



SAPTHAGIRI COLLEGE OF ENGINEERING



'7th INTERNATIONAL YOGA DAY-2021'

Yoga plays a significant role in allaying fears and anxiety. The practitioners use a mix of physical and breathing exercises and meditation to improve their overall well-being. When COVID emerged, no country was prepared. At this time yoga became a source of inner strength. Yoga helps in self-discipline, it inculcates faith in people that they can fight this virus. The United Nations, recognizing the importance of the Indian practice in these trying times, has decided to celebrate the day this year by focusing on "Yoga for well-being".

The '7th INTERNATIONAL YOGA DAY-2021' was inaugurated by Dr. H.Ramakrishna Principal, Dr.Tulsidas D, NSS Program Officer, Mr.Ashok, Dept. of Physical education in association with Health club, ECO club , Women empowerment cell & Various Dept HOD's of SCE on **21st June 2021 at 9:30 am** in CIVIL BLOCK 4th Floor Drawing Hall . **Yoga Workshop** was organized under the guidance of our proud Alumni (2020 batch) Miss.Ambika.M, Department of Biotechnology, Sapthagiri College of Engineering, Bengaluru. Around 40 Participants participated in '7th INTERNATIONAL YOGA DAY-2019'.

Introductory speech by Dr.Tulsidas D, NSS Program officer

1. Welcome speech by Principal Dr.H.Ramakrishna

YOGASANAS:

1. Standing Posture: Tadasana, Vriksasana, Padahasthasana, Arda Chakrasana, Trikonasana.

2. Sitting Postures: Bhadrasana, Vajrasana, Ardha Utrasana, Utrasana, Sasakasana, Uttanmandukarasana, Vakrasana.

5. Prone Posture: Makarasana, Bhujangasana Salbhasana,

6. Kapalabhati

7. Pranayama

8. Shavasana

Vote of thanks by Dr.Raghavendra G, Health club convener

Number of Participants: 40



SAPTHAGIRI COLLEGE OF ENGINEERING



Affiliated to VTU, Belagavi and approved by AICTE
NAAC Accredited 'A' Grade Institute

An ISO 9001-2015 & 14001-2015 Certified Institute
#14/S, Chikkasandra, Hesaraghatta Main Road, Blre57



On the Occassion of

INTERNATIONAL YOGA DAY



YOGA WORKSHOP

by



AMBIKA M
Proud Alumni of 2020
SCE

<https://us04web.zoom.us/j/79124475346?pwd=dVAvY0VnbDF3OGJUcKVheFlLRlY1UT09>

Date: 21-06-2021

Time: 9:30 AM Onwards

Sri. G. Dayanand
Chairman

Sri. G.D Manoj
Executive Director

Dr. H Ramakrishna
Principal

Organized By

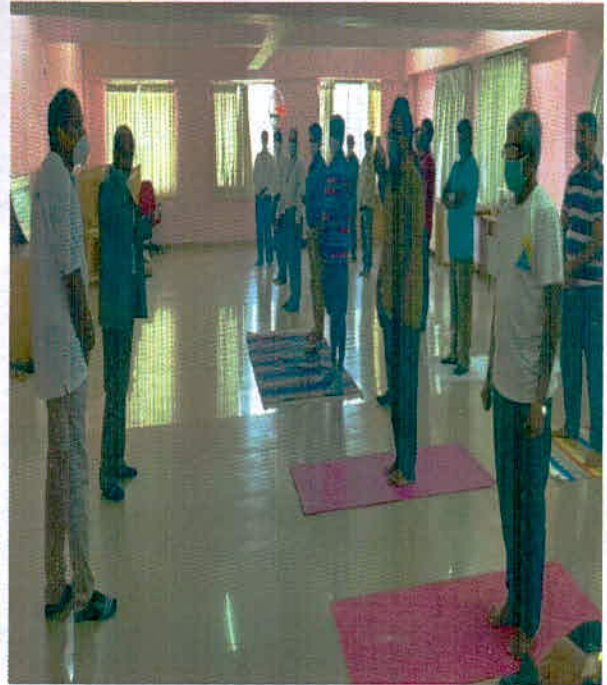
NSS Unit & Dept. of Physical Education & Sports

