

“Yoga Jeevanam” for Kudumbasree members of Kaiparambu Panchayath



As an outreach programme and as an extension of the activities of Vidya International Charitable Trust (VICT), the College organised a programme christened “Yoga Jeevanam” for Kudumbasree members at Kaiparambu Panchayath Hall, Mundur on 17 February 2020. As many as 60 Kudumbasree members participated in the programme.

The programme started at 10:30 am with a silent prayer. Ms Fetsy Francis (AP, ECE Dept) welcomed the gathering. Er G Mohanachandran (Executive Director, VICT) delivered the presidential address, Ms. M R Sulekha (Vice President, Kaiparambu Grama Panchayath) inaugurated the function and delivered the inaugural address. CDS Chairperson Ms Usha Vinod, Panchayath Members Ms Mini and Ms Mohini also attended the function. Mr Arun P R delivered the vote of thanks.

As part of the programmes, there was a session on “Healthy

Parenting” by Dr Latha Raj (Director – SWS, VICT) and a training on Yoga by Ms Arundathi (AP, Physical Education). There was a request for conducting a few more sessions for them.

Image gallery

