

DEPARTMENT OF PHYSICAL EDUCATION

**GOVT. ENGINEERING COLLEGE, SREEKRISHNAPURAM, Palakkad-
678633**

REPORT OF INTERNATIONAL YOGA DAY CELEBRATION

In connection with the Third International Yoga Day on 21st June 2017, Dept. of Physical Education organized a Yoga awareness program in the IT Drawing Hall, GEC Sreekrishnapuram from 10:15 AM-11:00 AM. The basic aim of the program was to give awareness on yoga and its importance in our day to day life. The formal session began with welcome speech by Mr. Sarath, Chairman (Students Union) followed by an introductory talk on yoga by Dr. P.C Reghu Raj, The Principal, GEC, Sreekrishnapuram which was very informative. The main session on yoga was handled by Dr. Raji Nair, Asst. Professor, Dept of Physical Education, using power point presentation on different aspects of yoga. This included a definition of yoga, different kinds of yoga, Ashtanga yoga, chakras, Nadis and the benefits of yoga. Several staff members and students participated in the program with enthusiasm. This awareness session was concluded by a practice on "ohm" chanting and breathing exercise.

Subsequently, a practical session was arranged for the interested staff members and students. The session was handled by Dr. Raji Nair V, Asst. Professor, Dept. of Physical Education. As the number of participants for practical session was more and could not be accommodated in the hall, a second practical session was also arranged. The sessions included meditation, asanaas, pranayama and relaxation. The asanaas included standing poses, sitting poses and lying poses. Some of the asannas attempted were Vrikshansana, Thrikonasana, Padahasthasana, Sasasana, Halasana, Thadasana, Noukasana, Sarvaangasana, etc. The breathing excercises included Anulom-Vilom pranayama, Sheethali Pranayama and Kapal bhaati. There was a very healthy response from the teaching and non teaching staff members and the students during the sessions. The participants of the practical session had a great experience as some them were beginners. From staff and students side, there were requests to arrange a weekly yoga classes. With two practical session the program came to an end.

For the arrangements of the program Sri. Sarath, College Union Chairman, Sri. Minhaj, General Captain Sports, and students of this college rendered their full support. In short, the program was a great success.



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GEC Palakkad

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Dr P.C. Reghu Raj
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