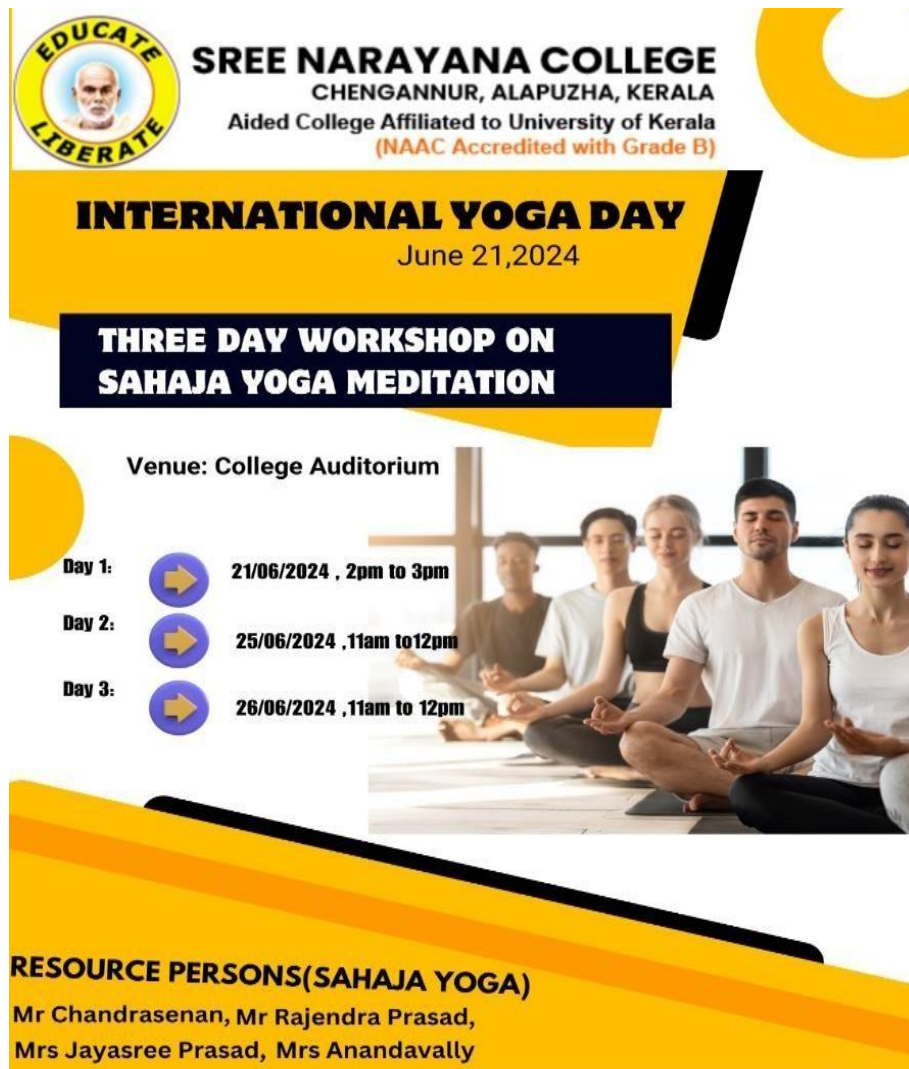


SREE NARAYANA COLLEGE CHENGANNUR

International Yoga Day- Report 2024

A three-day workshop on Sahaja Yoga Meditation was conducted on 21st, 25th and 26 June 2024 in the College auditorium. All the students, teachers and staff participated in the programme. The aim of the programme was to introduce a new technique of meditation. Sahaja Yoga makes a person calm and peaceful, helping lead a more meaningful life to cope up easily and effectively with the situations, strains and stresses of life.



EDUCATE
LIBERATE

SREE NARAYANA COLLEGE
CHENGANNUR, ALAPUZHA, KERALA
Aided College Affiliated to University of Kerala
(NAAC Accredited with Grade B)

INTERNATIONAL YOGA DAY
June 21, 2024

THREE DAY WORKSHOP ON SAHAJA YOGA MEDITATION

Venue: College Auditorium

Day 1: 21/06/2024 , 2pm to 3pm

Day 2: 25/06/2024 , 11am to 12pm

Day 3: 26/06/2024 , 11am to 12pm

RESOURCE PERSONS(SAHAJA YOGA)
Mr Chandrasenan, Mr Rajendra Prasad,
Mrs Jayasree Prasad, Mrs Anandavally

DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH NSS UNITS 49 A & B & IQAC

The benefits of Sahaja Yoga accrue not only to the individual but also to society, to the nation and ultimately to the entire humanity. Sahaja Yoga integrates all major religions of the world. Sahaja yoga is practiced by people irrespective of one's caste, creed, race, religion and nationality, worldwide, in over 130 countries. One becomes courageous, confident, loving, peaceful and joyous and develops artistic talents. The meeting was a presided by Principal In Charge ,Dr.Anju K S. Dr.Shereen K, HoD, Dept.of Physical Education delivered the welcome speech. IQAC Co-Ordinator Dr.Smitha Sasidharan facilitate the programme. Mr.Chandrasenan, Mr.Rajendra Prasad ,Mrs Jayasree Prasad and Mrs Anandavally were the resource persons of the Programme.Nss Programme co-ordinator Smt.Aswathy Raj delivered the vote of thanks.



