

SCMS SCHOOL OF ENGINEERING AND TECHNOLOGY

Vidya Nagar Palissery, Karukutty

NOTICE

21st May 2022

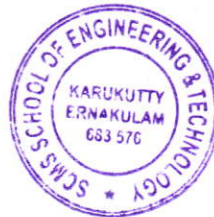
Rejuvenating Body and Mind with Yoga


A rejuvenating session of Yoga will be organized by the Basic Science and Humanities Department at SSET. This event is designed to help you rejuvenate your body and mind through the practice of Yoga.

Event Details:

- Date: 7th April 2022
- Time: 09:00 am to 12:30 pm
- Venue: Seminar Hall (On-Site) and Online Live Session at Conference Hall
- Participants: B.Tech Students

Join us for a harmonious blend of physical and mental wellness as we embark on a journey of relaxation and rejuvenation. Whether you choose to attend in person at the Seminar Hall or virtually via the online live session, this experience promises to be beneficial for your overall well-being.




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REPORT ON WORLD HEALTH DAY

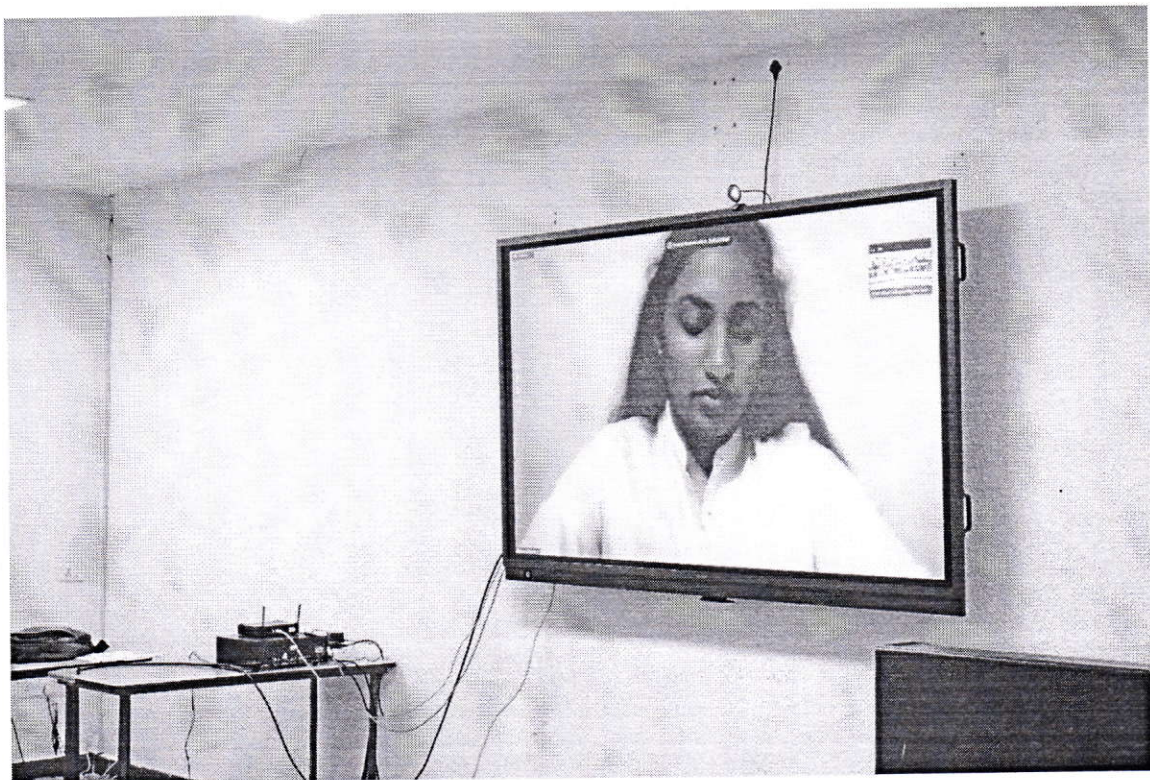
Date: 07/04/2022

Time: 09:00 am to 12:30 pm

Venue: Offline: Seminar Hall

Online Live session: Conference Hall

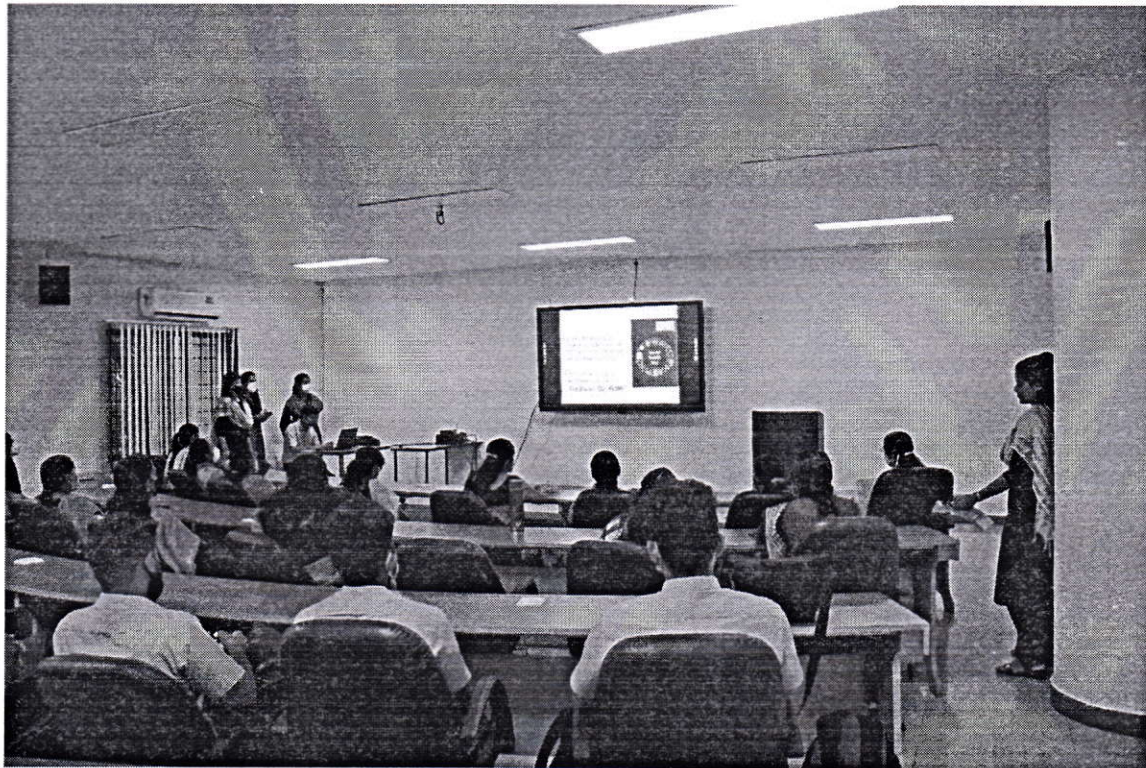
The department of Basic Science and Humanities conducted offline workshop and demonstration of yoga session in mode in relation to World Health Day 07.04. 2022. During the forenoon session from 9 AM- 10 AM, Neena Christy Ninan, Sleep Lab Technician from Toronto provided a live session the topic 'Sleep Disorders. From 10 AM -11 AM Dr. Steffy Joy provided an online session on Water Diseases.



