



## PAZHASSIRAJA COLLEGE

(Aided College Affiliated to University of Calicut)  
Managed by Malankara Catholic Diocese, Bathery  
NAAC Accredited with 'B' Grade

### Notice

As part of following good health practice it is decided to conduct yoga awareness class- "Yoga for Daily Life" from 11<sup>th</sup> to 13<sup>th</sup> March 2018. Selected 30 students can participate in the programme. Those who are interested can contact the Director of Physical Education, Mr. Tony Thomas on or before 8 <sup>March</sup> August.

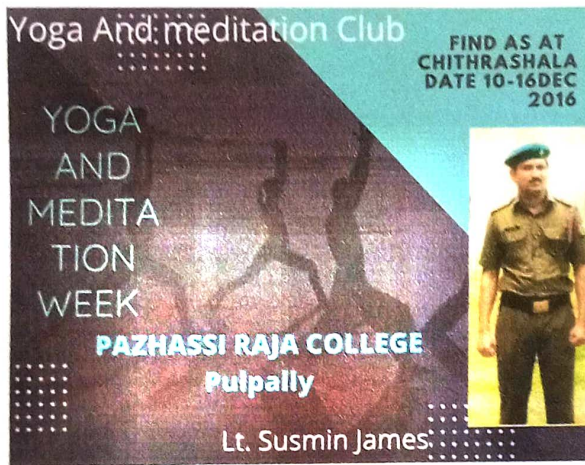


  
Principal

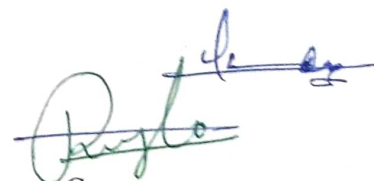
**PRINCIPAL**  
PAZHASSIRAJA COLLEGE  
PULPALLY 673 579

**Yoga and Meditation Club 2017-18  
Activity Report**


- The Yoga and Meditation Club Conducted an awareness class “Yoga for Daily Life” on 11<sup>th</sup> to 13<sup>th</sup> Aug 2018 by Lt. Susmin James. 30 students from different departments took part in it.



- 21-07-2017, the college celebrated the International Yoga Day. The Pazhassiens practised yoga on the day. 40 Students at Chitrasala and more than 100 pazhassiens including non-teaching staff at their respective houses practised yoga as part of the Day observation.

  
Convener  
Tony Thomas



  
**PRINCIPAL**  
PAZHASSI RAJA COLLEGE  
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## Circular

For the attention of all staff, we are going to conduct three Days Workshop on "Yoga and Meditation Retreat" from 15<sup>th</sup> to 17<sup>th</sup> Nov 2018 at Chitrasala. All are requested to encourage the students to take part in the programme and make the event a grant success. Those who are interested can contact the Director of Physical Education, Mr. Tony Thomas on or before 13<sup>th</sup> Nov 2018.

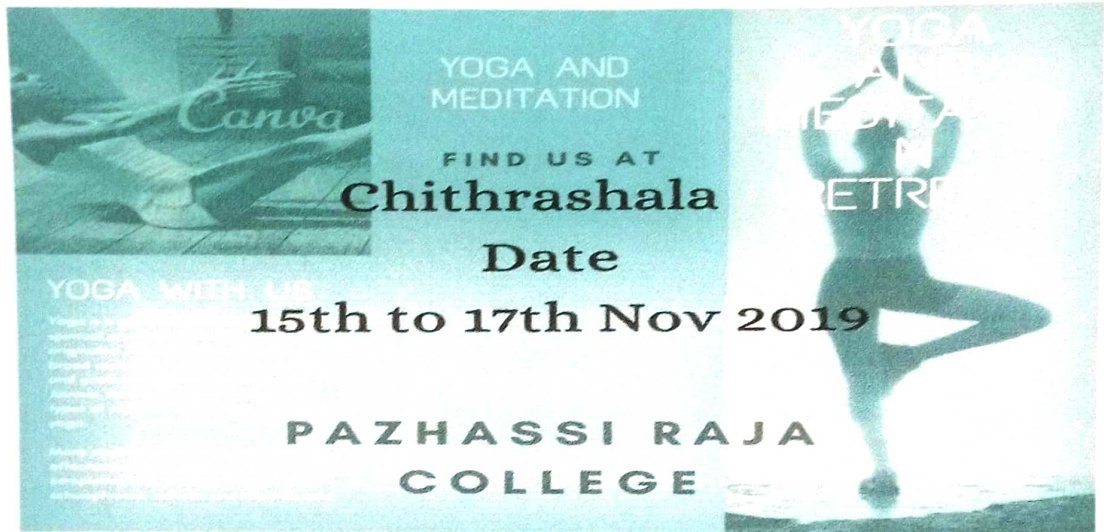
  
Principal



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PULPALLY 673 579

## Yoga and Meditation Club Report for the year 2018-19

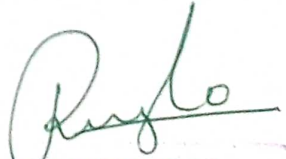
A workshop on “Yoga and Meditation Retreat” was conducted from 15<sup>th</sup> to 17<sup>th</sup> Nov 2018. The students were trained by the Yoga trainer, Mr. Gayathri Gangadharan. 35 students directly and more than 100 indirectly benefited out of this programme.