In Association with

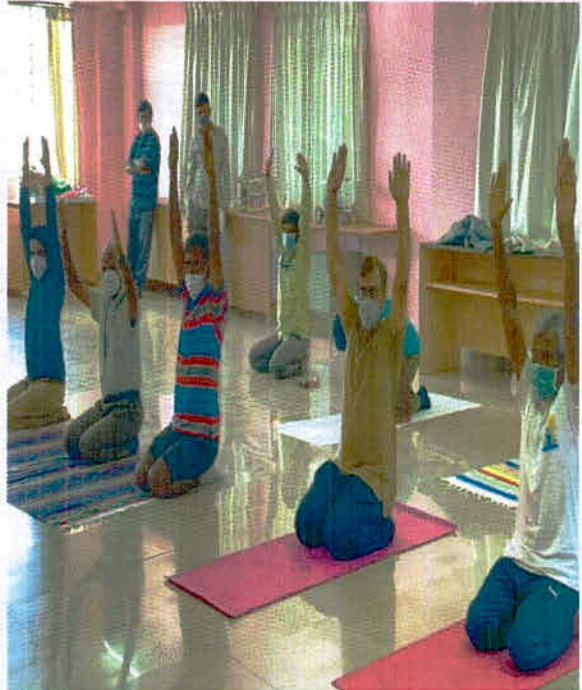
Health Club & ECO Club



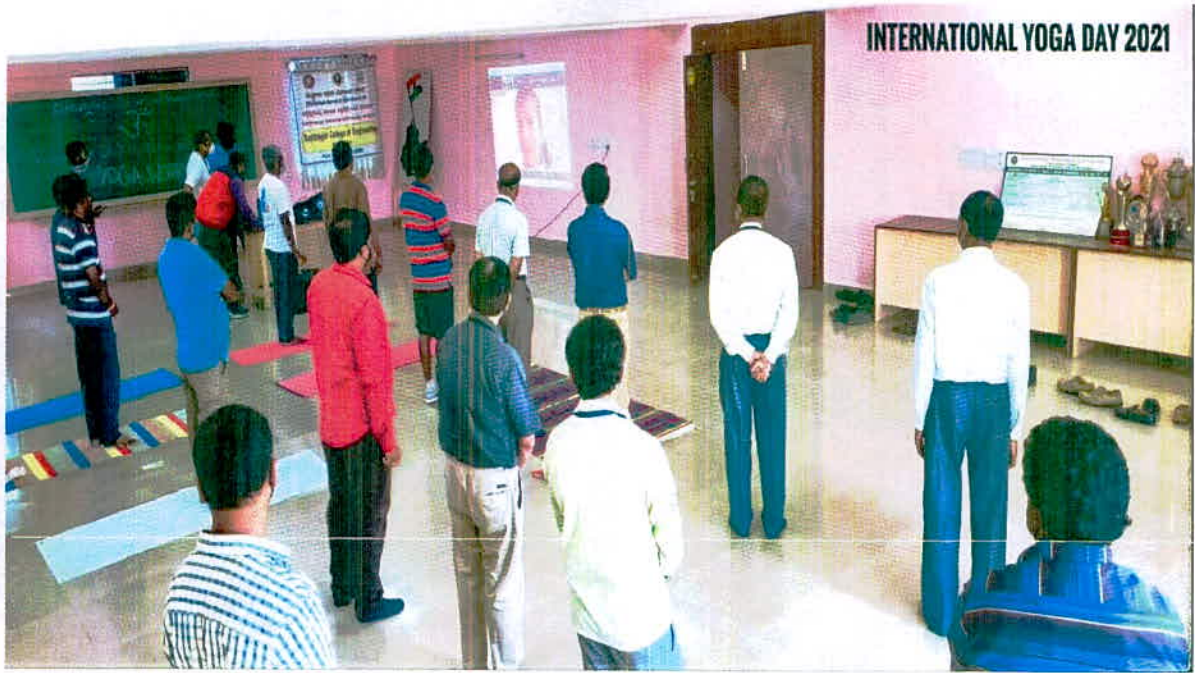
Introductory speech by NSS Program Officer



Welcome speech by Principal



Participants watching the online presentation and doing the asanas



Online presentation by the alumni



Yoga practice by the staff




Chairman
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore- 560 057