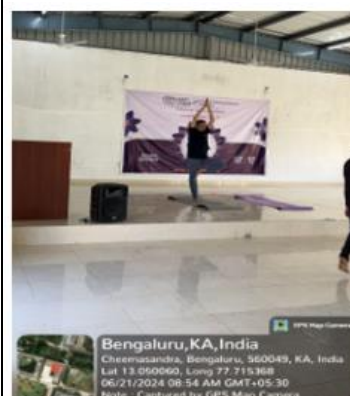


EVENT REPORT –INTERNATIONAL YOGA DAY 2024

Institution	EAST POINT COLLEGE OF ENGINEERING AND TECHNOLOGY				
Department	Civil Engineering				
Event Type / Theme	NSS Activity				
Event Title	INTERNATIONAL YOGA DAY 2024				
Date	21.06.2024	21.06.2024	Time:		08:30AM
Venue	ME Block Auditorium, EPCET				
Duration	1 day	From:	21.06.2024	To:	21.06.2024
Program Objective	i. Promote Physical and Mental Health: Encourage the practice of yoga to improve overall health and well-being, reducing stress, anxiety, and other lifestyle-related conditions. ii Raise Awareness of Yoga ’ s Benefits: Increase global awareness about the numerous physical, mental, and spiritual benefits of practicing yoga regularly. iii Integrate Yoga into Daily Life: Motivate individuals to incorporate yoga into their daily routines as a way to maintain a balanced and healthy lifestyle				
On 21 ST June 2024, East Point College of Engineering and Technology celebrated the 10th International Yoga Day with great enthusiasm. The event attended by Principals, Department Heads and faculties of EPCET. All of whom demonstrated a keen interest in this ancient practice. The objective of this year ’ s celebration, themed “Yoga for Self and Society,” was to connect with a larger global community and promote the widespread adoption of yoga in every village in India. The event commenced with a comprehensive introduction to Yoga Day by Dr Mrityunjaya V Latte, Principal, EPCET and Prof Sreedhar of Civil Department The program kicked off with warm-up exercises, during which all faculty members actively participated. They guided through various sitting and standing asanas, with simultaneous explanations of their significance. The instructors emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga instructors provided detailed explanations of each pose and offered guidance on precautions to take. Undoubtedly, it proved to be a successful event. The celebration concluded with a token of appreciation by Dr Prakash S, SVP, EPGI, presented to the Yoga Instructors. The felicitation acknowledged their valuable presence and support. Under the supervision of Prof Sreedhar, the International Yoga Day celebrations reached a triumphant culmination. The event was executed flawlessly, leaving a lasting impact on all participants. Vote of thanks was delivered by Dr Yogesh G S, Vice Principal,					

EP CET, expressing gratitude to all the individuals who contributed to the success of the program.

1. Names of the Resource Persons / Chief Guests/ Guests of Honors / Other's Mention	Dr V Harish, Prof Sreedhar N
2. Designation/s	Associate professor
3. Company's Name / Associations	East Point College of Engineering and Technology
Total Number of Participants	63 students
Total number of Participants in <i>Google</i> Meet	NA
Total number of feedbacks received through Google forms from both Google meet and YouTube	NA
Total Number of Views (First Day) in YouTube	NA
Photos	



East Point Campus – “Jnanaprabha”, Virgo Nagar Post, Bangalore-560049,
Karnataka, India

Video Recording Link / YouTube Link	
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