



Kristu Jyoti College of Management and Technology

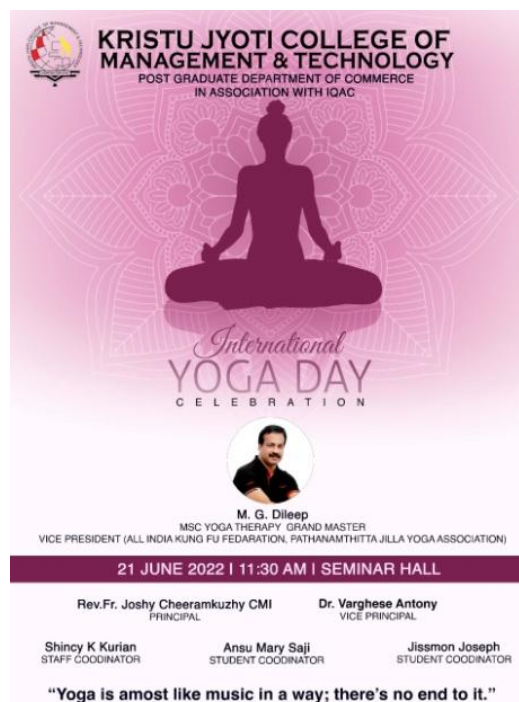
Chethipuzha, Kurisummoodu P. O Changanassery -686104

*(Affiliated to Mahatma Gandhi University, Kottayam & Approved by AICTE, New Delhi)
(An ISO 9001-2015 Certified Institution)*

Title of Activity	INTERNATIONAL YOGA DAY CELEBRATION	SSR Metric No: 7.1.1
Date	21-6-2022	
Department	Yoga Club	
Total Attendance	240	
Mode	Offline	
Faculty Coordinator	Shincy K Kurian	
Resource person details	Mr. M.G. Dileep M.Sc. in Yoga Therapy Kung fu Grand Master Vice President of Pathanamtitta Yoga Association. Mob: 9446116636	
Report	<p>Yoga Club of Kristu Jyoti College of Management and Technology Chenganacherry hosted an event to celebrate the International Yoga Day and to inaugurate the opening of the 'Yoga Club' in the college. The Chief Guest for the event was Mr. M.G. Dileep (M.Sc. Yoga Therapy, Vice President of Pathanamtitta Yoga Association). The event started with a prayer song (by Sree Valli and Zuhaira), welcome note was delivered by Dr. Varghese Antony (Vice-Principal, HOD of commerce), followed by the presidential addressing by Rev. Fr. Joshy Cheeramkuzhy CMI (Principal). After the presidential addressing, it was a solo song (by Sruthy K. Thomas). The event was continued by the lighting of the lamp to inaugurate the 'Yoga Club' along with the inaugural addressing by the chief guest. The inaugural addressing was very interactive with the guest teaching various facts of yoga and showing a breathing technique.</p>	

After the inaugural addressing, International books of record holder Miss Ansu Mary Saji for the title “Longest time to hold front split between two chairs” was honoured with ponnada by Rev. Fr. Joshy Cheeramkuzhy CMI(Principal). The event continued with a group performance named “Free Flow Yoga Dance” (by Abin and team). Followed by a solo yoga performance by Ansu Mary. The event was concluded by the vote of thanks (by Sharon Abraham) and signing off by the MC(Swaroop Warriar

Brochure & Program Sheet



Kristu Jyoti College of Management and Technology
P G Department of Commerce
In association with IQAC

INTERNATIONAL YOGA DAY

Venue : New Exam Hall

Date: 21 June 2022
 Time: 11.30 am

Programme Schedule

11.30 am	Prayer Song	College Choir
11.33 am	Welcome Speech	Dr. Varghese Antony (Vice Principal & HOD, Commerce)
11.38 am	Presidential Address	Rev. Fr. Joshy Cheeramuzhy CMI (Principal, KCMT)
11.43 am	Solo	Miss. Sruthy K Thomas
11.45 am	Inauguration of Yoga Club	
11.47 am	Inaugural Address	Mr. M.G Dileep (M.Sc. Yoga Therapy, Grand Master)
12.17 pm	Free Flow Yoga Dance	Abin & Team
12.22 pm	Solo Performance	Miss. Ansu Mary Saji
12.27 pm	Words of Gratitude	Miss. Sharon Abraham

Photographs

