

celebrating

# Yoga Day

A workshop on relaxation technique to commemorate International Yoga Day on 21 June , 2022.



**21 June 2022**

**11 am @ Seminar Hall**



session by,

**Dr. Augustine George**  
Head & Associate Professor,  
Govt. Medical College , Kottayam.

Co-ordinator ,  
Dr. Babitha Mathews  
Asst. Professor,  
T.M.J.M.Govt.College, Manimalakkunnu.



**T.M.Jacob Memorial Govt.College ,  
Manimalakkunnu.**