Celebrated International Yoga Day on 21 June 2018. The Pazhassiens practised yoga on the day. 40 Students at Chitrasala and more than 130 pazhassiens including non-teaching staff at their respective houses practised yoga as part of the Day observation.

  
Convener



  
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## PAZHASSIRAJA COLLEGE

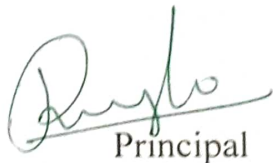
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### Circular

A three Days Workshop on “Pranayama” – breathing exercise, is decided to conduct for the students and faculty members of the college from 8th to 10<sup>th</sup> February 2019 at Chitrasala. All are requested to encourage the students to take part in the programme and make the event a grant success. Those who are interested can contact, Mrs. Vimya K.P, NCC Caretaker, on or before 7<sup>th</sup> Feb 2019.

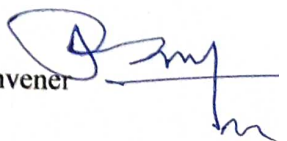


  
Principal  
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**Pazhassiraja College**  
**Activity Report- 2019-20**  
**Yoga and Meditation Club**

- A workshop on “**Pranayama**” was conducted from 8<sup>th</sup> to 10<sup>th</sup> Feb 2019. The students were trained by the Hatha Yoga Practitioner, Mr.GayathriGangadharan. 75 students benefited out of this programme.
- We have observed International Yoga Day on 21<sup>st</sup> June 2019. Most of the pazhassiens practiced Yoga on the Day



Convener 

  
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# PAZHASSIRAJA COLLEGE

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## Notice

It is decided to observe Yoga Week from 10/12/2016 to 16/12/2016. All staff and students are requested to participate in the event and practice Yoga and to follow yoga as part of your daily life.



Principal

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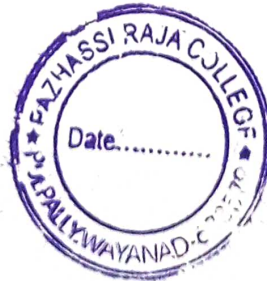
**Pazhassiraja College  
Yoga and Meditation Club  
Activity Report for the year 2016-17**

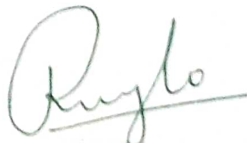
Yoga and Meditation club observed Yoga week from 10.12.2016 to 16.12.2016 for the students. As Yoga and Meditation are highly important to our body and mind, the Principal insisted all the students, teaching and non- teaching staff to actively participate in this week-long event. Lt. Susmin James gave necessary instructions to the students and staff. 45 teaching and non- teaching staff and around 400 students actively took part in this programme and practiced Yoga.

Celebrated International Yoga Day on 21 June 2016. The Pazhassiens practised yoga on the day. 35 Students at Chitrasala and more than 130 pazhassiens including non-teaching staff at their respective houses practised yoga as part of the Day observation.

  
Convener

Lt. Susmin James





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# PAZHASSIRAJA COLLEGE

PUPALLY, WAYANAD, KERALA, INDIA

Aided by the Government of Kerala and affiliated to the University of Calicut

Managed by the Malankara Catholic Diocese, Bathery

Accredited by NAAC with B Grade

Dr. Anilkumar. K  
Principal

## Circular

It is decided to conduct three Days Workshop on “Pranayama” – breathing exercise for the students and faculty members of the college from 18<sup>th</sup> to 20<sup>th</sup> November 2020 at Chitrasala. All are requested to share the brushes in students’ groups and encourage the students to take part in the programme and make the event a grant success. Those who are interested can contact the NCC Caretaker, Dr. Rani S. Pillai, on or before 17<sup>th</sup> Nov 2020.

