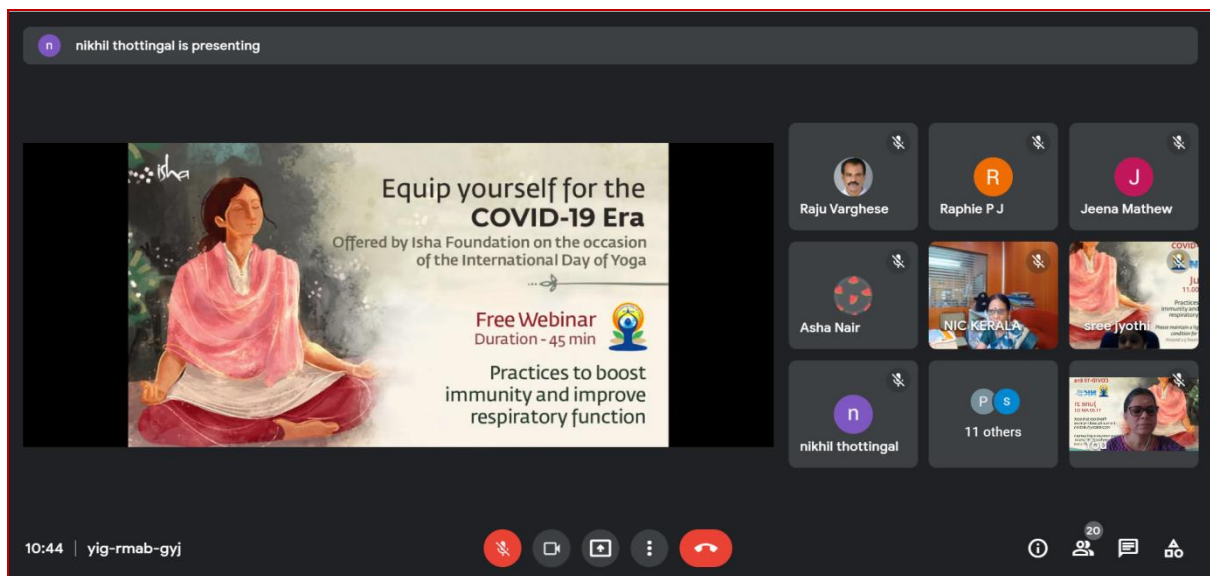


NIC-CENTRE OF EXCELLENCE ON MICROSERVICES - KOCHI

International Day of Yoga - Webinar on 'Equip yourself for the COVID-19 Era'

June 21st has been observed as International Yoga Day [IDY] around the world since 2015. The observation of IDY is a motivational step for encouraging individuals to lead a healthy and stress-free life. Physical inactivity mainly lead to life style diseases. The theme for this year's IDY is 'Yoga for wellbeing'. In these days of pandemic, the importance of yoga is manifold. Participation in IDY becomes a starting point for a regular pursuit of yoga.



NIC-Centre of Excellence on Microservices [NIC-CEM] Kochi , in association with Isha Foundation, conducted a webinar on 'Equip yourself for the COVID-19 Era' on 21st June 2021, as part of celebrating International Day of Yoga. NIC Officers from NIC-CEM Kochi, IVFRT, Kerala State Centre, District Centres, Lakshadweep Centre and Tamil Nadu State participated in the event. Smt. Parvathi Devi P, NIC-CEM welcomed the Trainers and participants. Smt. Asha Nair, NIC-CEM proposed the Vote of Thanks.

Isha Volunteers Ms. Lakshmi and Mr. Nikhil handled the sessions and Ms. Preetha coordinated the webinar from Isha Foundation.

The session included demonstration and practices to boost immunity and improve respiratory function. The Isha team shared tips for boosting the immunity and answered queries from the participants.

Glimpses of the Event:



International Day of Yoga

Equip yourself for the COVID-19 Era



June 21
11.00 AM IST

Practices to boost immunity and improve respiratory function

*Please maintain a light stomach condition for the session
Around 2.5 hours after a meal*

Free Webinar offered by NIC Centre of Excellence on Microservices in association with Isha Foundation
Duration: 45 minutes



11:05 | yig-rmab-gyj

Vishnu Aravind

Participants:

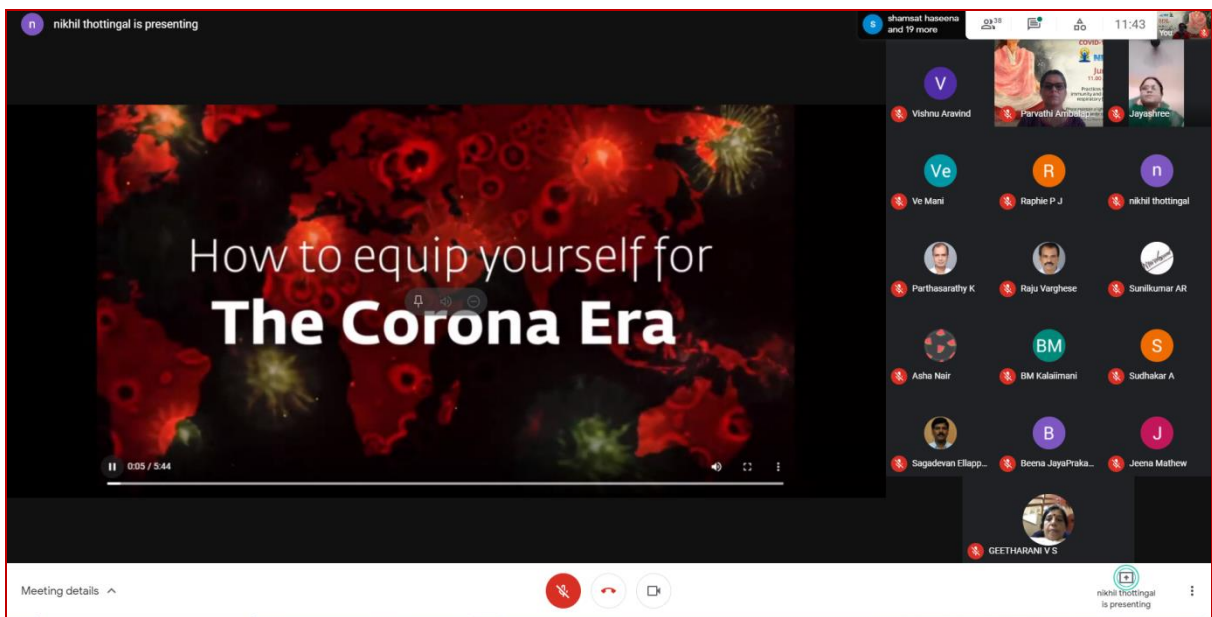
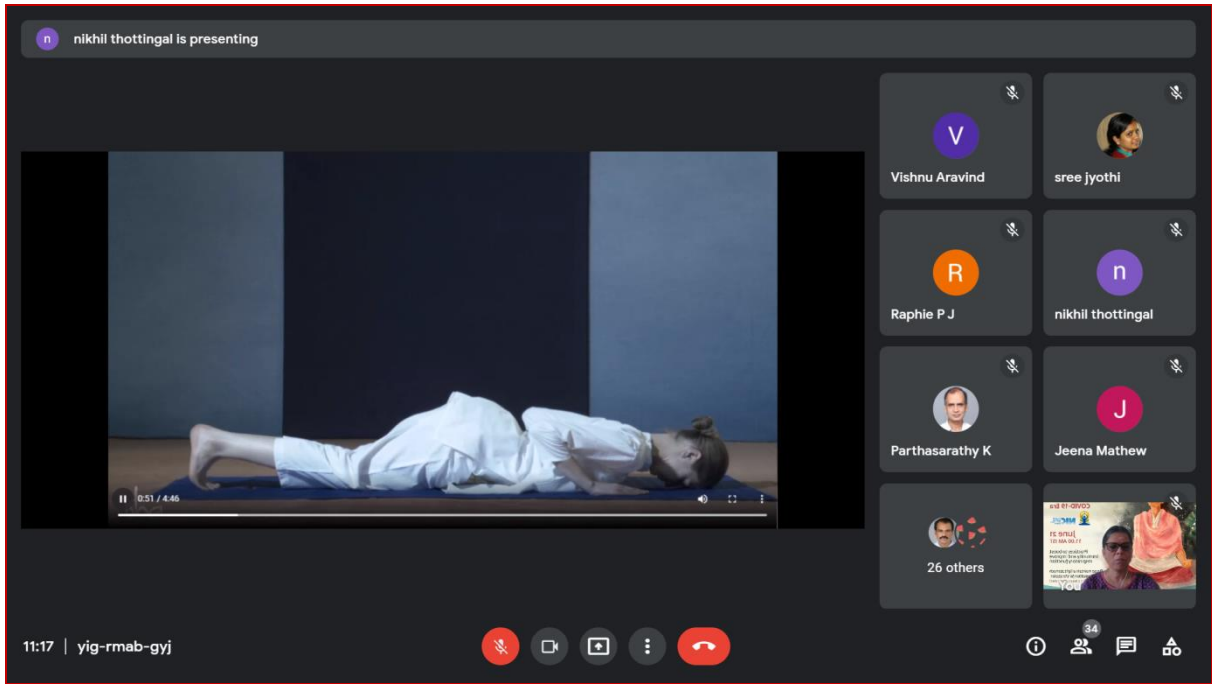
- nikhil thottingal
- NIC KERALA
- Suresh Kumar
- Raphie P J
- sree jyothi
- Parthasarathy K
- Jeena Mathew
- Raju Varghese
- 18 others

18 others

11:21 | yig-rmab-gyj

Participants:

- Vishnu Aravind
- Raphie P J
- nikhil thottingal
- sree jyothi
- Parthasarathy K
- Jeena Mathew
- Raju Varghese
- Asha Nair
- Beena JayaPrakash
- Peter P.V
- BM Kalaimani
- Victor Xavier
- Bindu SK
- NIC KERALA
- Chaman Kashyap
- NIC Trichy
- shamsat haseena
- james arulraj
- Mukundan Nair
- Kundhavi C
- Sunilkumar AR
- A Nisar
- Tamilselvam NIC Pu...
- Jobson A
- K Ramesh
- Dinesh Chandra
- Kundavi NIC
- A Peter
- Julie Zachariah
- Suresh Kumar
- Thomas Vm
- Sudesh M.Vijayan
- You



NIC-CEM Kochi