

## **OPEN COURSE**

Department of Physical education completed open course classes for Fifth semester UG students. 46 students from various departments who selected Physical activity, health and wellness, a course offered by the department for the academic year 2022-23.

## **COACHING CAMP**

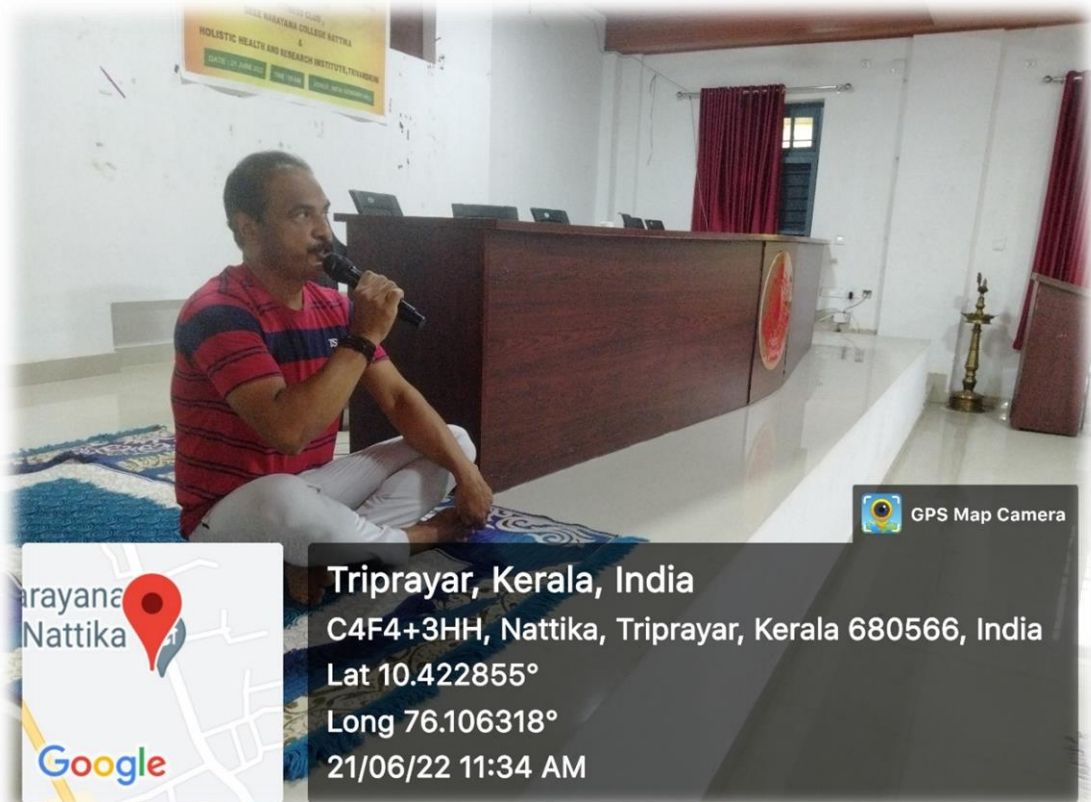
Department of Physical education has conducted selection trails for various college teams including football, cricket, badminton and kabaddi.

Department of Physical Education has conducted coaching camp for various college teams.

## **International Yoga Day 2022.**

Fitness club of Sree Narayana College, Nattika and Holistic Health and Research Institute, Trivandrum in association with Department of Physical Education jointly celebrated International Yoga day 2022 on 21<sup>st</sup> June. Dr. Jaya P.S., Principal inaugurated the event. Dr. Leena K.B , Director , HHRI delivered an awareness talk on yoga. Sri. Chandrababu, Chief Coordinator of Yoga, HHRI demonstrated yoga for the students.









# INTERNATIONAL YOGA DAY

The NCC cadets of Sree Narayana College Nattika celebrated International Yoga Day, 21 June 2022. The international day of yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the united nations general assembly.

The program was conducted in our open auditorium. The programme was inaugurated by Lt. K.S. Letha Ma'am by 9 AM. There were 56 number of cadets present on that day. These cadets perform various asanas, the cadets performed immensely also spreading awareness of yoga day. The cadets participated in the program with complete commitment which marked the success of the day.

