



MARIS STELLA COLLEGE

(AUTONOMOUS)

A College with Potential for Excellence
NAAC Accredited & ISO 9001:2015 Certified

Department of Commerce & Management Studies
is celebrating

International Yoga Day

21st June 2021 Time: 5:00pm to 6:30pm

Theme:

Yoga for me, family and society

Objective:

To raise awareness about the benefits of yoga.

Outcome:

An understanding of how yoga can help in reducing stress levels, in building immunity, and strong physical and mental health.

Resource Persons



Mrs. Nirmala
Yoga Instructor



Mrs. M. Rajani
Guest Speaker



Mrs. Smitha
Family Yoga

Programme Schedule

- Inaugural Session
- Yoga in Maris Stella College
- Introducing the Resource Persons
- Lectures by the resource persons
- Video: Yoga Becomes a Habit during the pandemic
- Students' views on the importance of yoga in the pandemic context
- Vote of Thanks

Blessings



Sr. Sleeva Thumma

Chief Patron



Dr. Sr. Jasintha Quadras, Principal

Wishes from



Dr. Sr. Innyasamma, Vice-Principal - Degree Section



Ms. K.H. Anuhya, Vice-Principal - Degree Section

Conveners



T. Naga Malleswari



M. Sree Lekha

Registration Details:

Registration Link: <https://forms.gle/H1NpKbzcb8XHRcf2A>

Meet Link: <https://meet.google.com/ywq-iyvv-pyz>

Youtube Link: <https://www.youtube.com/watch?v=r4gNXGT7x4I>

For details

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