



**MTM COLLEGE**  
**ARTS, SCIENCE & COMMERCE**  
AFFILIATED TO CALICUT UNIVERSITY

## 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:

Timestamp	Mail id	Name	Department	Designation	Suggestions & Comments
21/08/2021 17:27:29	ayash11@gmail.com	Arishah	Bio-vascular sciences	Student	Good
21/08/2021 17:44:10	Anshu1234@gmail.com	Anshu An	B. A English second sem	Student	Feedback: Feedback session should be regularly, regularity, regularity, regularity, regularity, regularity
21/08/2021 17:44:20	Anshu1234@gmail.com	Anshu An	B. A English second sem	Student	Feedback: Feedback session should be regularly, regularity, regularity, regularity, regularity, regularity
21/08/2021 17:44:28	anuragkumar1@gmail.com	Anurag Kumar Anil Kumar	Res. in I. Hd sem	Student	Good
21/08/2021 17:51:36	ashwin123@gmail.com	Ashwin Ashwin	Res. in	Student	Was a good class
21/08/2021 17:51:55	ashwin123@gmail.com	Ashwin	Health management	Student	No suggestions
21/08/2021 17:55:10	ayushkumar123@gmail.com	Ayush K	English	Student	Was useful
21/08/2021 17:58:24	ayushkumar123@gmail.com	AYUSHKUMAR T	MANAGEMENT STUDIES	Teacher	Nothing
21/08/2021 17:58:59	ayush123@gmail.com	Ayush T	Business Studies	Student	---
21/08/2021 18:01:33	Faizhan12@gmail.com	Faizhan	Bus. Ad.	Student	---
21/08/2021 18:02:20	ayushkumar123@gmail.com	Ayushkumar K	Business Studies	Student	GA
21/08/2021 18:02:46	ayushkumar123@gmail.com	Ayush S M	Commerce	Student	Very, I AM say learning is too teacher to conduct the class to us. This class more effective to us to improve our physical education class and so it was an interesting program by health studies. The program coordinator should be conducted to very well. I'm very happy to be a part of his program
21/08/2021 18:03:21	ayushkumar123@gmail.com	Anurag Kumar Anil	SCDM cooperation	Student	---
21/08/2021 18:07:40	ayush123@gmail.com	Ayush Kumar Anil	Commerce	Student	Good
21/08/2021 18:14:03	ayushkumar123@gmail.com	ANADYA T	Commerce	Student	Good class
21/08/2021 18:14:03	ayush123@gmail.com	SALIN TV	SOB SCDM COOPERATION	Student	Good class
21/08/2021 18:14:05	ayushkumar123@gmail.com	Shruti Anand	Business Studies	Student	Good experience
21/08/2021 18:14:05	ayushkumar123@gmail.com	Saba Parveen	Commerce	Student	No suggestions
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayush A	Business Studies	Student	More useful
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayush A	Business Studies	Student	Nothing
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	Good class
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	Good class
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	Good experience
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	Good
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Teacher	Students
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	well planned
21/08/2021 18:14:05	ayushkumar123@gmail.com	Ayushkumar T T	Business Studies	Student	Nothing
21/08/2021 18:24:21	ayushkumar123@gmail.com	Anshu An	Business Studies	Student	was
21/08/2021 18:24:21	ayushkumar123@gmail.com	Anshu An	Business Studies	Student	Really useful
21/08/2021 18:24:21	ayushkumar123@gmail.com	Anshu An	Business Studies	Student	good

## feedback form of International Yoga Day celebration 2021-22

Dear Students & Colleagues,  
Greetings from the Department of Physical Education & Health and Wellness Club.

We, in association with IQAC, MTM College of Arts, Science and Commerce, Vellyancode, are organizing a Yoga Practice Session as part of 'International Yoga Day'.

This programme is intended to be a practical class in connection with observing the International Yoga Day.

Our actual intension is to motivate you to practice Yoga daily, by attending our Yoga Session.

---

**Mail id** \*

Short-answer text

---

**Name \***

Short-answer text

---

**Department \***

Short-answer text

---

Programme Poster:



**MTM COLLEGE**  
ARTS, SCIENCE, & COMMERCE  
PAZHANJI, VELIYANCODE  
AFFILIATED TO UNIVERSITY OF CALICUT

# LET'S YOGA!

Enjoy a practical session in this  
International Day of Yoga.

**Resource Person:-**

**June 21 | 4.30 pm**



**Smt. Binitha pradeep**  
Yoga trainer  
(Pg diploma in yoga & TTC  
in yoga)

**Organised By:-**  
Dept.of Physical Education & Health and Wellness Club  
In association with IQAC

Photos:-







