

SREEPATHY INSTITUTE OF MANAGEMENT AND TECHNOLOGY (SIMAT)

Vavanoor, Palakkad - 679 533

NSS Technical Cell Unit-233



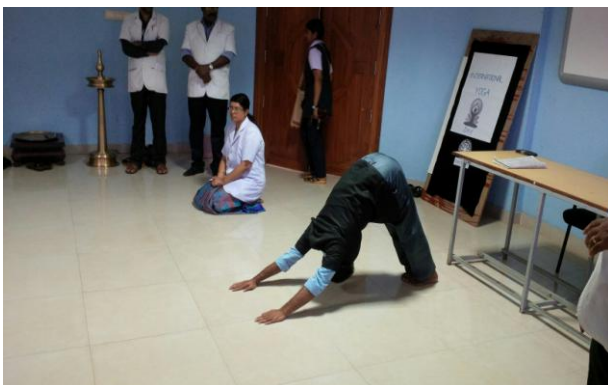
SIMAT /NSS/18-19/02



21-06-18

Yoga Day Celebration

Fourth International Yoga day was celebrated by SIMAT NSS Tech cell unit in the campus. Arun K A, NSS programme officer welcomed the gathering. Dr. K K Babu, Director, SIMAT addressed the faculty and students and delivered the importance of yoga and the benefits of it in our daily life. Sreeraj K, NSS volunteer Secretary delivered the vote of thanks. Subsequently a yoga demonstration was organized, in which staff and students participated enthusiastically. Different yoga asanas' were performed including Sooryanamaskaram. Yoga trained person Mr. Narayanan K P was invited to demonstrate various yoga postures and explanations were given by Mr. Sarath Sankar K S.





ARUN K A
NSS Programme Officer
SIMAT (UNIT NO.233)