



MARIAN COLLEGE KUTTIKANAM
(AUTONOMOUS)

FACILITIES FOR YOGA

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)
FOURTH CYCLE OF ASSESSMENT

Criterion IV - Infrastructure and Learning Resources

4.1.2 Facilities for Yoga

Marian college promote Yoga among students to maintain a healthy and disciplined lifestyle. NSS celebrates June 21 (International yoga Day) every year. Usually eminent Yoga trainers are invited for demonstration and training on this day. The college has sufficient facilities like halls, auditoriums and open spaces to training and practice Yoga. During the Covid period, Online yoga demonstration classes were organized by Marian NSS Unit on a regular basis to relieve students from stress. NSS unit also celebrated international Yoga day through online mode with entire participation of students. Offline yoga training is conducted in the multipurpose hall t or college auditorium which have the facility to include more number of students.





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International Yoga day celebration





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Yoga Practices in Online Mode



Yoga Practice through Online Mode

