

Sri C Achutha Menon Govt College,
Thrissur



International Yoga Day 2024

Department of Psychology

in association with

Wellbeing Centre



June 21st
2024

Ms. Aparna K Mohan

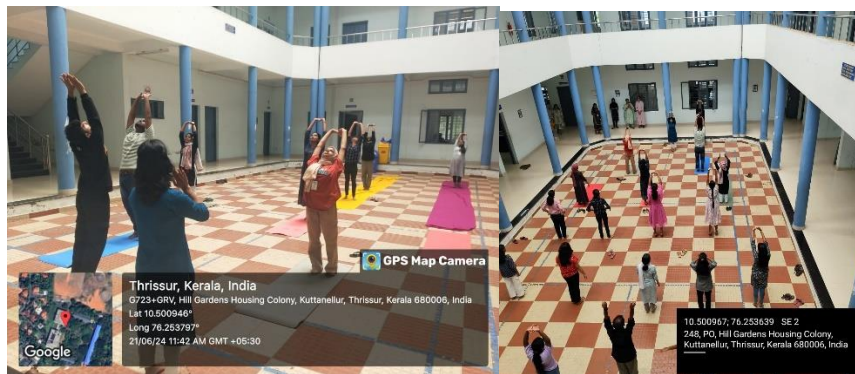
Yoga Trainer, Research Scholar

Science Block

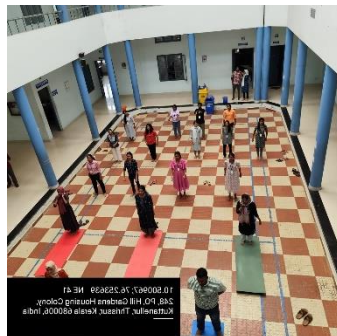
Time: 11.00 am to 11.45 am

International Yoga Day Observance by the Department of Psychology

The Research and Postgraduate Department of Psychology at Sri C Achutha Menon Government College, Thrissur, held a program to observe International Yoga Day on June 21, 2024. The event, titled "*International Yoga Day 2024*," took place in the Science Block from 11:00 AM to 11:45 AM.



Dr. Sujisha TG, Head and Associate Professor of the Department, commenced the program with a welcome address. She spoke about the growing recognition of yoga's role in promoting mental and physical well-being, a subject directly relevant to the field of psychology. Ms. Vani M and Ms. Soumya C Mohan then offered their felicitations, and welcomed esteemed guest and expressed warmth towards the 18 students who participated in the program.



The highlight of the program was a hands-on yoga session led by Ms. Aparna K Mohan, a trained yoga instructor. Ms. Aparna K. Mohan guided the participants through fundamental yoga practices suitable for beginners. This interactive session provided a valuable opportunity for the students to experience yoga firsthand. They were not just introduced to the concepts but actively participated in real yoga postures, gaining insights into the practice's potential benefits for mental clarity, stress reduction, and overall well-being.