

#### PROGRAMME REPORT

Academic year: 2021-2022

Name of the Programme: International Yoga day celebration (International Yoga Day, 21 June 2021)

Date and Time	21 June 2021
Organized by	Health & Wellness Club
Target Participants	Students and staffs of MTM College.
Topic	Let' Yoga (Practical session through Google meet)

### **Details of the Programme:**

Every year, 'International Yoga Day' is celebrated to promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed 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. Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" how the practice of Yoga can promote the holistic health of every individual. Health & Wellness Club combined with Physical Education Department conducted a practical session with Smt. Binitha Pradeep Yoga Trainer, on June 21st at 4.30 pm. The session was very useful and effective.

The program was started at 4.30 pm and ended at 6.pm. Total of 30 participants registered for the event.

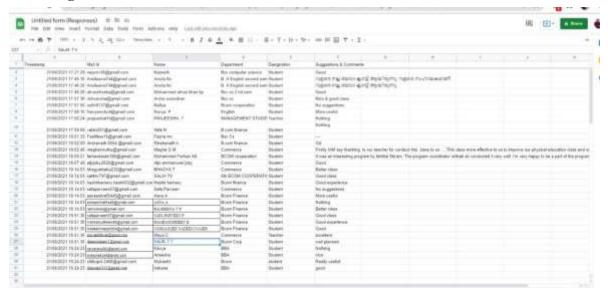
Whatsapp Group formed for the Program.

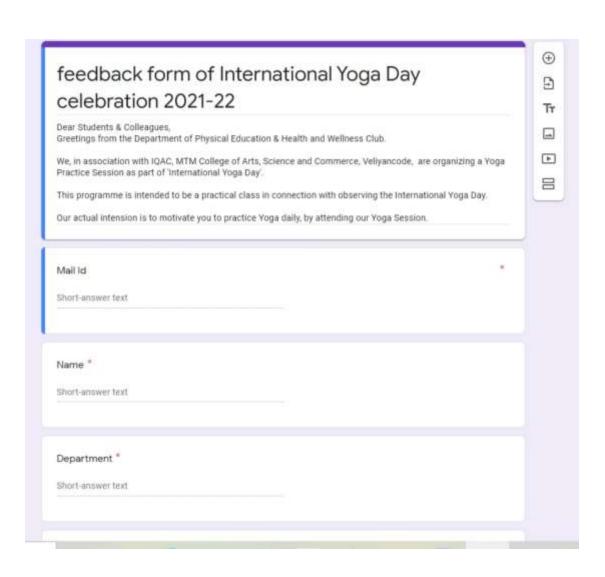
# **Resource Person:-**



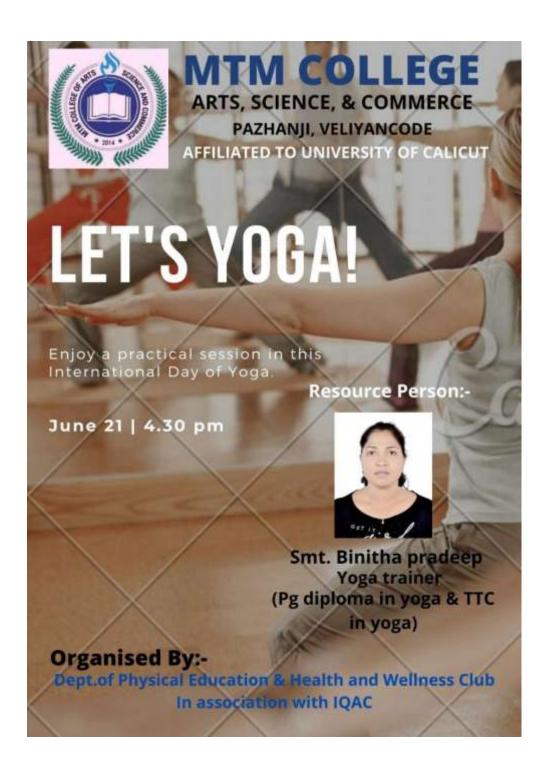
Smt. Binitha Pradeep Yoga Trainer (PG Diploma In Yoga,TTC in Yoga)

# Online Registration/ Feedback Form:





## **Programme Poster:**



## **Photos:-**

