



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

The Department of History and the Department of Physical Education, Mercy College, Palakkad, organized the inauguration of Mercy's Health and Yoga Club – PRANA 2025–26: *Breathe, Balance, Blossom*, with the objective of promoting holistic well-being among students through the integration of physical, mental, and emotional health practices.

The inaugural ceremony was graced by Mr. Krishna Kumar S, Director of Bodhi Yoga Centre, Alathur, who served as the Chief Guest, and Sr. Dr. N. M. Louly, Principal of Mercy College, who presided over the function. The programme commenced with a welcome address by the faculty members of the department, who highlighted the importance of health and yoga in enhancing concentration, inner peace, and academic productivity.

In his inaugural address, Mr. Krishna Kumar S emphasized yoga as a way of life that harmonizes body and mind. He spoke about the need to adopt yoga and mindful breathing techniques in daily routines to combat stress and maintain balance in a fast-paced world. The Principal, Sr. Dr. N. M. Louly, appreciated the initiative of the department in launching *PRANA* and encouraged students to actively participate in health and wellness programmes for their overall growth and well-being.

The event also included a brief demonstration of simple yoga postures and breathing exercises that can be easily incorporated into daily life. Students interacted enthusiastically, expressing their interest in future sessions and workshops under the club's activities.

FACULTY CONVENER

Dr Sreejith P A & Shyni E T

STUDENT CONVENER

Bhadra B & Sai Gayathri

N.M. Louly
PRINCIPAL

PRINCIPAL
Mercy College, Palakkad-06

