

INTERNATIONAL YOGA DAY (21.06.19)

The Students Union commemorated International Yoga Day in collaboration with the Sports and Physical Education department on 21st June 2019. As part of this, selected groups of students practised yoga in two different sessions in the morning and afternoon respectively.

Two external Yoga instructors were invited to conduct the first session for students from the English and History departments along with the Sports team. It was supervised by Mrs. Ance and Mrs. Sunita, Heads of the Sports and Physical Education department.

An hour after the first session, the second was led by a resource person who came under the aegis of Malabar Gold and Diamonds group of jewellers. The trainees for this session were NSS volunteers and NCC cadets. Post this, the managers of the jewellery presented a memento to the officials of Stella Maris college and the event wound up with a group photograph.

