



## **Yoga Activity report**

**2016-17**

### **INTER NATIONAL DAY OF YOGA JUNE 21, 2016**

The International Day of Yoga celebrated on 21 June 2016 at St.Stephen's College Pathanapuram. A total of **69 cadets** participated in the programme. The Yoga celebration starts at 8am. and ends at 8.35 am.Smt Neena, Yoga Trainer gave Yoga training to cadets.





**2017-18**

### **INTER NATIONAL DAY OF YOGA JUNE 21, 2016**

As part of worldwide International Yoga Day June 21st, IQAC St. Stephen's College organised a Yoga training programme for teachers and students on 21-06-2017 in the College seminar hall. Dr Jiji Thomas M.D (A.M) Yoga practitioner took classes and gave aware of the relevance of the yoga in daily life. She also emphasis that Yoga is a mental, physical and spiritual practice that needs to be carried every day. Teachers and students were participated in the programme. The meeting was presided over by Mr. Shajan M.S, HoD, Department of chemistry and Dr Anoop propose vote of thanks. Dr. Koshy P.M, IQAC Coordinator welcomed the audience. The Yoga celebration starts at 7am. and ends at 7.35 am. Dr. Jiji Thomas, St. Mary's College, Manarcad took a seminar for the staff of our college. 50 Cadets participated.











**2018-19**

**INTER NATIONAL DAY OF YOGA JUNE 21, 2018**

The International Day of Yoga celebrated on 21 June 2018 at St.Stephen's College Pathanapuram. A total of 67 cadets participated in the programme. The Yoga celebration starts at 7am. and ends at 7.35 am. Sergeant Athirakuttan gave Yoga training to cadets.





Yoga Classes









## CERTIFICATE COURSE IN YOGA

We have introduced a certificate course in yoga in the year 2018-19. Students of our college can participate in the programme to learn the Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. Dr Achama George Principal inaugurated the programme on 21-06-2018.

### **Trainer**

**Mr. M. Balakrishnan**, Art of living happiness programme, senior teacher and level 5 certified yoga trainer introduced trained the students.

### **Training**

Periodic training given to cadets with sufficient theory and practical based on a syllabus

### **Yoga Certificate examination**

Examination conducted on 18-3-2019. A total of 17 students attended the examination and 15 are successfully completed with A and B grade. Certificates were issued to the successful candidates Mr. M. Balakrishnan the yoga trainer conducted the examination.



Yoga Certificate examination





Sl No	Name of students	Grade
1	AJAZ MUHAMMAD A	A
2	SOHAN LAL B	A
3	ANANDHU J S	A
4	ANCHU REJI	A
5	ATHIRA PRASAD	A
6	JOSSY JOY	A
7	MEGHA NAIR	A
8	MRIDULA MADANAN	A
9	SAMYUKTHA SURESH	A
10	ABHILASH U	A
11	AHUL DEV S	B
12	JACOB DANIEL	A
13	VISHAKH G	B
14	AISWARYA MOHAN	A
15	JOMOL JOY	A

**2019-20**

## **ST. STEPHEN'S COLLEGE PATHANAPURAM**

### **INTERNATIONAL DAY OF YOGA- 2019**

#### **Theme**

**“Usage of eco-friendly products in the practice of yoga”**

The International Yoga Day was celebrated in our College on 21st June 2019. The programme was jointly organised by **Nehru Yuva Kendra Kollam** and **National Cadets Corps (NCC)** unit of our College. The programme started at 9 am. The theme of the programme was **“Usage of eco-friendly products in the practice of yoga”**.

The programme begins with silent prayer and NCC officer Capt (Dr) Koshy P M welcomed the gathering. Principal **Dr K.P. Lalads** chair of the meeting and explained the Usage of eco-friendly and sustainable life practices. **Mr. B. Ali Sabir** District Youth Coordinator NYK Kollam inaugurated the function and said Yoga is a mental, physical and spiritual practice that needs to be carried every day. Fr Koshy N. J (Management representative), Fr (Dr) Roy John (HoD Department of Botany), Aneesh Melekkadu (Programme coordinator NYK, Kollam) and

NSS programme officer Mr Varghese George offer felicitation on the occasion. Under officer, Megha Nair give away vote of thanks.

