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# HENRY BAKER COLLEGE MELUKAVU

YOGA CLUB

ACADEMIC  
YEAR

2019-20

## FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu Is a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

## Henry Baker College Melukavu

### Report of Yoga Club for the Academic Year 2019-20

Henry Baker College encourages Yoga and its practices as it fosters tranquility and presence of mind. Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

#### **Yoga Day Celebration 2019**

Yoga Day was celebrated on 21<sup>st</sup> June 2019 in Henry Baker College to bring peace, harmony, happiness and success to every student in the college. This was a great opportunity to imbibe the value of discipline in college. Yoga is a mental, physical and spiritual practice that needs to be carried every day.





### **Workshop on Yoga**

The Yoga Club conducted a workshop on Yoga activity on 14<sup>th</sup> January 2020. Students got a chance to know how yoga embodies unity of mind and body. The students of Henry Baker College Melukavu and the teachers performed Yoga. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, prayers were recited before and after the programme. Our Principal Dr. Gireesh Kumar GS gave a wholehearted support, some of our teachers and students had shown us yoga by following the instructions given by the trainer. We all practiced yoga with a lot of eagerness and joy.

