

INTERNATIONAL YOGA DAY CELEBRATION 2024



yuvakshetra
Institute of Management Studies (YIMS)
Ernakulam, Kerala, India
Approved by the University Council of Kerala
Affiliated to the University of Calicut & Managed by the Director of Higher Education, Kerala

CELEBRATING INTERNATIONAL YOGA DAY 2024

Yoga for Youth: A Pathway to Success

ORIENTATION AND PRACTICAL SESSIONS ON YOGA

ORGANIZED BY
PG DEPARTMENT OF PSYCHOLOGY
IN ASSOCIATION WITH IQAC

ORGANIZING COMMITTEE

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DIRECTOR, YIMS
- DR. TOMY ANTONY
PRINCIPAL, YIMS
- REV. DR. JOSEPH OLIVKAL KOONAL
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ANUSHA M & GOURINANDHA O G
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RESOURCE PERSON
Mr. PRINCE MATHEW SUNIL

WELLNESS COACH
CHERIAN ASHRAM HOLISTIC CENTRE
KOTTAYAM

JUNE 20, 2024
@ YUVACHETHANA HALL
10.00 AM - 1.00 PM



PG Department of Psychology in association with IQAC organized International Yoga Day Celebration 2024. An orientation session on “Yoga for Youth: A Pathway to Success” was conducted along with practice session of yoga exercises. The resource person for the event was Mr. Prince Mathew Sunil, Wellness Coach, Cherian Ashram Holistic Centre, Kottayam.