



**MACFAST**<sup>™</sup>  
Igniting wisdom since 2001

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES  
TIRUVALLA (MACFAST)  
Thiruvalla - 689101**

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# **INTERNATIONAL YOGA DAY**

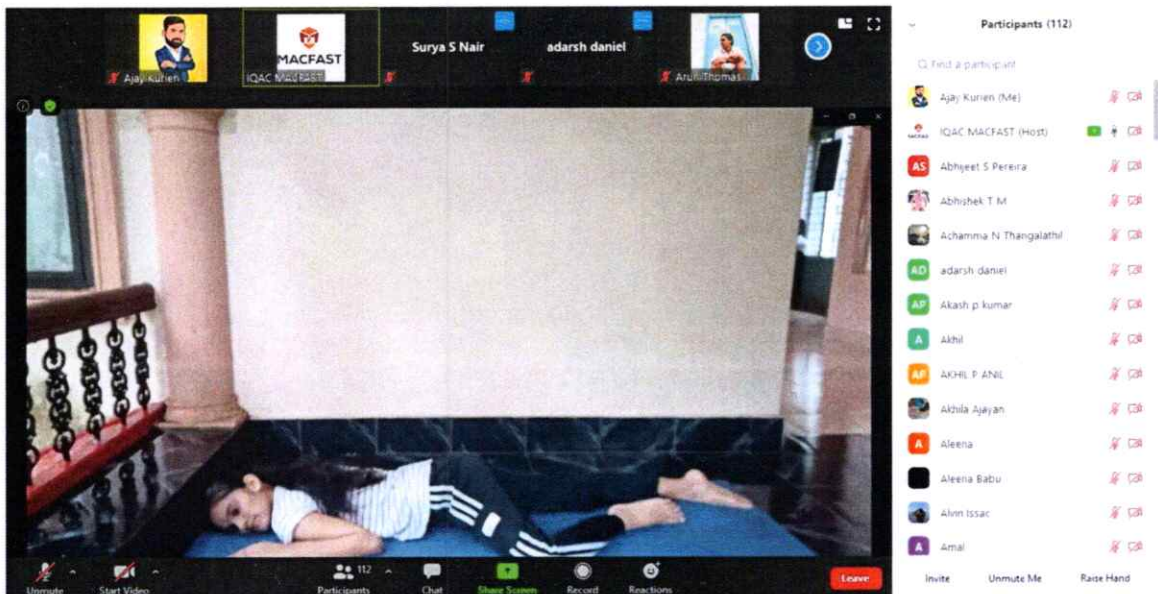


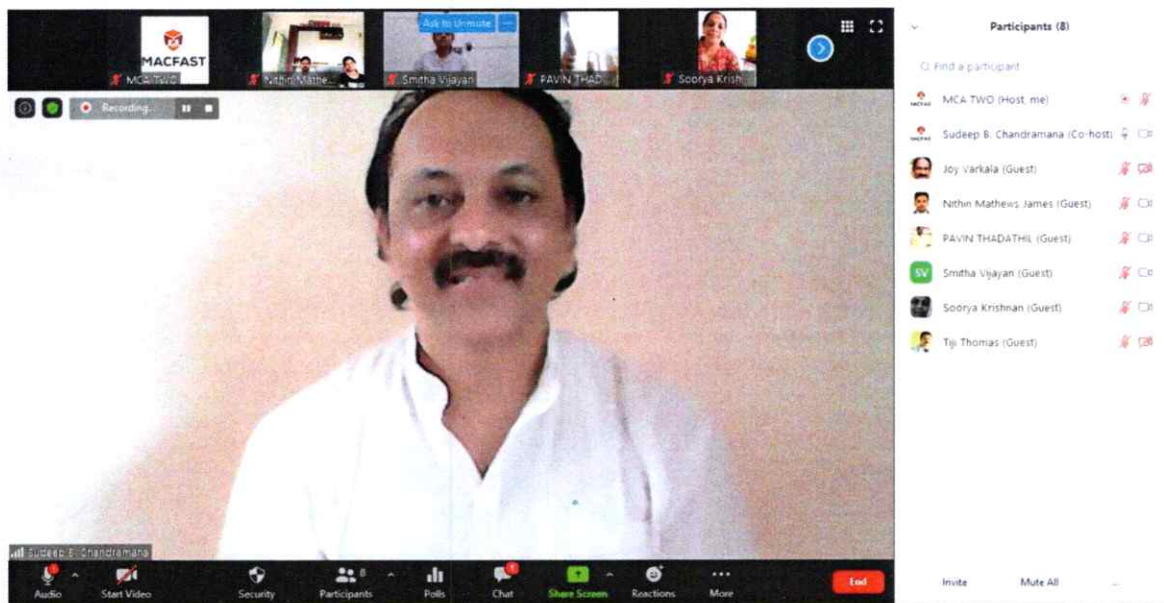
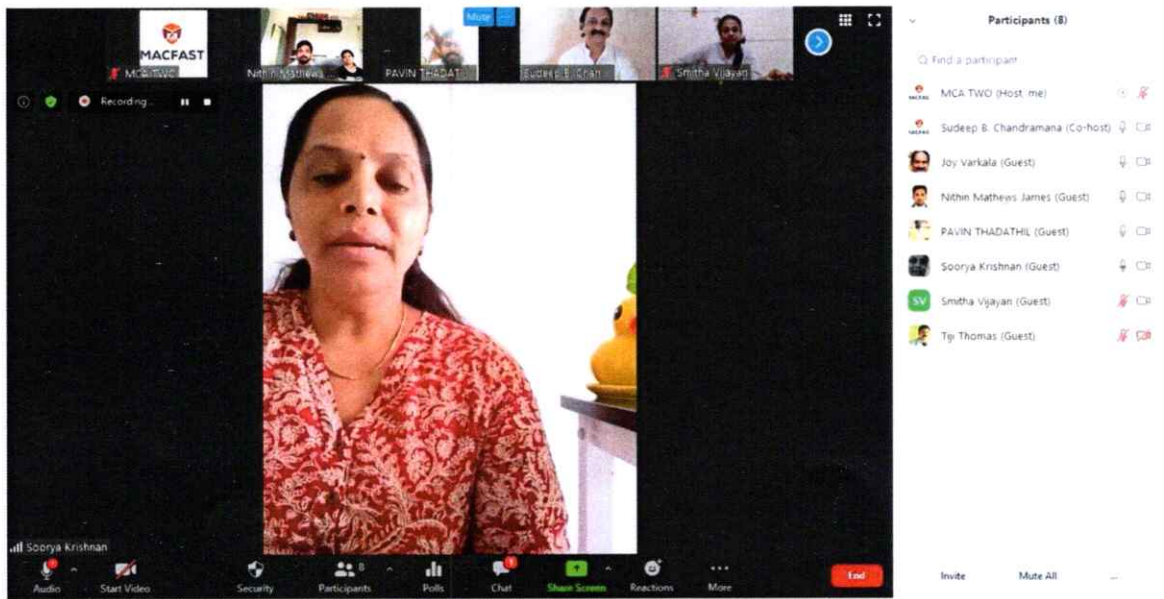


**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**

**INTERNATIONAL YOGA DAY – 2021**

MACFAST celebrated International Day of Yoga on 21<sup>st</sup> & 22<sup>nd</sup> of June, 2021. This year also, the day was celebrated online due to the Covid-19 pandemic situation. Apart from last years, by considering the mental and physical health of students and faculty members, separate yoga sessions were arranged for each batch. The sessions highlighted the theme “Yoga for well-being”. As the society is still facing and trying to recover from the impact of Coronavirus, it was found essential to provide hope and mental strength for the students. Students of all batches eagerly participated in the yoga sessions.





