

## REJUVENATE THROUGH YOGA

A life skill development programme and workshop on “Rejuvenate Through Yoga” was conducted on 24th February 2023 at 11.00AM in the Patanjali Hall of Sreekrishna College, jointly organized by department of History and Mathematics. Sri. Pranav P Jayaprakash, Alumnus of the department of history and trainer of Yokfit Health and Wellness club led the programme. Yoga is essential for a healthy life and an awareness about the importance of yoga was given by the trainer. The workshop session was very effective and the students and teachers learned the basics of yoga. The program was welcomed by Smt. Ajitha. M. U, HoD, Department of History and Presidential address was given by Dr. Harinarayanan MK, Principal in Charge and felicitation by Dr. Vijoy PS, Coordinator of IQAC. The session ended with the vote of thanks by Smt. Deepa. VG, HoD, Department of Mathematics.

