



**LOURDES MATHA COLLEGE OF SCIENCE  
AND TECHNOLOGY, KUTTICHAL, TRIVANDRUM**  
**UNIT NO: 343**

<b>Date</b>	<b>08/01/2026</b>	<b>No of volunteers Participated: All</b>
<b>Program</b>	<b>VIBE FOR WELLNESS &amp; YOGA DEMONSTRATION</b>	
<b>Highlights of program</b>	On 8th January 2026, NSS Unit No. 343 of Lourdes Matha College of Science and Technology organized the programme “Vibe for Wellness & Yoga Demonstration” in collaboration with the Government Ayurveda Hospital, Kottoor. The programme began with a welcome speech by Dr. Beshiba Wilson, Principal of LMCST. The session was conducted by Dr. Priyanka, Dr. Divya, and a hospital staff member, who led a yoga demonstration and explained the importance of wellness and Ayurveda. NSS volunteers participated actively and benefited from the session. The programme concluded with a vote of thanks by Archa, NSS volunteer	

