



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

Date	08/01/2026	No of volunteers Participated: All
Program	VIBE FOR WELLNESS & YOGA DEMONSTRATION	
Highlights of program	<p>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</p>	

