

## **Yoga Day celebrations at Regional Centre Vatakara**

### **Year 2019**

IGNOU celebrated Yoga Day every year along with the nation. Yoga is not only a path to strengthening the body and mind but is also a way of living. In order to highlight the importance of Yoga Day and instill a feeling of pride in the yogic pattern of life, the Regional Centre organized an essay writing competition for college students on the topic “Yoga for nation building”. The venue for the competition was Vatakara Cooperative Arts and Science College. Students enthusiastically participated in the program. After a stiff round of competitions, three winners were declared. The 1<sup>st</sup> position went to Ms. Anagha Prakash P.M, the second and third positions went to Mr. Anurag S and Ms. Fathimath Safna P C respectively. The study centre staffs of Vatakara Cooperative Arts and Science College led by Prof. K.P. Ammukutty and Dr. Satheesan played a major role in organizing the event at the college level.















## Year 2017

On 20-06-2017 IGNOU RC Vatakara arranged a lecture section on importance of yoga, role of yoga in overcoming health issues. The program was commenced at 10.30 am with silent prayer. Dr. SK Zareena, Assistant regional director welcomed the gathering. The participants all staff members of IGNOU RC Vatakara, part time functionaries, academic counsellors & students from

Co-Operative Arts & Science College Vatakara. Dr. K. Panneerselvam, Regional Director delivered presidential address, Highlighting importance of Yoga in today's life style. He has compared the stressful life of present generation with previous generations. In chief guest talk Mr Balakrishnan, Chairman Yoga Bharathi Institute Vatakara explained details about the advantages of regular practise of Yoga and its impact on Psychosomatic Disorders. He has highlighted that though Kerala State achieved high literacy rate but committing suicides is also occurring in more number which is the serious problem of the state. Yoga can play as a solution to solve this problem. Mr. Balakrishnan has listed out countries which came forward to start Yoga the practise and appreciated Prime Minister Narendra Modi for getting the recognition to Yoga at international level. The Chief Guest address was followed by an interactive session. In this academic counsellors and students of Vatakara Co-Operative arts and Science College clarified their doubts related to theory and practise of Yoga, advantages of yoga, Yogas influence on healing Mechanism etc. The session was continued with felicitation by Mr. B. Praveen Kumara Assistant Registrar. In his addressing he highlighted that every day at least half an hour time may be allotted for yoga in our daily life. The programme came to an end with vote of thanks proposed by Dr. O. Prameela Assistant Regional Director.















to life style diseases and Yoga as a way to spiritual development. After this session yoga poster's demonstrations was also conducted. A question answer session was also held and a number of questions were answered by Shri.K.P.Balakrishnan. These sessions were very informative. Asst. Regional Director, Asst. Registrar and all other staff of RC Vatakara have participated in the function.



















Year 2015







# INTERNATIONAL YOGA DAY അന്താരാഷ്ട്രയോഗദിനം

2015 ജൂൺ 21 ഞായർ  
വടകര ടൗൺ ഹാളിൽ

പൊതുജനങ്ങൾക്കായി രാവിലെ 7 മുതൽ 8 മണി വരെ

**യോഗപരിശീലന പ്രദർശനം**

രാവിലെ 9 മുതൽ : **ഉദ്ഘാടന സമ്മേളനം**  
വിശിഷ്ട വ്യക്തികൾ പങ്കെടുക്കുന്നു.

ഉച്ചയ്ക്ക് 12.00 മുതൽ : **യോഗശാസ്ത്ര പരിചയം**  
( യോഗശാസ്ത്ര സംബന്ധമായ സംശയങ്ങളും മറുപടിയും)

ജൂൺ 20 ശനി. വൈകു: 4 മണി  
**വിളംബരജാഥ**  
S.G.M.S.B.സ്കൂൾ പരിസരത്തുനിന്ന് ആരംഭിക്കുന്നു.

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ഇന്ദിരാഗാന്ധി നാഷണൽ ഓപ്പൺ യൂണിവേഴ്സിറ്റി,  
വടകര കേന്ദ്രത്തിന്റെയും  
വടകര യോഗഭാരതി ചാരിറ്റബിൾ ട്രസ്റ്റിന്റെയും  
സംയുക്താഭിമുഖ്യത്തിൽ







