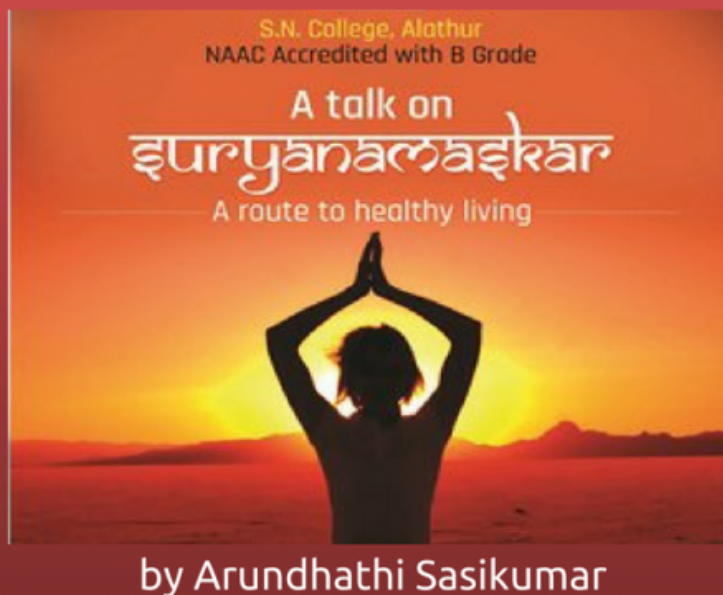


Handled a session on the Benefits of Surya Namaskar



Arundhathi Sasikumar, Assistant Professor, Department of Physical Education handled a session on the benefits of Surya Namaskar. The programme was organised by the Health Club, Sree Narayana College, Alathur on 14 February 2017. A demonstration was also done by the VAST yoga team members.

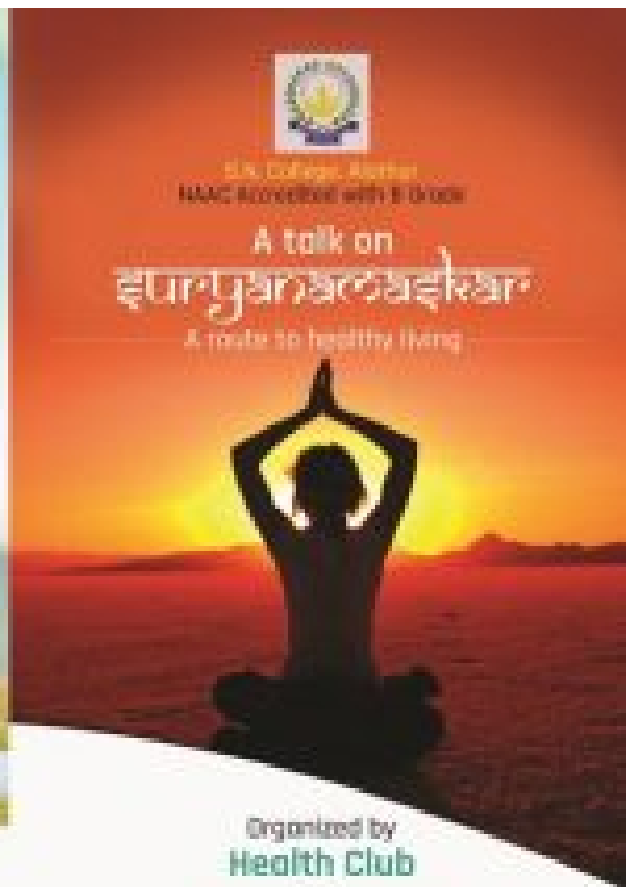
Members:-

Sl.No	Name	Branch/Sem
1	Aleesha T Anwar	CE S4
2	Akhila Sivan	CE S4
3	Gopika R T	CE S4
4	Hyrin Thomas	CE S4
5	Midhila	CE S6
6	Rhishiraj	CE S6

7	Riyaraj P	CE S6
8	Sethulakshmi Pavithran	CE S8
9	Theertha Ajay	CE S8
10	Aishwarya	CSE S6
11	AbdulSamad P M	PE S8
12	Anooj K Jayan	PE S8
13	Akshay Suresh	ME S8
14	Jayadev P	ME S6
15	Kiran Shanmughan	ECE S8
16	Krishnaprasad K P	EEE S6



Organising Secretary
Dr. Arany Sasikumar
Co-ordinator, Health Club



Organized by
Health Club
on
14 February 2017



Lecture : 11.30 a.m.
Arundhathi Sasikumar
Asst. Professor
Dept. of Physical Education
Vellore Academy of Science and
Technology, Tholakkottukara, Trichur

Yoga Demonstration
By
VAST Students

Note of thanks : HighlRPM
I B.Sc. Zoology Student

Prayer : 11 a.m.

Welcome : Dr. Arathy Sasikumar
Coordinator, Health Club

Presidential Address : Dr. S.R.Sivadasan
Principal, S.M. College, Alathur

Felicitation : Dr. Rajeshi
IGAC Coordinator

Divya.R
Health Club member

Note of thanks : Nithya Jayan
Health Club member

