

International Yoga Day

Title of the Event	: International Yoga Day
State Pair	: Himachal Pradesh
Nature of Event- (Competition/Cultural event/Sports)	: International Yoga Day
Organizing Department/Club	: EBSB Club
Date	: 21.06.2024
Number of participants	: EBSB Club & NSS Club Members [100]
Participating institutions	: Marian College Kuttikkanam (Autonomous)

Activities under the competitions/Event :

1. Yoga Demonstration

Brief description about the event :

On June 21st, Marian College Kuttikkanam Autonomous celebrated International Yoga Day with two dedicated sessions at their Yoga and Meditation Centre. Organized by the Department of Health and Wellness in collaboration with the Ek Bharat Shrestha Bharat Club and NSS, the event aimed to promote physical and mental well-being among students through yoga. Participants engaged in yoga postures and breathing exercises, highlighting the practice's benefits for stress reduction and overall health. The event underscored yoga's importance as a holistic tool for enhancing both physical fitness and mental clarity in today's fast-paced world.

Brochure/Photographs:



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Unit No
66A & 66B

DEPARTMENT OF HEALTH AND WELLNESS
IN ASSOCIATION WITH NATIONAL SERVICE SCHEME
AND EK BHARAT SHRESHTHA BHARAT CLUB

International YOGA DAY

21 JUNE

Yoga Demonstration

TIME - 9:30 AM
VENUE : YOGA AND MEDITATION CENTRE



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 **GPS Map Camera**



Kuttikkanam, Kerala, India
HXMC+7VX, Marian College Rd, Peermade, Kuttikkanam, Kerala 685531, India
Lat 9.582961°
Long 76.972448°
21/06/24 10:17 AM GMT +05:30

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 **GPS Map Camera**



Kuttikkanam, Kerala, India
HXMC+7VX, Marian College Rd, Peermade, Kuttikkanam, Kerala 685531, India
Lat 9.582955°
Long 76.972347°
21/06/24 10:12 AM GMT +05:30

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Lat 9.582762°
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