

Yoga Utsav

May 30, 2023

NCC

Yoga Utsav

On 30th may 2023 a yoga utsav 2023 was held at Thrissur, Kerala. 30 cadets from Christ College Irinjalakuda reported at Thrissur vadakkamnathan temple by 7:30 a.m. There was a mass yoga protocol practice to every one who joined at vadakkunnathan temple tekke gopura nada. After the yoga practice there was a seminar on topic-yoga for holistic health and well being at Kerala sahitya academy auditorium. The seminar started with the prayer by Cadet Nandana Jayadevan .After the lamp lighting ceremony the seminar session started. The seminar was presented by many yoga enthusiasts. Lcpl Ashlin k Ashok spoke about the quality of program at the end of the session. The program ended at 2:00 p.m.The program served as a platform to inspire cadets to embrace yoga as a mean to achieve balance wellness and inner peace. All cadet corporated wholeheartedly to make the program a grand success.

PHOTOS



