

International yoga day 2019-20

The 5th International yoga day 2019-20 Vimala college has celebrated it with great enthusiasm and vigor almost 100 participants took part in that event. Agibet Mathews Asst. Professor Department of physical education with three Yoga trained student volunteers organized a mass display on Surya Namaska, Yoga Dance and some asanas in front of the college.

The yoga session started exactly at 8: 30 Am with meditation standing on Tadasana. Then moved to Surya Namaskar or Sun salutation a yoga warm up routine based on a sequence of gracefully linked asanas with background music in a sun raising formation. Then we moved to a star formation to perform a yoga dance for Thum Hi Ho music, which includes almost 15 sitting, laying and standing asanas. After the display a motivational speech was delivered by our Principal to continue practice yoga for keeping the body and mind healthy.

No. of students participated : 100

Teachers Participated :5