*Online Yoga Sessions*







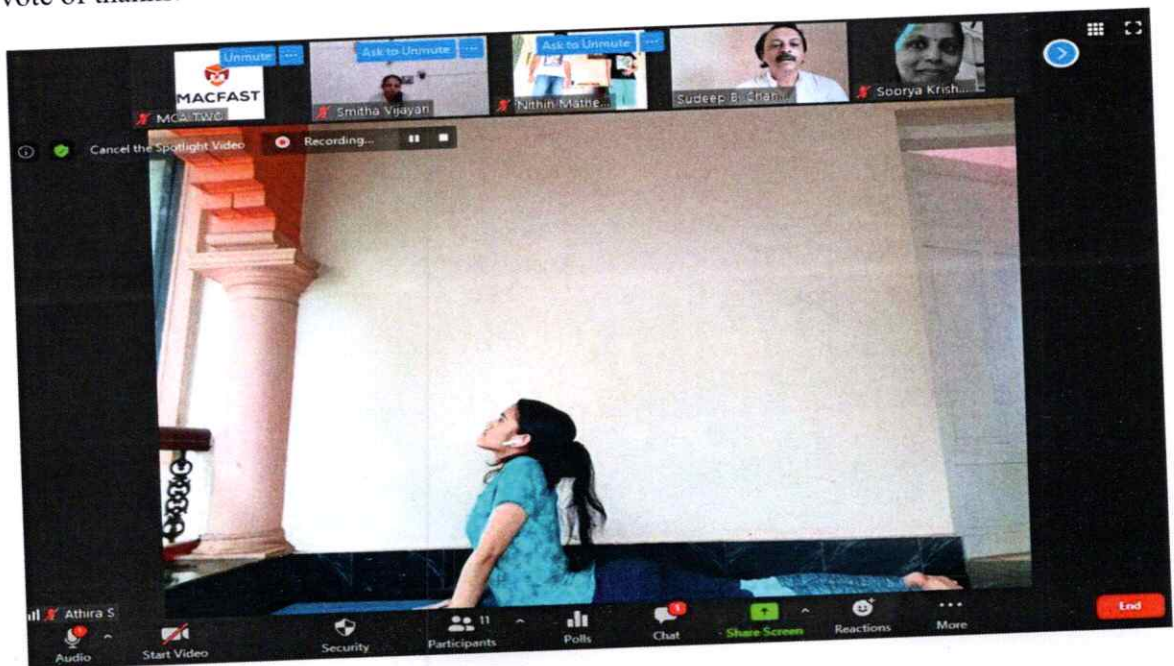
**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
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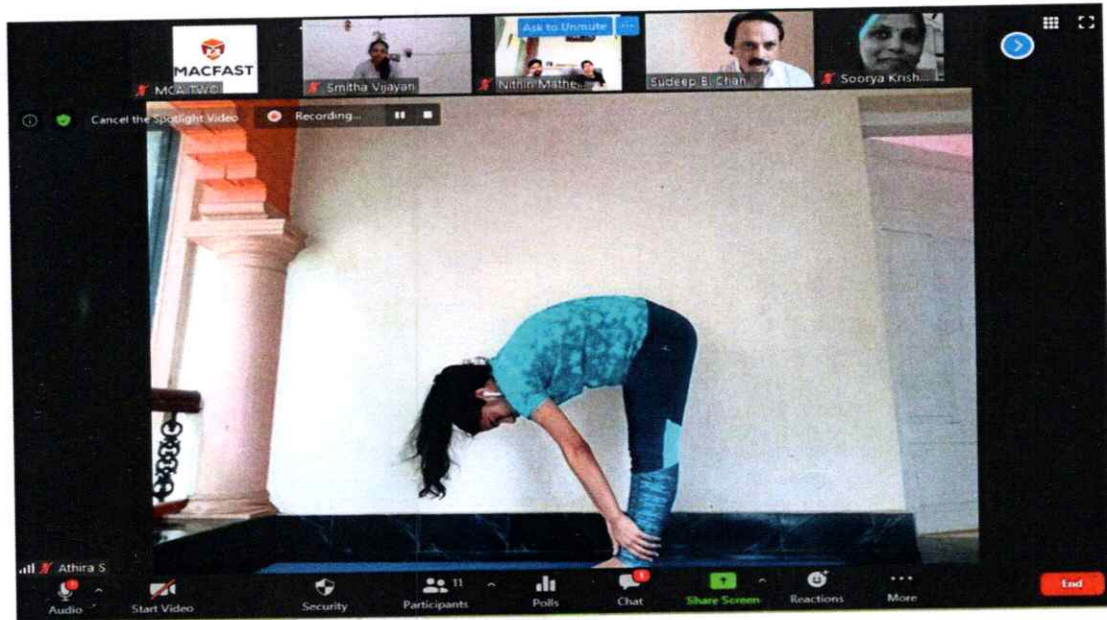
**INTERNATIONAL YOGA DAY – 2020**