Mr. M. Balakrishnan, Art of living happiness programme senior teacher and level 5 certified yoga trainer introduced the importance of yoga in daily life and trained the students. A total of **104** students participated in the yoga practice. He announced how yoga bring peace, harmony, happiness and success in life. This was a great opportunity to imbibe the value of self-control and discipline. Students got the chance to know how yoga personifies unity of mind and body. The programme ended with Pranayama and meditation.

The programme was funded by **Nehru Yuva Kendra, Kollam** and was executed in the College by **National Cadets Corps (NCC)** of St. Stephen's College. A programme committee was functioned for the conduct of programme chaired by Principal Dr K. P. Laladas, Capt (Dr) Koshy P M, S/UO Sohanlal B and U/O Mega Nair. The committee gave publicity for the programme among students. by issuing brochure, Mike announcement and preparation of cloth banner.

We the members of St. Stephen's College especially NCC cadets thankful to **Nehru Yuva Kendra Kollam** for selecting our institution as centre to observe INTERNATIONAL DAY OF YOGA – 2019.





MINISTRY OF YOUTH AFFAIRS & SPORTS

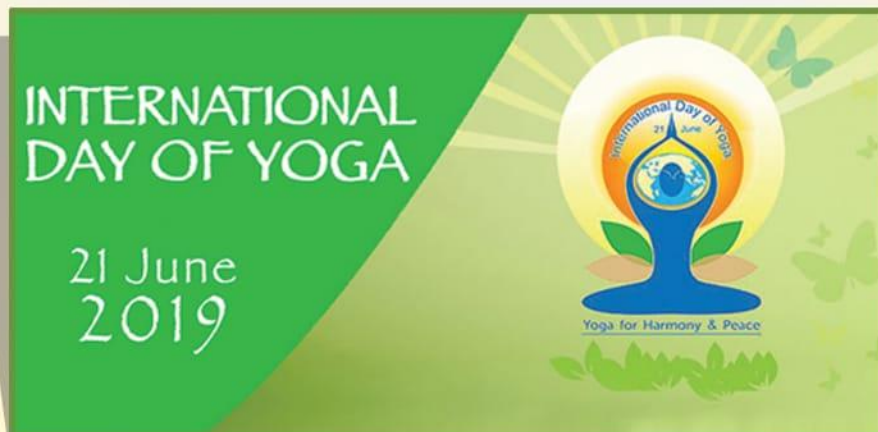


# Nehru Yuva Kendra Kollam



**INTERNATIONAL DAY OF YOGA  
21<sup>ST</sup> JUNE 2019**

**THEME - 2019  
"USAGE OF ECO-FRIENDLY PRODUCTS IN THE  
PRACTICE OF YOGA"**



Venue: College Auditorium  
Date: 21.06.2019  
Time: 9.00 am

**NEIGHBOURHOOD YOUTH PARLIAMENT ON  
USAGE OF ECO-FRIENDLY PRODUCTS IN THE PRACTICE OF YOGA**











Yoga Classes









Sl.No	Name of Candidates	Grade
1	ALAN SABU	B
2	ASHER MATHEW THOMAS	A
3	JOHNS THOMAS	B
4	MAHESH M	B
5	SANAL KUMAR S	B
6	SANJU SANTHOSH	A
7	SHINU SHAJI MON	B
8	ATHUL SOMAN	A
9	JAYASANKAR J	B
10	ABINA MATHEW	B
11	AKSHAYA RAJESH	A
12	ASHNA HARIS	A
13	GEETHU GIREESH	A
14	JANCY JOSE	A
15	KARTHIKA HARISH	A
16	REJANI R	A
17	REJIMOL VARGHESE	B
18	SREEKUTTY V	A
19	SREE LAKSHMI S	A
20	SUCHITHRA C S	A

