

Yoga For Health & Happiness

International



21 JUNE 2022

@ 10:30 am

SEMINAR HALL

YOGA

Day

**SCHOOL OF PEDAGOGICAL SCIENCES
MAHATMA GANDHI UNIVERSITY, KOTTAYAM**



**INTERNATIONAL YOGA DAY CELEBRATIONS
10.30 AM, 21ST JUNE 2022, PROGRAMME SCHEDULE**

- Prayer** : SPS Choir
- Welcome Address** : Dr. Ismail Thamarasseri
(Assistant Professor, HOD in charge)
- Presidential Address** : Prof. (Dr.) Asha J.V.
(Professor, Dean, Faculty of Education, MGU)
- Inaugural Address, Keynote Address & Yoga Demo:**
Shri Anoop K.M (Yoga Instructor)
- Felicitation** : Jeeva. S. Kumar,
MGU Student Union Representative
- Vote of Thanks** : Ms. Sheeja S, PhD Scholar
- National Anthem**

NB: All are requested to bring yoga mats

ALL ARE INVITED

Organising Committee Members:

1. Amrutha K Vimal
2. Divya Martin (Student Programme Convenor)
3. Geethu T.G
4. Gopika Krishnan
5. Sabitha V.P
6. Sheeja S
7. Sindhu Sebastian
8. Sruthi O.H