

**Activity Report: Academic Year 2023- 24****Activity Name: International Yoga day celebration**

Department: Department of Hindi				
Name of the Co-Ordinator	Venue	Day & Date	Time	
Dr. LAIJA P J	HINDI DEPARTMENT	21/06/2023, WEDNESDAY	10.00 AM	
Number of Participants 35	Nature: Outdoor/ Indoor / Online	Type Of Activity: Academic/ Extension/ Student Progression/ Student Support/ Environment/ Gender/ Days/ Enrichment / Other (Specify):		
Scheduled / Unscheduled	Funding Source: Self			
Amount: 100	Chief Guest:			

BRIEF INFORMATION ABOUT THE ACTIVITY

Topic/ Subject of the Activity	International Yoga day celebration
Objectives	Encourage Students to practice Yoga
Methodology	Learning
Outcomes	Students understand the importance of Yoga

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters ☒	List of Participants	Activity Report ☒	Geo Tagged Photos ☒	Feedback Form
Feedback Analysis	News Clip with details	Certificate	Any Other	

IQAC Document No: 06/HIN/2023-24	Criterion No:	NAAC Metric No:
Departmental File No:	IQAC File No: CCP/IQAC/18	Regional

Name of Teacher & Signature with Date	Name of Head/ Committee Incharge & Signature with Date	IQAC Coordinator (Seal & Signature)
Dr. Laija P J	Dr. Sanu Thomas	