Principal

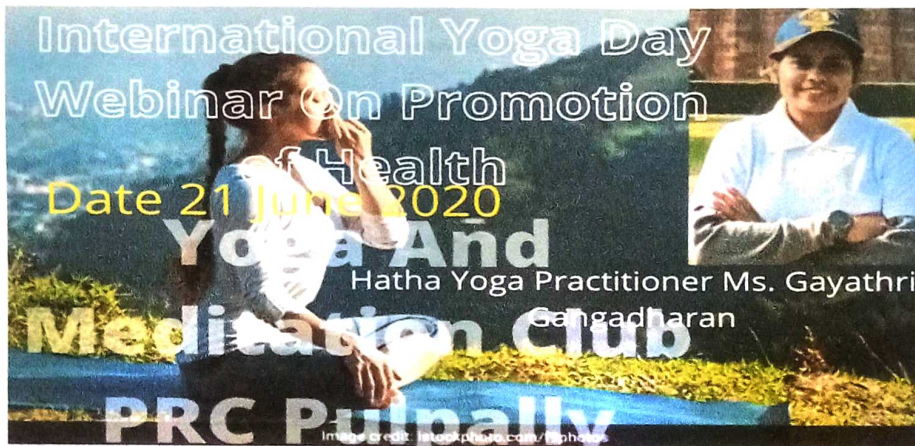


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PAZHASSIRAJA COLLEGE  
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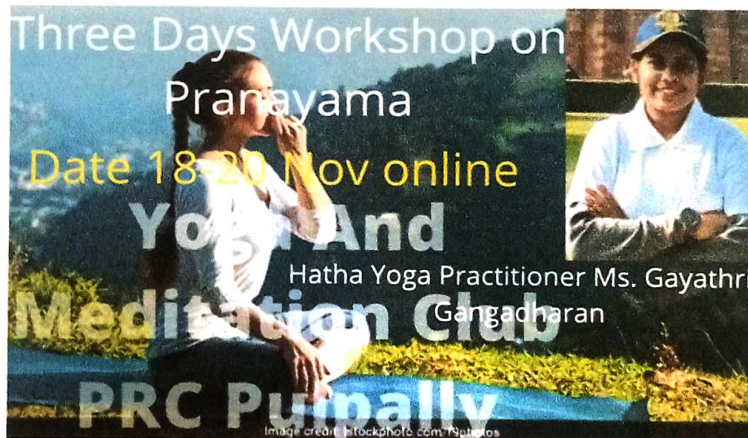
**Pazhassiraja College**  
**Yoga and Meditation Club 2020-21**  
**International Yoga Day- 21 June 2020**

This year, due to pandemic situation, International Yoga day was observed by the staff members and the students through line mode.

- On International Yoga Day, a webinar was organized on the topic of “**Promotion of Health through Yoga**” for the students and faculty members of Pazhassirajacollege. Ms.GayathriGangadharan was the resource person. She explained about the Yoga postures and its benefits to the participants. Yoga postures and videos were shared through WhatsApp groups and she urged to the Pazhassiens to follow the instructions given in the videos shared and practice yogasanas and Pranayama. The Principal Dr. Anil Kumar insisted to the pazhassiens to incorporate yoga as part of their daily life.



- A workshop on “**Pranayama**” was conducted online from 18<sup>th</sup> to 20<sup>th</sup> Nov 2020. The students were trained by the Hatha Yoga Practitioner, Ms.GayathriGangadharan through Google Meet. 75 students benefited out of this programme.

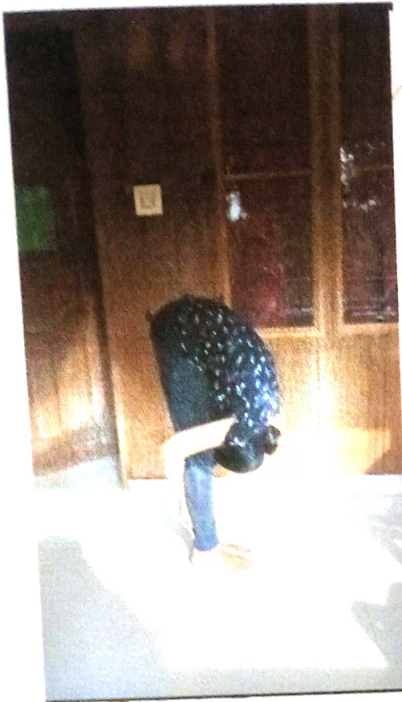


*Dr. Anil S. Pillai*



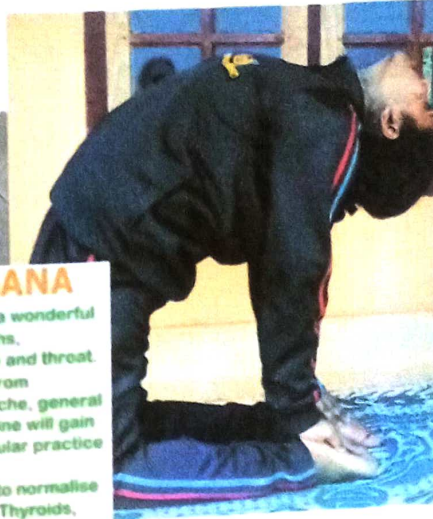
*Dr. Anil S. Pillai*  
**PRINCIPAL**  
**PAZHASSIRAJA COLLEGE**  
**PULPALLY 673 579**





