

**RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)
EK BHARATH SHRESHTHA BHARATH(EBSB) CLUB – ACTIVITIES REPORT
JUNE-2020
INTERNATIONAL YOGA DAY –June 21st 2020**

The EBSB club of Rajagiri College of Social Sciences organised a live webinar on International yoga day on " **Yoga Skill in action**". Mr. Suraj Nair and Gouri Nair were the resource persons. Dr. Binoy Joseph principal Welcomed the participants and introduced the Trainers. Dr. Fr. Saju M.D Was the moderator of the programme and gave an introductory session on the importance of Yoga. The Session had some yoga demonstrations which all the participants did together with the trainers, Some pranayama also. The trainers told us the benefits of doing yoga and particularly pranayamas. Dr. Jaya Vijayan, EBSB club Staff Coordinator Proposed the vote of thanks. Around 60 People Participated in the programme



The poster is for a live webinar titled "YOGA Skill in Action" presented by Rajagiri College of Social Sciences (Autonomous). It features the college logo and the motto "एक भारत श्रेष्ठ भारत" at the top. The main title "YOGA" is in large, bold letters, with "Skill in Action" below it. The benefits listed are: "Increase Concentration | Increase Immunity | Clarity of Thought" and "Manage Emotions better | Improved Interpersonal Skills". The poster lists the introduction by Dr. Binoy Joseph (Principal) and the moderator Fr. (Dr.) Saju M.D CMI (Vice Principal). It also features two senior trainers: Suraj Nair (Managing Director, Superserve Digital Pvt Ltd) and Gouri Nair (Regional Director, Children & Teens Desk AOL). The event is scheduled for Sunday, June 21, 2020, at 11:40 am.

RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)
Presents
Live Webinar
YOGA
Skill in Action
Increase Concentration | Increase Immunity | Clarity of Thought
Manage Emotions better | Improved Interpersonal Skills

Introduction to trainers
Dr. Binoy Joseph
Principal
Rajagiri College Of
Social Sciences (Autonomous)

Moderator
Fr. (Dr.) Saju M.D CMI
Associate Director
Vice Principal
Rajagiri College Of
Social Sciences (Autonomous)

Senior Trainers

Suraj Nair
Managing Director
Superserve Digital Pvt Ltd

Gouri Nair
Regional Director
Children & Teens Desk AOL

Join us on International Yoga Day

Sunday, June 21, 2020
11:40 am

