



NIRMALA COLLEGE, MUVATTUPUZHA
Reaccredited with A++ grade (CGPA 3.73)

International Yoga Day

21 June 2022

One Week Yoga Training Programme for Public and Students
(IN ASSOCIATION WITH AVOLY GRAM PANCHAYAT & KUDUMBASREE UNIT)

We Cordially invite you to the
launching event of
One Week Yoga Training Programme.

Launching Event
14 June 2022
Time: 11.00 a.m.
Venue- Yoga Centre

PROGRAMME

Prayer

Welcome Speech

Dr. GEORGE JAMES, Yoga Club Coordinator

Presidential Address

Dr. THOMAS K V, Principal

Key Note Address & Yoga Session

YOGACHARYA PAUL MADATHIKANDAM

Vote of Thanks

Dr. ANJALY JOSEPH, Yoga club Coordinator

Dr. George James
Dr. Anjaly Joseph
Coordinator

Dr. Thomas KV
Principal



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Celebrating International Yoga Day

21 June 2022

Yoga for Wellness Common Yoga Protocol and Certificate Distribution

About Yoga

Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. Yoga Portal is a platform to help people embrace, practice and enjoy yoga every day.

Celebrating International Day of Yoga (IDY), Yoga club of Nirmala College, Muvattupuzha in association with Avoly Gram Panchayat & Kudumbasree Unit is Organising Common Yoga Protocol on 21st June 2022 at 8.30 a.m. Certificates will be distributed for those who successfully complete the Yoga Training Programme.



Shelmi Johns
President, Avoly Grama Panchayat



Smitha,
CDS Chairperson Avoly

Prayer

Welcome Speech

Dr. George James, Yoga Club Coordinator

Presidential Address

Dr. Thomas K V, Principal

Felicitation

Smitha, CDS Chairperson, Avoly

Certificate Distribution

Shelmi Johns, President, Avoly Grama Panchayat

Vote of Thanks

Dr. Anjaly Joseph, Yoga club Coordinator

PROGRAMME

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Dr. Anjaly Joseph
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Dr. Thomas K V
Principal