



Sri Srinivasa Educational & Charitable Trust  
**SAPTHAGIRI COLLEGE OF ENGINEERING**

(Affiliated to VTU, Belagavi, and Recognized by AICTE, New Delhi)  
(An ISO 9001-2015 and ISO 14001-2015 certified institute)

**Accredited by NBA & NAAC with 'A' Grade**

14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru-560057.

## **INTERNATIONAL YOGA DAY**

### **EVENT REPORT**

<b>Name of the Event organised</b>	International Yoga Day
<b>Date and Day</b>	21/06/2023
<b>Collaboration or Association</b>	HEALTH CLUB, NSS , PHYSICAL EDUCATION
<b>Issues addressed</b>	Awareness about Yoga
<b>Place of the event conducted</b>	Sapthagiri College of Engineering, Chikkasandra, Bangalore
<b>Report:</b> A team of faculty and student volunteers organised "International Yoga Day" at Sapthagiri College of Engineering, Chikkasandra, Bangalore.  Many students and faculty members assembled in the basketball court for International Yoga Day. Trained Yoga students along with Physical Education Director Dr. Ashok Walekar Performed various important Yogasanas and demonstrated to the participants. Few students Repeated the Yogasanas with full enthusiasm and attentively listened to the talk about importance of yoga in our day to life.  All the students were benefitted by the event. The students and teachers expressed their happiness and gratitude for the Coordinators of Sapthagiri college of Engineering for conducting the program.  The students cleared all this doubts about the health benefits of Yoga.	
<b>Impact &amp; Sensitization</b>	Awareness about Yoga and its usefulness
Faculty Coordinators	Dr.G.Raghavendra , Dr.Tulsidas, Dr.Ashok Walekar



  
Principal  
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Convener