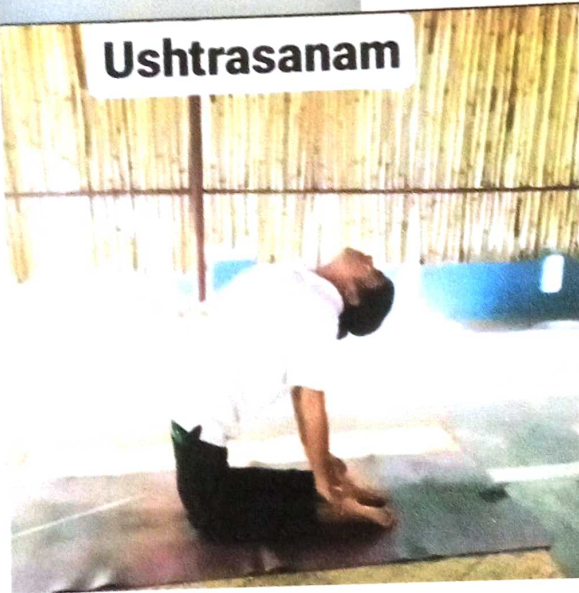
### USTRASANA

- This asana gives a wonderful stretch to the thighs, abdomen, ribcage and throat.
- People suffering from backache, neck ache, general stiffness of the spine will gain relief through regular practice of this posture.
- It is a very useful to normalise the production of Thyroids.
- This asana is helpful for people suffering from respiratory disorders like asthma.



CDT AKHILA P S  
KL/19/SWA/184894

### Ushtrasanam



### Ustrasana

Ustrasana is a backbend that boosts shoulder flexibility, increases core strength and stretches the entire front of the body. The name is derived from the Sanskrit ustra, meaning "camel," and asana, meaning "pose" or "posture." To enter this asana, kneel down, then lean back to touch the feet with both hands. The deepness of the bend varies according to the flexibility of the practitioner. Advanced practitioners are often able to bend far enough to touch their feet with their head.



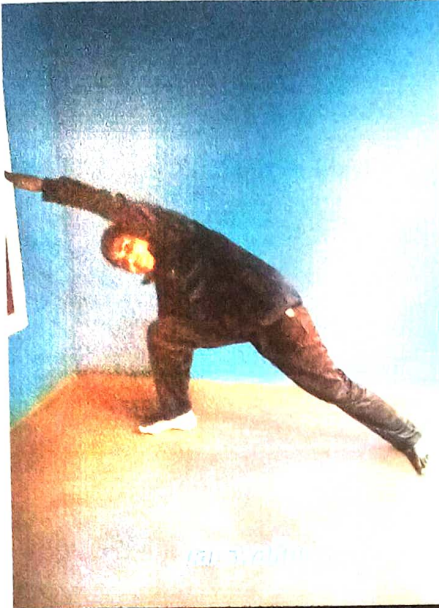
*Dr. Ravi S. P. K.*



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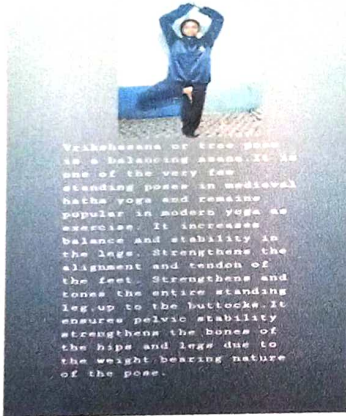
ONLINE AWARENESS - 72 cadets took part in the awareness programme on Yoga Day



**Benefits of Gomukhasana**

1. stretches the hips, shoulders, chest & wrists.
2. Helps those suffering from diabetes.
3. Treats stiff shoulders & back pain.
4. Help's to make the spine flexible.

**VRIKSHASANA**



Vrikshasana or tree pose is a balancing asana. It is one of the very few standing poses in medieval hatha yoga and remains popular in modern yoga as exercise. It increases balance and stability in the legs. Strengthens the alignment and tendon of the feet. Strengthens and tones the entire standing leg up to the buttocks. It ensures pelvic stability strengthens the bones of the hips and legs due to the weight bearing nature of the pose.

*D. Rami S. Pillai*



*[Signature]*  
**PRINCIPAL**  
 PAZHASSI RAJA COLLEGE  
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