MACFAST celebrated International Day of Yoga on 22<sup>nd</sup> June, 2020. Amidst the pandemic situation, the day was celebrated online. Fr. Dr. Cherian J Kottayil, Principal delivered the presidential address in which he spoke on the topic “Yoga at Home and Yoga with Family”. He emphasized how yoga will give rays of hope to stay relaxed and fit.

Dr. Sudeep B Chandramana, Associate Professor, Department of Management Studies conducted yoga sessions in association with Art of Living for students, parents and faculty members. He explained the importance of each poses during the session.

Students expressed their views on yoga. Prof. Varghese Abraham, Administrator delivered the vote of thanks.





*Online Yoga Sessions*





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(MACFAST)**

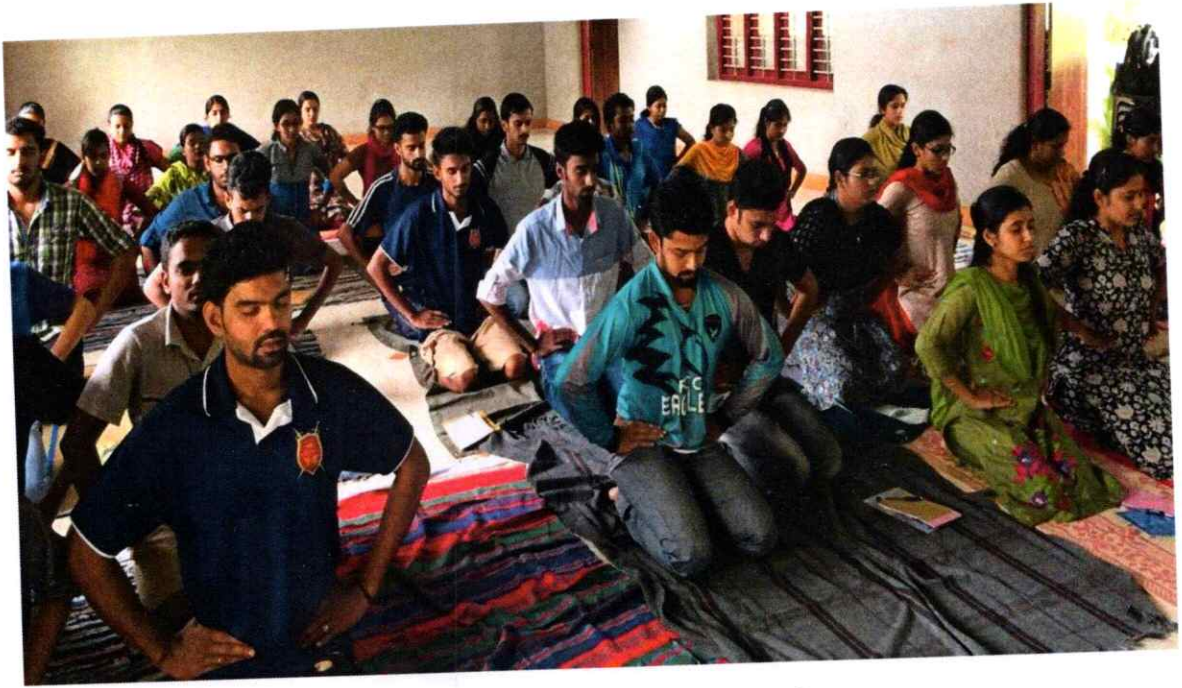
**INTERNATIONAL YOGA DAY – 2019**

MACFAST celebrated International Day of Yoga on 21<sup>st</sup> June, 2019. Fr. Dr. Cherian J Kottayil, Principal delivered the presidential address and emphasized the importance of yoga for heart. Dr. Sudeep B Chandramana, Associate Professor, Department of Management Studies handled yoga sessions for the students and faculty members. He explained the best and efficient yoga poses for a healthy heart. The yoga asanas to relieve stress and reduce hypertension were explained in detail.

Two lectures were organized to explain the importance of yoga. Student Representatives reminded that beyond off-loading stress, practicing yoga may help lower blood pressure, blood cholesterol and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention.

The programme came to a close by the vote of thanks by Prof. Varghese Abraham, Administrator.





*Students participating in yoga sessions*





**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**

**INTERNATIONAL YOGA DAY – 2018**

MACFAST celebrated International Day of Yoga on 21<sup>st</sup> June, 2018. The function started with the presidential address by Fr. Dr. Cherian J Kottayil, Principal. He addressed the gathering and delivered a speech on the topic “Yoga for Peace”. Thereafter, Dr. Sudeep B Chandramana, Associate Professor, Department of Management Studies conducted meditation sessions with students and faculty members, and the importance of yoga for mental peace was explained simultaneously.

