

## Health club Report 2017-18

We are celebrating International Yoga Day on 21<sup>st</sup> June 2017 at Audio Visual Hall with massive Yoga Demonstration by college students. The programme was inaugurated by Dr R jayaprakash Staff Secretary, welcome speech by Rajesh PK, Felicitation Dr. Rajeev Thomas Vote of Thanks General Captain. A one day seminar On **“Yoga and sustainable Goals”** taken by Sri Rajesh PK and after that video demonstration of Yoga postures and benefits published by Ministry of Youth and Ayush.





Health club conducted one day seminar in co-operation with Nilambur life care rehabilitation center on the topic of “postural deformity, corrective exercise and pain management” for college students and teachers. The programme was started with welcome speech by Rajesh PK, inaugurated by Dr.Raina Thomas College Principal, Felicitation Dr. R jayaprakash staff Secretary vote of thanks shilpa UUC.