

Dr. B. R. Ambedkar Memorial
Govt. Arts & Science College Balussery Kozhikode



Bloom Bliss

(Yoga for health, energetic and appearance)

22nd to 26th March 2021



Dr. S. J. Shabu
Trainer

22-03-2021 : Pranayamas

23-03-2021 : Chakarasanas

24-03-2021 : Vriksasana & Trikonasana

25-03-2021 : Vajrasana & Bhujangasana

26-03-2021 : Usthrasana & Savasana

Time : 4.30 to 5.30pm

Organised by

Department of Physical Education In Association with IQAC



Dr. B. R. Ambedkar Memorial Govt. Arts & Science College, Balussery, Kozhikode

Kinalur 673612, Kozhikode, Kerala
Phone: 0496 2646342

08/20-21

Email: gcbalussery.dce@kerala.gov.in
Website: gcbalussery.ac.in