हिन्दी स्नातकोत्तर एवं शोध विभाग
कैथोलिकेट कॉलेज, पत्तनंतिट्टा

विश्व योग दिवस समारोह



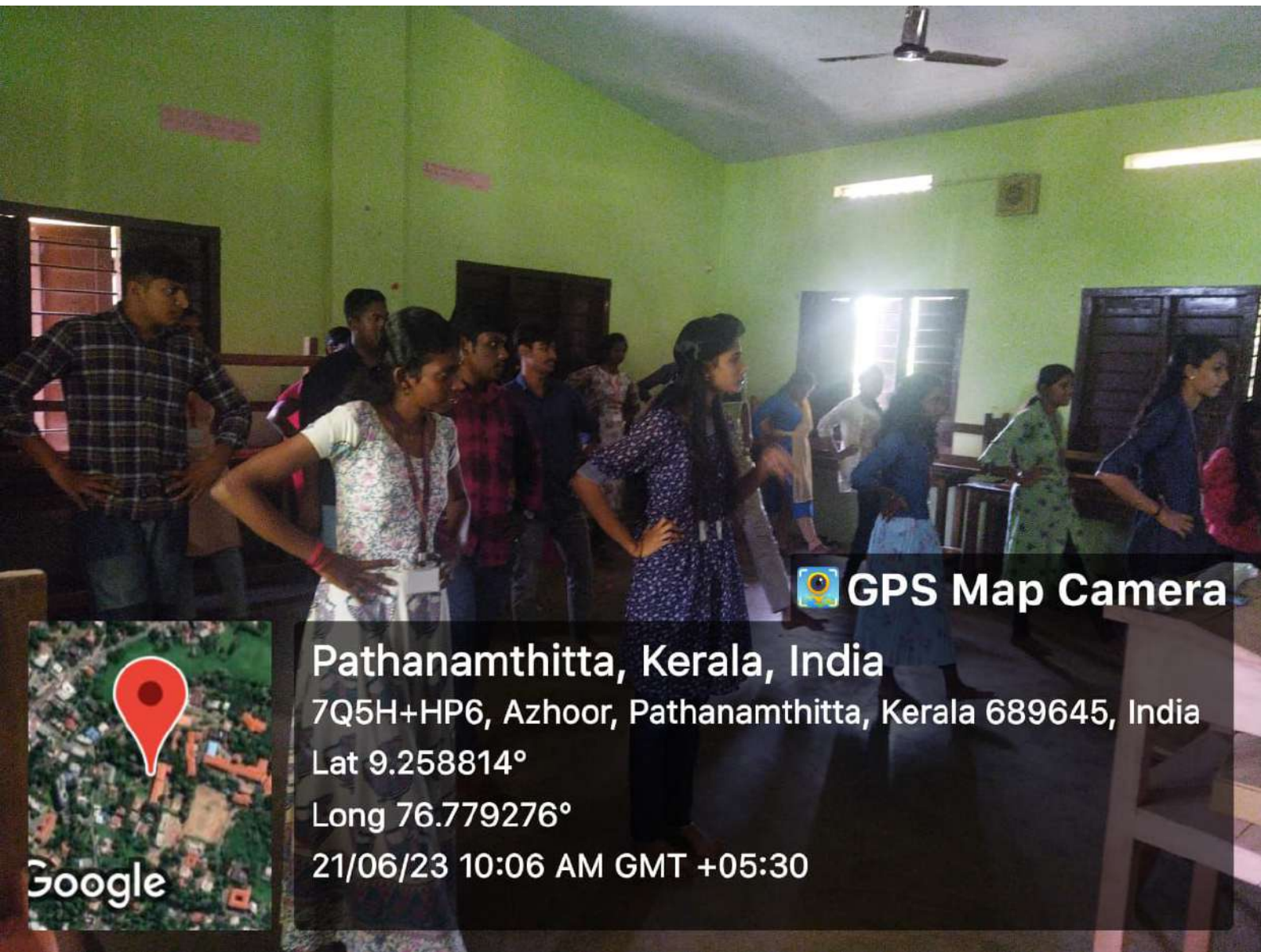
डॉ. सुनिल जैकब
प्राचार्य

डॉ. सनु थॉमस
विभागाध्यक्षा

डॉ. लैजा पी जे
संयोजिका

INTERNATIONAL YOGA DAY CELEBRATION

9th International Yoga day was celebrated by the students of Department of Hindi on 21st June 2023 with great enthusiasm. Dr. Laija P J, coordinator of the association activities also participated in the celebration. The programme began with a brief introduction of Yoga Day by Dr. Laija P J. She explained that regular practice of Yoga will help the students achieve better mental and physical health. After which a few warm up and simple Asanas were performed by the students enthusiastically.



GPS Map Camera

Pathanamthitta, Kerala, India

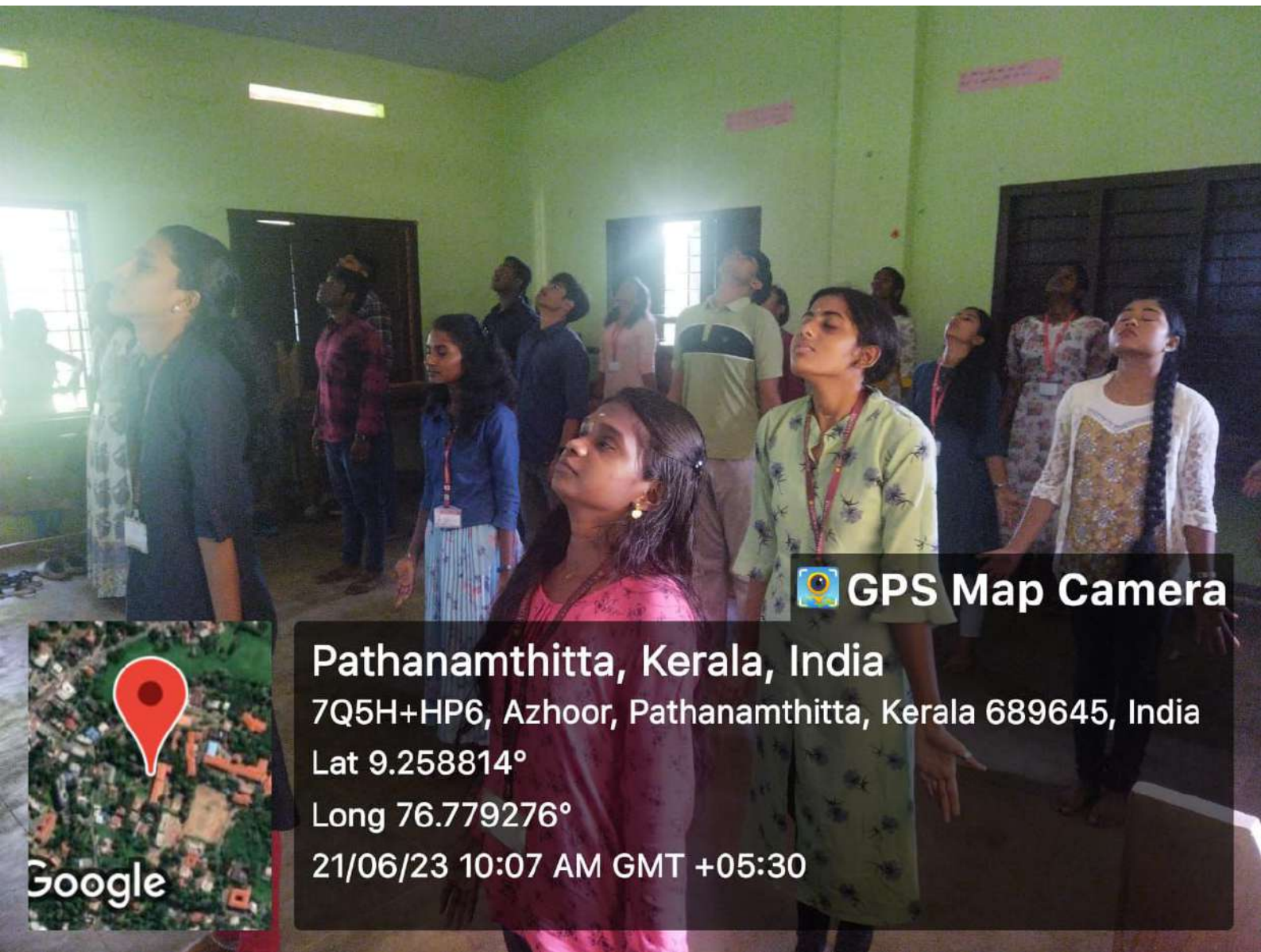
7Q5H+HP6, Azhoor, Pathanamthitta, Kerala 689645, India

Lat 9.258814°

Long 76.779276°

21/06/23 10:06 AM GMT +05:30





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