Mr. Tiji Thomas, Head of the Department, Department of Computer Applications spoke on the topic “How to attain peace through Yoga”. He explained how negative thoughts will affect people and emphasized that positive thoughts will increase mental and physical strength. He reminded the importance of yoga for attaining peace.

Mr. Ajai Krishnan G, Assistant Professor, Department of Management Studies delivered the vote of thanks.





*Students participating in yoga sessions*





**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**

**INTERNATIONAL YOGA DAY – 2017**

MACFAST celebrated International Yoga Day on 21<sup>st</sup> June, 2017. The celebration started at 9.00am by giving importance to the theme “Yoga for Health”. Fr. Pradeep Vazhatharamalayil, Principal gave a brief introduction about Yoga Day. He told the students that the International Yoga Day is a gift to the world by Prime Minister Narendra Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations.

Mr. Sudeep B Chandramana, Assistant Professor, Department of Management Studies handled a yoga session for all the students and faculty members. In the session, he spoke about the importance of yoga for mental and physical health. He also emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students.

Three student representatives spoke on the topic “Yoga for Health”. The function ended with a vote of thanks by Administrator.





*Students participating in yoga sessions*







# Immunity Boost & Prevention with Meditation, Breath and Yoga

45 minutes a day can save you from stress, anxiety and other health problems.



**Organized by IQAC MACFAST in Association with  
Art of Living Foundation and Department of Computer Applications**

**IQAC request the presence of all the students of MCA**

Date : June 1, 2, 3

Time : Batch 1 : 8:30 AM to 9:30 AM  
Batch 2 : 09:40 AM to 10:40 AM



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## Immunity Boost & Prevention with Meditation, Breath and Yoga

Organized by IQAC MACFAST in Association with  
Art of Living Foundation and School of Biosciences

45 minutes a day can save you from stress, anxiety and other  
health problems.

**IQAC request the presence of all the students of School of Biosciences**

Date : May 27,28,29

Time : Batch 1 : 8:30 AM to 9:30 AM  
Batch 2 : 10:00 AM to 11:00 AM



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