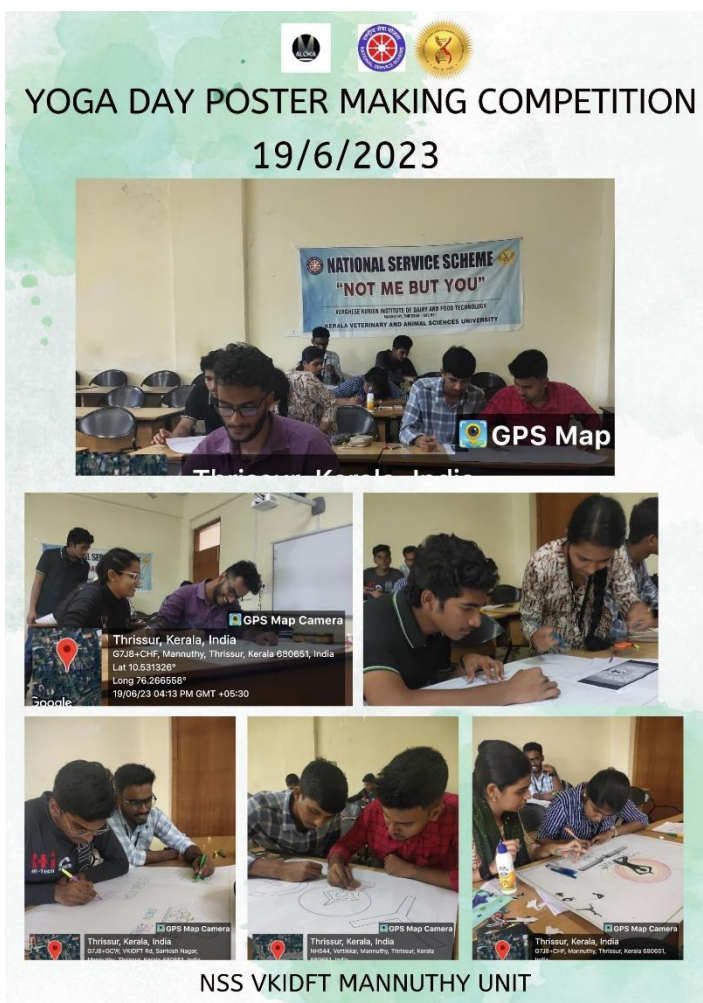


# International Yoga Day 2023

As a part of international Yoga day 2023 a poster competition was held on June 19, from 4.00 to 5.00 pm based on the theme of Yoga day 2023 #yogaforvasudhaivakudumbakam. Anusana and Akshaya Janani from DT 22 got first prize. Veena and Joswin from FT 22 and Hashmi and Akhil Krishnan from DT 20 won second and third prize respectively.



A Yoga workshop was organized in the college auditorium on the occasion of International Yoga Day by the NSS Unit of VKIDFT in association with Isha foundation and Indian Dairy Association, Thrissur chapter on June 21,2023 from 2.30 to 4.00 pm. About 100 volunteers enthusiastically participated in this program. Academic and non-academic staff of the college also participated in it. The program started with simple yoga practices then focused mainly on Yoga Namskara. Members of Isha foundation demonstrated aasanas. Talking about the importance of yoga, the Dean of the college, Dr.S N Rajakumar sir and Associate Dean Dr.A K Beena ma'am said that yoga can bring stability in your life and advised to follow it regularly. This program was organized under the guidance of Administrative Officer Arun sir, NSS Program Officers Dr jose Mathew and Dr. Divya M P.



VERGHESE KURIEN INSTITUTE OF DAIRY AND FOOD  
TECHNOLOGY MANNUTHY, THRISSUR  
VKIDFT MANNUTHY NSS UNIT

JUNE 21  
INTERNATIONAL

# YOGA

DAY  
Workshop

VENUE: VKIDFT AUDITORIUM  
@ 2:45 P.M  
#Yoga For Vasudhaivakudumbkam

In association with  
VKIDFT Mannuthy NSS Unit  
Aloka Students Union  
Indian Dairy Association Kerala Chapter

