



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

E21/17-18

Name of Activity	Musical Yoga Demonstration 'Yoga for Health'
Date	21/06/2017
Organized by	Department of Physical Education, NCC Unit &NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No. of Students Participated	Whole Campus

As part of International Yoga Day, NSS units of Vimala College, in association with Department of Physical Education and NCC organized a demonstration of Musical Yoga on 21/6/2017 inside the campus. Dr SrMarriette A Therattil inaugurated the programme. By showing different styles of yoga, students tried to make others aware of the benefits of yoga.



Musical Yoga Demonstration



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Musical Yoga Demonstration



Demonstration of Yogasanas



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Teachers and student participating in Yoga Demonstration, 2017



N.S.S. Programme Officer
Vimala College
Thrissur-9



PRINCIPAL IN-CHARGE
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