Pedagogical Sciences, Mahatma Gandhi University. It has served the purpose of an academic programme and an enrichment programme. The yoga session revitalized to implement a new routine in life.





Yoga For Health & Happiness

International



21 JUNE 2022

@ 10:30 am

SEMINAR HALL

YOGA

Day

**SCHOOL OF PEDAGOGICAL SCIENCES
MAHATMA GANDHI UNIVERSITY, KOTTAYAM**



INTERNATIONAL YOGA DAY CELEBRATIONS
10.30 AM, 21ST JUNE 2022, PROGRAMME SCHEDULE

- Prayer** : SPS Choir
- Welcome Address** : Dr. Ismail Thamarasseri
(Assistant Professor, HOD in charge)
- Presidential Address** : Prof. (Dr.) Asha J.V.
(Professor, Dean, Faculty of Education, MGU)
- Inaugural Address, Keynote Address & Yoga Demo:**
Shri Anoop K.M (Yoga Instructor)
- Felicitation** : Jeeva. S. Kumar,
MGU Student Union Representative
- Vote of Thanks** : Ms. Sheeja S, PhD Scholar
- National Anthem**

NB: All are requested to bring yoga mats

ALL ARE INVITED

Organising Committee Members:

1. Amrutha K Vimal
2. Divya Martin (Student Programme Convenor)
3. Geethu T.G
4. Gopika Krishnan
5. Sabitha V.P
6. Sheeja S
7. Sindhu Sebastian
8. Sruthi O.H