



**YOGA**



# **CHRIST COLLEGE**

**PULIYANAMALA, KATTAPPANA**

Approved by UGC and Affiliated to MG University, Kottayam (3521/1/14/Ac A VII)  
A Minority Institution Managed By CMI Fathers

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# YOGA CLUB <sup>1</sup> 2018-2019.

About yoga: 'yoga' is a way of life, means that is a Physical, Mental and Spiritual Practice which Related to Meditation. The Practice of yoga or asanas help us to build Strength and Stamina, to Improve flexibility, Coordination and balance, and to relax the body.


PATANJALI'S 'yoga Sutras' provide the traditional foundation of yoga, in which he outlines an Eightfold path of the practice. This is known as the "Eight limbs of yoga", and this create a union between body, mind and Spirit.

These Eight limbs are called "yama, niyama, asana, pranayama, Pratyahara, Dharana, Dhyana, Samadhi".

The Act of yoga Practicing yoga helps in controlling an individual's mind, body and Soul. It brings together Physical and mental disciplines to achieve a peaceful body and mind. It helps to manage stress and anxiety and keeps you healthy. It also helps in increasing flexibility, muscle strength and body tone.

  
Coordinator



  
FR. DR. ALEX LOUIS CMI  
PRINCIPAL  
CHRIST COLLEGE  
PULIYANMALA, KATTAPPANA  
Idukki Dist. Kerala - 685515



## 2' YOGIA' at Christ College - 2018-2019.

As part of the International Yoga day, Christ College Puliyannamala have inaugurated "YOGIA CR218" with the blessing of Principal Rev. Fr. Alex Louis CMI, On 21st June 2018. The chief guest of the day was Shri. Tony Joseph Kothanappalli, Retired Headmaster St. Thomas R.P. School Chankamangy. The programme was organized under the guidance of Mr. P.V. Davath, Coordinator of Physical Education Dept. Under the leadership of Aloy Kenny, (Student, I MA English) 42 students have participated in the yoga demonstration.

*John*  
Coordinator.

*Alex*  
FR. DR. ALEX LOUIS CMI  
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10/10  
CHRIST COLLEGE  
PULIYANMALA, KATTAPPAVA  
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As part of the International 'YOGA DAY', Christ College Puliyamala celebrated yoga demonstration on 21st June 2019.

The Programme was presided over by Fr. Thomas Kadalappattu C.M.I., Joint Director of 'Dance Academy Kattappana' and was inaugurated by Shri. Nishinoran Varghese NSS Programme Officer.

On the behalf of 'YOGA' celebration the demonstration has been conducted. The Programme was organized under the guidance of Ms. P.V. Devasis, Coordinator of Physical Education Dept.

  
Coordinator

  
FR. DR. ALEX LOUIS  
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RORO-RORI

→ In the spreading of Corona Virus  
 { Covid-19 } an Online yoga day celebration  
 was conducted on 20<sup>th</sup> June RORO.

The celebration was inaugurated by  
 Rev. Fr. Murray CMI, Secretary of  
 Carmel Nishyapatt trust Puliyanmala, after  
 the meeting a yoga demonstration  
 takes place.

*John*  
 Coordinator

*Alex*  
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