**2020-21**



## ST STEPHEN'S COLLEGE, PATHANAPURAM

Affiliated to the University of Kerala  
Re- Accredited by NAAC at B Grade with CGPA **2.80**

### **NATIONAL CADETS CORPS**

14 (K) Bn NCC Pathanamthitta  
INTERNATIONAL YOGA DAY, 21<sup>st</sup> June 2020, at 2 pm  
Webinar on  
"Importance of Yoga in Our Daily Life"

#### Programme

Prayer song	: Cadet.
Welcome speech	: Capt Koshy P M
Presidential address	: Dr K P Laladas (Principal)
Inaugural Address	: <b>Conl Jubin V Mathew</b>
Key note address	: <b>Dr Jiji Thomas</b> MD (AM)
Yoga demonstration	: Cadet. JITHU J
Vote of thanks	: U/O Jacob Daniel (TSC)
National anthem	:



Dr Jiji Thomas Presently working as Associate Professor, at St.Mary's College, Manarcad. She took her Ph.D. in Bio control of mosquito larvae. In addition she also secured **Doctor of Medicine in Alternate Medicine** and a certified Yoga practitioner. She has more than fifteen publications and authored two books. She has conducting training programs on Mushroom cultivation, Flower making, soap making, Kaajal making, Clay modeling, TFL, Yoga and Pranic Healing

**Jointly Organised by NCC unit & IQAC St Stephen's College, Pathanapuram**

**E- Certificate will be provided**

NB: **Link** will be send you at **1 30 pm**



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21<sup>st</sup> June 2020, at 2 pm

Webinar on  
"Importance of Yoga in Our Daily Life"

