



EKNM GOVERNMENT COLLEGE ELERITHATTU

(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

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DOCUMENTARY EVIDENCE FOR

3.2.1. Institution has created an ecosystem for innovation, Indian Knowledge System (IKS) including awareness about IPR, Establishment of IPR cell, Incubation Centre and other initiatives for the creation and transfer of knowledge / technology and the outcomes of the same are evident

YOGA



OBSERVING INTERNATIONAL YOGA DAY AND SKILL COURSE IN YOGA

Yoga- an ancient spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. It is a way of living that aims towards 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Its acceptance increased internationally since the UN's declaration of June 21st as the International Yoga Day. The institution regularly observes International Yoga Day and conducts Yoga Skill Course and Yoga Practicing Sessions on different occasions.



Observing International Yoga Day on 21st June 2023

SKILL COURSE IN YOGA PRACTICE



Photo 1 and 2 Skill Course on Yoga 06/08/2018 to 17/08/2018

Skill Enhancement Program on Yoga Practices
08-08-2018 to 17-08-2018

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S.No	Name	Year	Class	08-08-18	07-08-18	08-08-18	09-08-18	10-08-18	13-08-18	14-08-18	16-08-18 (Fri)	17-08-18 (Sat)	17-08-18
1	Ajaya K	III	B Com	Ajaya	Ajaya	Ajaya	Ajaya	A	Ajaya	Ajaya	Ajaya	Ajaya	Ajaya
2	Joshi Byu	III	B Com	Joshi	Joshi	Joshi	Joshi	A	Joshi	Joshi	Joshi	Joshi	Joshi
3	Gokul PM	III	BA Hindi	Gokul	Gokul	Gokul	Gokul	Gokul	Gokul	Gokul	Gokul	Gokul	Gokul
4	Vaishakhi D	III	BA Hindi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi	Vaishakhi
5	Aswathi V	III	BA Economic	Aswathi	Aswathi	Aswathi	Aswathi	A	Aswathi	Aswathi	Aswathi	Aswathi	Aswathi
6	Feekimethi Sahas	III	BA Economic	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi	Feekimethi
7	Jilna George	III	BA Economic	Jilna	Jilna	Jilna	Jilna	Jilna	Jilna	Jilna	Jilna	Jilna	Jilna
8	Jithin Vinod PV	III	BA Economic	Jithin	Jithin	Jithin	Jithin	A	Jithin	Jithin	Jithin	Jithin	Jithin
9	Kavya KR	III	BA Economic	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	A	Kavya	Kavya
10	Krishnapriya M	III	BA Economic	Krishnapriya	Krishnapriya	Krishnapriya	Krishnapriya	Krishnapriya	Krishnapriya	Krishnapriya	A	Krishnapriya	Krishnapriya
11	Leena K	III	BA Economic	Leena	Leena	Leena	Leena	Leena	Leena	Leena	A	Leena	Leena
12	Sarath U M	III	BA Financial English	Sarath	Sarath	Sarath	Sarath	A	Sarath	Sarath	Sarath	Sarath	Sarath
13	Vaishnav TV	III	BA Financial English	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav	Vaishnav
14	Saranga M	III	MA Applied Economic	Saranga	Saranga	Saranga	Saranga	Saranga	Saranga	Saranga	Saranga	Saranga	Saranga
15	Ajaya MD	III	BA Economic	Ajaya	Ajaya	Ajaya	Ajaya	Ajaya	Ajaya	Ajaya	A	Ajaya	Ajaya

(Co-ordinator)

YOGA AWARENESS AND PRACTISING SESSION





Yoga Awareness and Practising Session in Connection with NSS Special Camp on 24/12/2018