



# International Yoga Day, 21th June, 2023

## In Association with NSS Unit



**Time: 9.45am**

*Yoga originated in India during Indus Valley Civilization. Yoga is derived from the Sanskrit root 'Yuj' means union. Yoga means the "certification of Atma with Paramatma". In brief, Yoga is the natural medicine for mankind.*

# ALL FOR YOGA FOR ALL

One Yogasana –  
(10 minutes)

Three Meditative Asanas –  
(5 minutes)

'SooryaNamaskarm'

'Sukhasana'

'Vajrasana'

'Padmasana'

Mr. Sathish Kumar V.D  
Mr. Pramod Thomas George  
Convenors

Ms. Jeena Ann Simon  
Mr. Vysagh S. Vijayan  
Student Co-ordinator

