

EKNM GOVERNMENT COLLEGE ELERITHATTU

(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

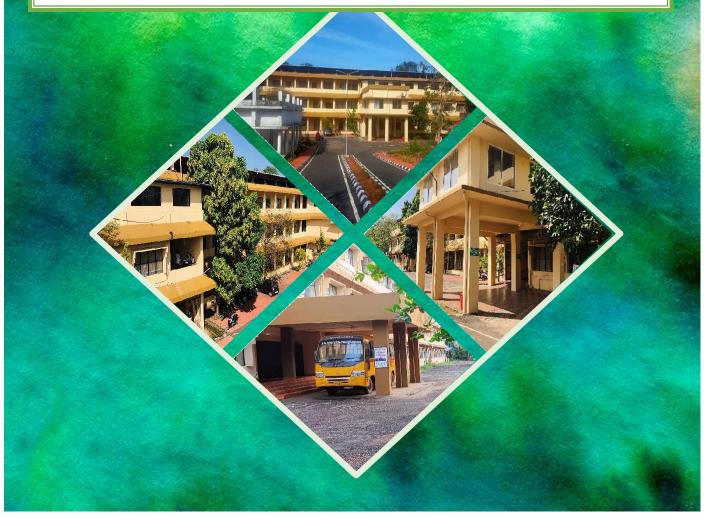
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DOCUMENTARY EVIDENCE FOR

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

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YOGA AWARENESS AND PRACTISING SESSION





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