



**VAIDYARATNAM P.S.VARIER AYURVEDA COLLEGE
KOTTAKKAL**

**INTERNATIONAL YOGA DAY CELEBRATION
REPORT
21 JUNE 2022**

DEPARTMENT OF SWASTHAVRITTA

INTERNATIONAL YOGA DAY CELEBRATION

International Yoga day was celebrated on 21st June 2022 by the department of Swasthavritta, VPSV Ayurveda College, Kottakkal with great delight.

The theme of International Yoga day was '**Yoga for Humanity**'. The Yoga Day celebration was inaugurated by the famous poet and orator Shri. Alankode Leelakrishnan. The aim of the programme was to create awareness among the public regarding the importance of practicing yoga in daily life.

Yoga brings balance between body, soul and mind. In order to propagate yoga practice among the patients and staff and students of VPSV Ayurveda College, Kottakkal, Yoga Week was celebrated from June 13 to June 20. An online essay writing competition was also conducted among the students of VPSV Ayurveda College on the topic 'Yoga for Humanity'. Programmes were also

I. International Yoga Day Celebration - June 21

International Yoga Day was celebrated on 21st June 2022 at VPSV Ayurveda College Kottakkal. The programme was conducted in two sessions. The sessions included mass yoga training programme and inaugural ceremony.

Session 1 - Mass Yoga Training Programme

Mass Yoga training programme was conducted for the public on June 21 from 7:00 to 8:00 am by DR. Indu Das and Mrs. Amrutha (Yoga Instructors) in online platform. Previous yoga camp members, students and staff of VPSV Ayurveda College participated in the session. Dr. Kajal Anna Mani, Assistant Professor, Department of Swasthavritta gave the introductory class on current relevance of Yoga in maintaining physical, mental and social health.

Session 2 - Inaugural Ceremony

Inaugural ceremony of International Yoga Day celebration was conducted at Common seminar hall of VPSV Ayurveda College at 10:30 am. The function commenced with a prayer.

Dr. MC Shobhana, HOD, Dept. of Swasthavritta welcomed all the dignitaries present on the dais and participants.

Principal Dr. C V Jayadevan delivered the presidential address. He mentioned about the necessity of celebrating yoga day worldwide.

International Yoga Day Celebration was inaugurated by the famous Poet and Orator Shri.Alankode Leelakrishnan by lighting the lamp. In his inaugural address, Shri.Alankode Leelakrishnan briefed about the value of regular practice of yoga for the wellbeing of mankind. He emphasised that yoga practice creates harmony among people and solves interpersonal ties.

SMRITI Institute Chairman Dr. K V Dilipkumar delivered the keynote address on the topic ‘Yoga for Humanity’.

Certificates and mark lists for CCY students were distributed by Shri.T Bhaskaran, Ret.IAS and CEO KASRS. CCY - Certificate Course in Yoga is a course conducted by the Department of Swasthavritta and Clinical Research Institute for Yoga (CRIYA) for duration of one year. The CCY programme covers textual, psycho-physiological and practical aspects of Yoga, as well as teaching methods in Yoga. Six students registered for CCY course during the academic year 2021 to 2022. All the CCY students were qualified in the exam conducted by Quality Council of India, the only authentic certification from the Govt .of India. Final year PG scholars – Dr. Aabha Shankar.K, Dr. Anseera .N, Dr. Bincy.KT and Dr.Litty V Raju and CRIYA staff - DR. Indu Das and Mrs. Amrutha were awarded gifts as a token of love for preparing CCY students in achieving the merit. The gifts were distributed by the college Principal Dr. C V Jayadevan.

An online essay writing competition was conducted as a part of Yoga Day Celebration and Dr. Riddhi Bharat Lunavat was awarded certificate of appreciation by the Principal.

Felicitations were made by Dr. Jeena N J (Hospital superintendent), Dr. M V Vinod Kumar (CRIYA member), Shri.Vimalkumar (nonteaching staff representative), Dr. Jyothiraga (PGSA representative), and Dr. Abida (HS and College Union representative).

Vote of thanks was delivered by Dr. Soumya .C. Nair, Assistant professor, Dept. of Swasthavritta.

The session concluded with a Yoga dance performance by PG and PG Diploma Scholars of Dept. of Swasthavritta by 1:30 pm.



International Yoga Week Celebration June 13 – June 21

Yoga Week was celebrated under the guidance of Department of Swasthavritta, VPSV Ayurveda College Kottakkal from June 13 – 20. Conducted as two sessions. The session included free yoga training programme for patients, staff and students of VPSV Ayurveda College, Kottakkal.

Session 1

Free yoga sessions were given for patients based on common yoga protocol in the morning hours from 7:30 to 8:30 am in online platform by Dr. Indu Das and Mrs. Amrutha.

Session 2

Free yoga training was given for staff and students of VPSV Ayurveda College in the evening hours from 3:15 to 4:30 pm by the PG and PG Diploma Scholars. Dr. Gayathri Raveendran gave instructions and demonstration was done by Dr. Arya P.V, Dr. Athira P and Dr. Aakash K.

Yoga Week Celebration was inaugurated by Dr. Beena Rose, Vice Principal and Dr. M C Shobhana, HOD, Dept. Swasthavritta welcomed everyone to the session on 13 June 2022. Introductory class was given by Dr. Aakash K and class on 'Basics of Yoga' was taken by Dr. Aabha Shankar K.

Various cultural programmes like Yoga Prayer, Skit, Mime and Yoga Dance were performed by the PG and PG Diploma scholars on the succeeding days based on the theme 'Yoga for Humanity'. Yoga week celebration was concluded on 20 June 2022 and Dr. M C Shobhana, HOD, Dept. Swasthavritta delivered the vote of thanks.



Out Reach Programmes Related To International Yoga Day Celebration

Different programmes were organised outside the campus related to yoga day celebration. Free yoga training programmes were organised at Govt. Ayurveda Dispensary Theyyalingal and Aryavaidya sala Kottakkal by the Department Of Swasthavritta.

Dr.Litty V Raju, final year PG Scholar (Dept. of Swasthavritta, VPSV Ayurveda College,Kottakkal) was awarded second prize in short video competition organised by Jignasa, Andrapradesh and Telegana.

Programme 1

As a part of Yoga Day Celebration, various activities were conducted at Govt. Ayurveda Dispensary Theyyalingal on 23 June 2022. Natives of Theyyalingal participated in the session. Dr. Joshna K, Medical Officer (Govt. Ayurveda Dispensary Theyyalingal) welcomed everyone to the

programme. Class on 'Life style Disease and Yoga' was taken by Dr. Akhina Asok, 2nd year PG Scholar. Dr. Afzeelabee M, 2nd year PG Diploma scholar gave instructions in yoga training session and Dr. Aneena Behanan, 2nd year PG Diploma scholar demonstrated yoga.

Programme 2

As a part of International Yoga Day celebration, a mass yoga training session was given by Dr. Indu Das and Mrs. Amrutha for staff, patients and therapy course students of Kottakkal Arya Vaidya sala at 2:00 pm on 21 June 2022. Around 150 persons participated in the session.


