

Report on the International Yoga Day observance at Sree Narayana College Chengannur on 21st June 2018

The International Day of Yoga was observed at Sree Narayana College Chengannur on 2018 June 21 with utmost enthusiasm. “Yoga for Peace” is the theme of this year’s Yoga day. Gathered in the seminar hall yoga enthusiasts sat practicing yoga led by gurus Smt. Valsala and Shri. Sasidharan who have been preaching, practicing and instructing yoga for about 15 years.

The day was observed under the combined support of NSS and Health Education and Sports Club. Dr. Smitha Sasidharan, Assistant Professor at SN College Chengannur welcomed the gathering. Dr. K. Shiny Sreedhar, Principal gave the message. The principal, herself a practitioner of yoga, stressed the importance of practicing yoga daily in order to sustain mental and physical calm in ones hectic life.

Mrs. Valsala, a retired headmistress is a proponent and propagandist of yoga belongs to the School of Art of Living, Jnanakshetra, Chengannur. In her interaction with the students she emphasized the importance of having an aim in life. In order to achieve the aim one must possess the qualities of stability, confidence, concentration and enthusiasm along with knowledge. According to her the ‘asanas’ of yoga are capable of providing these qualities to a person who practices it regularly.

Yoga finds its birth in India when saint Patanjali introduced it somewhat 6000 years ago. The word yoga means union of body, breath and mind she said. Yoga is the combination of physical mental and spiritual strength while other sorts of physical exercises are capable of giving physical fitness, Yoga is the only way to attain physical and mental fitness through its

breathing and stretches called 'asanas' or 'kriyas'. The photos taken during demonstration class of yoga follows:-







