YOGA DAY FOR WOMEN
EVENT REPORT

Name of the Event organised	Yoga Day for Women
Date and Day	21/06/2023
Collaboration or Association	HEALTH CLUB, NSS , PHYSICAL EDUCATION, PRATHIRODHANA- Prevention of Sexual Harassment (POSH)
Issues addressed	Awareness about Yoga for women
Place of the event conducted	Sapthagiri College of Engineering, Chikkasandra, Bangalore

Report: A team of faculty and student volunteers organised "International Yoga Day" at Sapthagiri College of Engineering, Chikkasandra, Bangalore.

The event was conducted by Dr Ashok Walikar Physical Director and coordinated by all members of POSH cell of SCE, Bangalore. The event was inaugurated by the Head of Institution Dr. H Ramkrishna in presence of all department heads at 9.30 am in Basket Ball Court.

As now days many women are facing numerous health issues due to modern life style, age factor, stress at workplace and also due to lack of concentration towards their health. To address this, Prevention of Sexual Harassment (POSH) cell of Sapthagiri college of Engineering organized Yoga Day for Women with following objectives:

Impact & Sensitization	- To create an awareness about health benefits of Yoga for women faculty and students. - Benefits of Yoga at age of 40 to come out of the problems like arthritis anxiety obesity, menopause, endometriosis, polycystic ovary syndrome (PCOS), uterine fibroids, premenstrual syndrome (PMS) and pregnancy.
Faculty Coordinators	Dr.G.Raghavendra , Dr.Tulsidas, Dr.Ashok Walekar

Principal Dr. H Ramakrishna witnessing Yoga Day for Women

Instructions given by Dr Ashok Walikar, Physical education director

Principal
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Convener