

Topic: "Yoga for well-being"

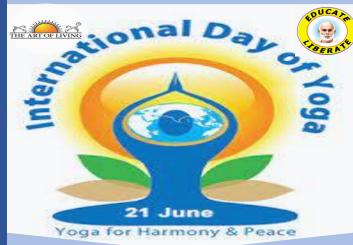
Improves Concentration Immunity booster Stress Management

Registration link for students http://bit.ly/studentaol E-certificates will be provided to all participants

Date:21,22,and 23 June at 11am to 12 pm



Registration link for Staff and Parents http://bit.ly/staffaol



SREE NARAYANA COLLEGE CHENGANNUR

Affiliated to the University of Kerala (NAAC accredited with Grade B)

Department of Physical Education and IQAC

in collaboration with

The Art of Living India

organize

THREE DAY WORKSHOP ON YOGA FOR STUDENTS, **STAFF AND PARENTS**

THREE DAY WORKSHOP ON "YOGA FOR WELL-BEING"

Resource Persons: Art of Living Teachers, Bangaluru

Organising Committee Patron. Sri.Vellappally Natesan(Manager) Principal in Charge. Smt Shereen K IQAC Coordinator Dr. Venu S , HOD, Dept .of Chemistry Coordinator Smt.Shereen K,HOD,Dept. of Phy.Edn. Members Dr.K.Sreelatha, HOD, Dept. of Physics Smt.Sreedevi Gopalakrishnan,HOD, Dept. of Economics Smt. Thushara U S, HOD Department of Commerce Dr.Shreeranjini V, HOD, Department of Hindi Smt.Bindhu.K.K, HOD, Department of Malayalam Smt.Aswathy Raj, HOD, Department of English Smt.Lekshmi.S, Department of Mathematics

Zoom Meeting link will be send through your registered e-mail ID

For more details: Mobile: 9447075311 Email:sncchengannur @gmail.com Celebration of 7th International DAY OF YOGA

ART OF LIVING

June 21st,22nd &23rd 2021 @11am to 12 pm