



**EKNM GOVERNMENT COLLEGE ELERITHATTU**  
(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

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## DOCUMENTARY EVIDENCE FOR

5.1.2. Capacity development and skills enhancement activities are organised for improving students' capability

LIFE SKILL PROGRAMME ON

**'YOGIC PRACTICES'**



**E.K.Nayanar Memorial Government College, Elerithattu**  
**Elerithattu P.O., Nileswar Via, Kasaragod -671314**  
**(Affiliated to Kannur University, Kannur)**

**SKILL ENHANCEMENT PROGRAMME ON YOGIC PRACTICES**

**E.K.Nayanar Memorial Government College, Elerithattu**  
**Elerithattu P.O., Nileswar Via, Kasaragod -671314**  
*(Affiliated to Kannur University, Kannur)*

*Skill Enhancement Program on Yogic Practices*

*Organized by*  
*Yoga Club, E.K.N.M. Govt. College.*



*Resource Person*  
*Babu C., Assistant Professor*  
*Department of Economics*  
*E.K.N.M. Govt. College, Elerithattu*

**From 06.08.2018 To 17.08.2018**  
**Venue: Seminar Hall**

**YOGA PRACTICING SESSIONS**



## ATTENDANCE SHEET

Skill Enhancement Program on Yoga Practices  
05-08-2018 to 17-08-2018

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Sl.No	Name	Class	06-08-18	07-08-18	08-08-18	09-08-18	10-08-18	11-08-18	12-08-18	13-08-18	14-08-18	15-08-18	16-08-18	17-08-18
1	Aylin K	III B Com	A	A	A	A	A	A	A	A	A	A	A	A
2	Febli Bya	III B Com	A	A	A	A	A	A	A	A	A	A	A	A
3	Gokul PM	III BA Hindi	A	A	A	A	A	A	A	A	A	A	A	A
4	Vaishakh O	II BA Hindi	A	A	A	A	A	A	A	A	A	A	A	A
5	Aswathi V	III BA Econom	A	A	A	A	A	A	A	A	A	A	A	A
6	Feelinth Subox	II BA Econom	A	A	A	A	A	A	A	A	A	A	A	A
7	Vilva George	II BA Economic	A	A	A	A	A	A	A	A	A	A	A	A
8	Jithin Vinod PV	II BA Economic	A	A	A	A	A	A	A	A	A	A	A	A
9	Kavya KR	II BA Economics	A	A	A	A	A	A	A	A	A	A	A	A
10	Karthikeyan M	II BA Economic	A	A	A	A	A	A	A	A	A	A	A	A
11	Lena K	III BA Economic	A	A	A	A	A	A	A	A	A	A	A	A
12	Sasini UM	II BA Fundrial Engli	A	A	A	A	A	A	A	A	A	A	A	A
13	Vaishnav TV	II BA Fundrial Engli	A	A	A	A	A	A	A	A	A	A	A	A
14	Sasana M	II MA Applied Econom	A	A	A	A	A	A	A	A	A	A	A	A
15	Anya MD	III BA Economic	A	A	A	A	A	A	A	A	A	A	A	A

(Co-ordinator)

## CERTIFICATE DISTRIBUTION







## REPORT

Yoga- a Hindu 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 international yoga day.

The skill enhancement course on yoga was initiated in the college with a view to impart basic knowledge about yoga- the age old way of living. The skill enhancement course on yoga of EKNM Govt College Elerithattu was officially inaugurated on 06.08.2018 by Sri N C T Umeshan Ayyankavu (Yoga Trainer). The Co ordinator , Babu C welcomed the dignitaries of the function. Principal, Dr Mercy Mathew presided over the function and Dr. N Karunakaran, Vice Principal said the words of felicitation.

To impart the basic training in yoga practice, 10 days certificate course in yoga was arranged from 06. 08.2018 to 17.08.2018. The classes were scheduled at 9.00-10.00 am on every working day. 15 students registered and undergone the training programme. The certificates were distributed to the students on 25.10.2018 by Dr N Karunakaran, Vice Principal of the College.