

SAPTHAGIRI COLLEGE OF ENGINEERING

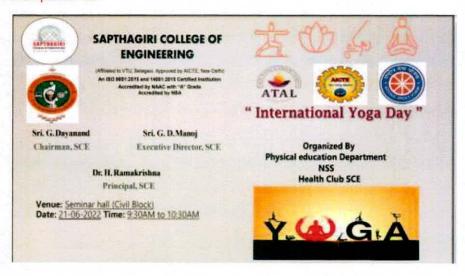


'8th INTERNATIONAL YOGA DAY-2022'

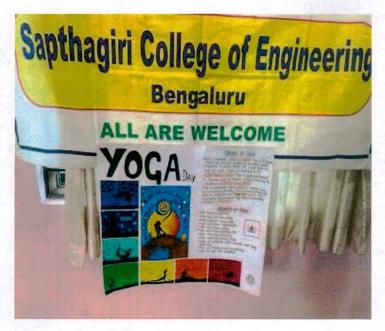
The theme of this year's Yoga Day celebrations is 'Yoga for Humanity' Yoga plays a significant role in allaying fears and anxiety. yoga has become a global festival as there is widespread acceptance of the ancient Indian practice. Yoga is India's gift to humantiy and it is a holistic approach to health and well-being, balancing mind, body and soul." "Yoga for Humanity" is the theme for International Day Of Yoga 2022. The day, observed on June 21, focuses on the importance of yoga in our lives. A number of events are organised around the world to mark the day.

The '8th INTERNATIONAL YOGA DAY-2022' was inaugurated by Dr. H.Ramakrishna Principal, Dr.Tulsidas D, NSS Program Officer, Dr.Basavraju S, Incharge of Physical education in association with Dr.Raghavendra G, Health club & ECO club convener, Prof.Prerana Chaithra, convener Women Empowerment cell & Various Dept HoD's, SCE on 21st June 2022 at 10:00 am in seminar hall, CIVIL BLOCK. Yoga Workshop and poster presentation was organized under the guidance of Mr.Yashas and Miss Yashasvini, Students from Govt. School, Hesaraghatta, Bengaluru rural. Around 65 Participants were participated in '8th INTERNATIONAL YOGA DAY-2022'. Our beloved Principal Dr.H.Ramakrishna asked everyone to make Yoga a part of their daily life & experience its benefits which benefits in maintaining good health

Number of Participants: 65



Invitation for Yoga Day-2022





Poster presentation

Om mantra by Principal





Participants doing the asanas





Group photo with NSS volunteers and participants



Principal
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