**Dr Jiji Thomas MD (AM)**

HoD Dept. of Botany  
St Mary's College  
Mannarcadu

Chief Guest

**Conl Jubin V Mathew**

14 (K) Bn NCC Pathanamthitta

**Organised by NCC unit & IQAC St Stephen's College, Pathanamuram**

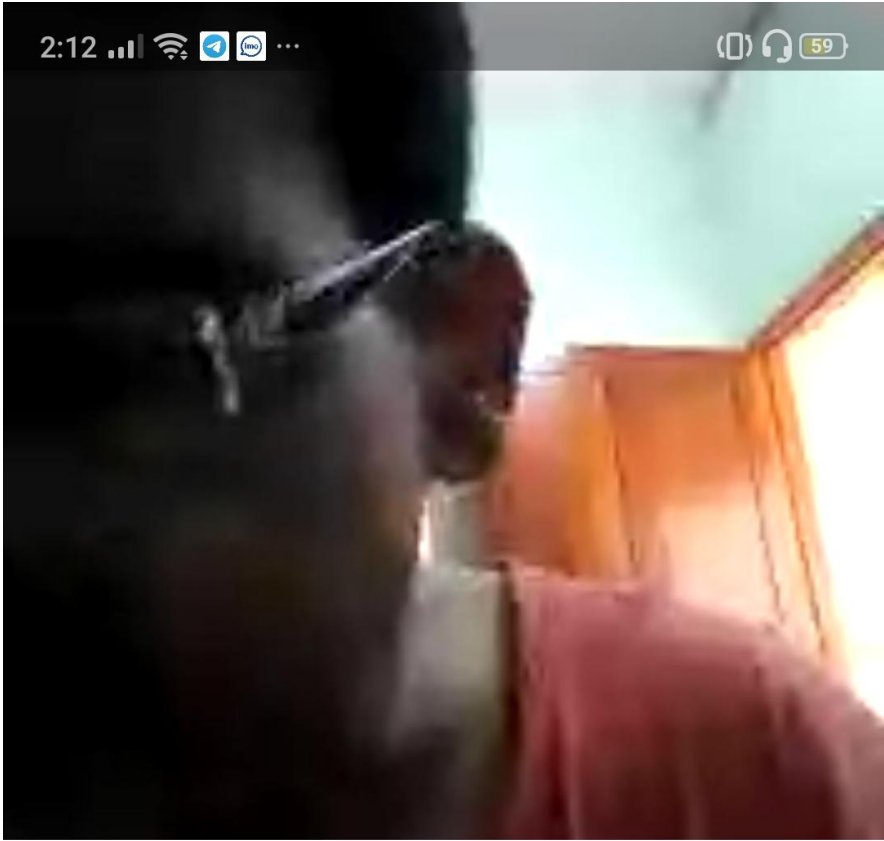
Principal  
Dr K P Laladas

ANO  
Capt Koshy P M

**E- Certificate will be provided**













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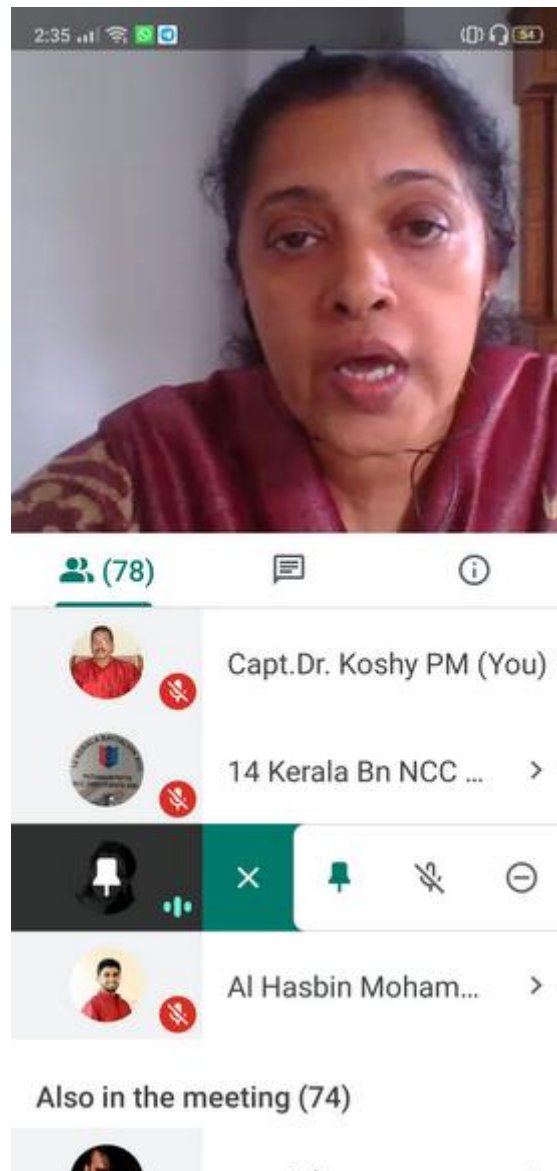




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-   AHUL DEV S >
-   Akshaya Rajesh >
-   Al Hasbin Moham... >
-   ALAN SABU >
-   ALTHAF .S >
-   Amritha Devi >



**21<sup>st</sup> June 2021**

## **Yoga Competition (15-06-2021)**

Cadets Akshaya Rajesh and Amol A Mohan Participated in this National competition

Performers

Cdt Amol A Mohan  
KL/19/SD/A/ 130444

<https://www.instagram.com/tv/CBc12Iog6Bd/?igshid=t2e9nijy17xp>



Cdt. Akshaya Rajesh  
KL/19/SW/A/ 130463



**St Stephen's College Pathanapuram**

**14 K Bn NCC Pathanamthitta**

**International Yoga Day 21 June 2021**

Time: 7.30am

Activity : **Live Yoga Session**



Performers: **03** (Cadets: **KL/19/SD/A/130444/AMOL A MOHAN;**  
**KL/19/SW/A/130471/KARTHIKA HARISH;**  
**KL/19/SW/A/130477/SREE LAKSHMI S**

Participants: **78**

**Theme: Yoga for wellness**

