



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 humanity 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

SAPTHAGIRI COLLEGE OF ENGINEERING

(Affiliated to VTU, Bangalore) Approved by AICTE, New Delhi
An ISO 9001:2015 and 14001:2015 Certified Institution
Accredited by NAAC with "A" Grade
Accredited by MBA

ATAL **ANCY** **NSS**

" International Yoga Day "

Organized By
Physical education Department
NSS
Health Club SCE

Sri. G. Dayanand
Chairman, SCE

Sri. G. D. Manoj
Executive Director, SCE

Dr. H. Ramakrishna
Principal, SCE

Venue: Seminar hall (Civil Block)
Date: 21-06-2022 **Time:** 9:30AM to 10:30AM

YOGA

Invitation for Yoga Day-2022



Poster presentation



Om mantra by Principal




Participants doing the asanas



Group photo with NSS volunteers and participants


Convener


Chairman
Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057