



OBSERVATION OF International Yoga Day

Jointly Organized by
State Resource Centre, Kerala &
Regional Centre, IGNOU, Thiruvananthapuram

June 21, 2021
Online at 11 am to 12.30 pm

Inaugural Address



Dr. B. Sukumar
Director, Regional Centre,
IGNOU, Thiruvananthapuram

Presidential Address



Dr. N.B. Sureshkumar
Director,
State Resource Centre,
Kerala

Presentations

Topic 1 Philosophical Relevance of Yoga

Presented by: **Shri. R. Gopakumar**



Former Director,
Jan Shikshan Sansthan
Thiruvananthapuram

Topic 2 Mindfulness and Yoga

Presented by: **Dr. Sasikumar Purameri**



Resource Person,
State Resource Centre,
Kerala

Felicitations



Smt. J. Jayasree
Programme Coordinator,
SRC, Kerala



Shri. S. Harishkumar
Technical cum Media Officer,
SRC, Kerala

Welcome



Dr. C. Swaraj
Associate Programme Coordinator,
SRC, Kerala

Vote of Thanks



Dr. Priya Pradeep
Assistant Regional Director,
Regional Centre, IGNOU,
Thiruvananthapuram

Meeting Link: <https://meet.google.com/udr-sbdm-kxx>