

**COORG PUBLIC SCHOOL AND PU COLLEGE**



**GONIKOPPAL - KARNATAKA**

**[ICSE Residential School]**

**The School Designated as UN School in India**



The National UN Volunteers-India

We follow the ten principles of UNITED NATIONS

## **The National UN Volunteers-India**

Coorg Public School and PU College,  
Gonikoppal South Kodagu, Karnataka

(The school designated as the United Nations school in India)

## **Kashmiri Youth Exchange Program –**

Organised by Govt Of India in association with Nehru Yuva Kendra, Kodagu Youth Federation and Coorg Public School and PU College, Gonikoppal

**Day 1:** December 27th 2023

**Activity:** Meditation and Yoga

**Trainer:** Mrs Teena Machaiah, UN Volunteer

Time: 6-7am

**Details:**

## Mrs. Teena Machaiah, Coordinator of students' UN Volunteer, Leads Meditation and Yoga Session at Coorg Public School as Part of Kashmiri Youth Exchange Program

As part of the Kashmiri Youth Exchange Program organized by the Government of India in association with Nehru Yuva Kendra, Kodagu Youth Federation, and Coorg Public School and PU College, a special session on meditation and yoga was conducted on the morning of December 27th, 2023. The session was led by Mrs. Teena Machaiah, a dedicated UN Volunteer with the National UN Volunteers-India.

The serene surroundings of the Coorg Public School provided the perfect setting for the participants to engage in the ancient practices of meditation and yoga. Mrs. Teena Machaiah, a seasoned trainer, guided the attendees through various

meditation techniques and yoga postures aimed at promoting physical, mental, and emotional well-being.

The session, which took place from 6 am to 7 am, was attended by enthusiastic participants eager to learn and experience the benefits of these time-honored practices. Mrs. Machaiah's expertise and the tranquil environment contributed to a rejuvenating and enlightening experience for all involved.

The initiative, part of the broader efforts to foster cultural exchange and holistic development among youth, received positive feedback from the participants, highlighting the value of such activities in promoting unity and well-being.

The event marks the beginning of a series of activities planned as part of the Kashmiri Youth Exchange Program, symbolizing the commitment to nurturing a generation of young individuals

equipped with a deeper understanding of diverse cultures and holistic approaches to personal growth and well-being.



# KASHMIRI YOUTH EXCHANGE

## PROGRAMME

26-31 DECEMBER 23



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GONIKOPPAL, SOUTH KODAGU, KARNATAKA

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**KASHMIRI YOUTH EXCHANGE PROGRAMME**  
26-31 DECEMBER 23



**COORG PUBLIC SCHOOL AND PU COLLEGE**  
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