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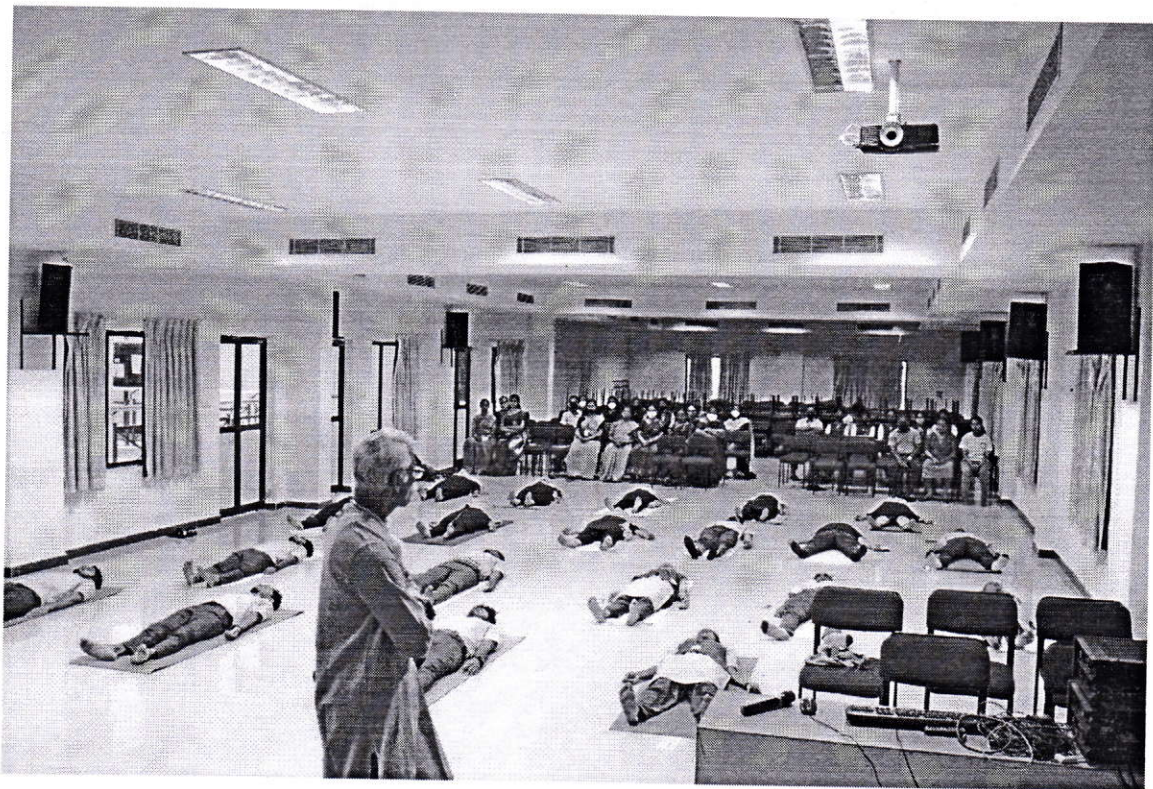
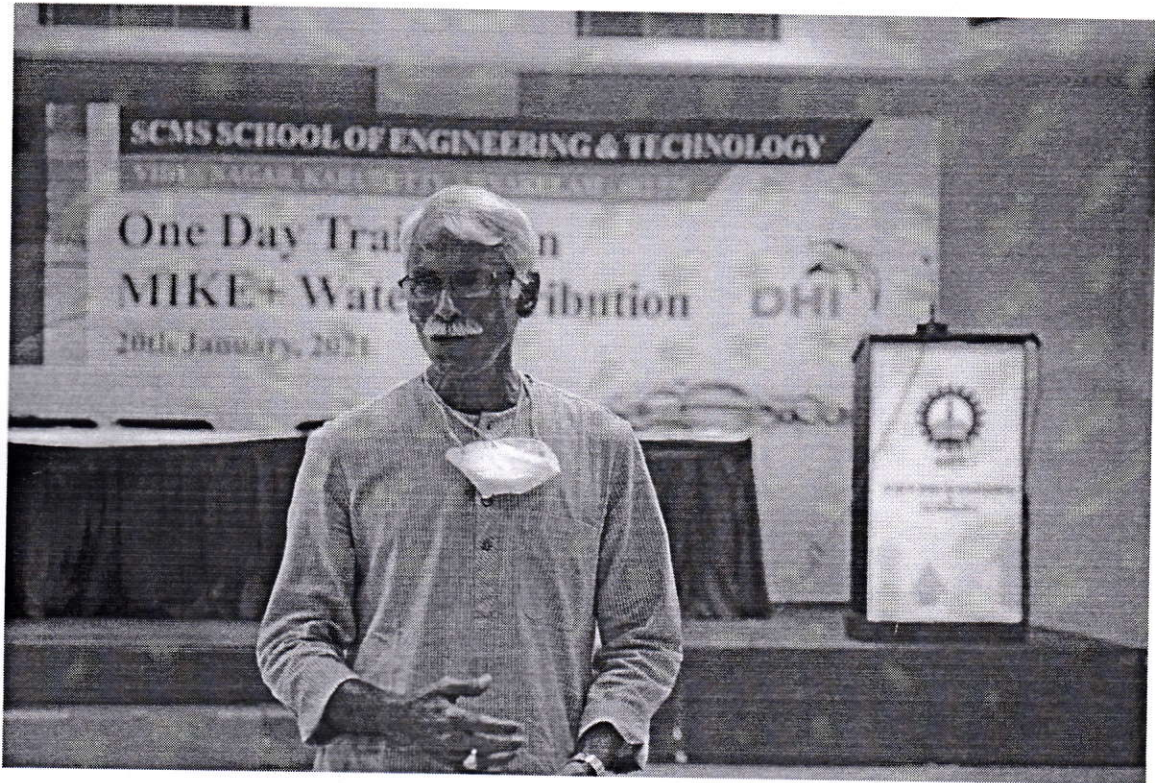
Dr. Chippy Hanna Joy shared her insights regarding 'The importance of world Health Day'. She reminded about the relevance and need to take care of our health during the post-pandemic scenario.



Ms Sanjana Varghese of S8CS2 is handled a yoga demonstration session on " Rejuvenating Body and Mind with Yoga". Yogacharya Mr. Gopinath Edakkunni provided a talk for students and faculty on the importance of practising yoga in daily life.




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