

EVENTREPORT

INTERNATIONALYOGADAY

Institution	EASTPOINT COLLEGE OF ENGINEERING AND TECHNOLOGY				
Department	DEPARTMENT OF CIVIL ENGINEERING				
Event Type/Theme	YOGA FOR SELF AND SOCIETY				
Event Title	NSS ACTIVITY				
Date	21 ST JUNE 2024				
Venue	MECHANICAL BLOCK AUDITORIUM, EPCET				
Duration	2 HOURS	From:	830AM	To:	1030AM
Program Description	On 21ST 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. A vote of thanks was delivered by Dr. Yogesh G. S, Vice Principal, EPCET, expressing gratitude to all the individuals who contributed to the success of the program. The 10th International Yoga Day at EPCET was an extraordinary event that brought together academic leaders, faculty members, and yoga enthusiasts. It successfully promoted the practice of yoga and its benefits, while also emphasizing its global significance. The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing team.				

1.NamesoftheCoordinator/s	Dr.V.Harish,ProfN.Sreedhar
2.Designation/s	AssocProfessor,DeptofCivilEngineering
3.Beneficiary	NA
TotalNumberofParticipants	63
TotalnumberofBeneficiary	NA



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Virgo Nagar, Bengaluru-560049

CIRCULAR

East point college of Engineering and Technology, organizing the **International Yoga Day** on 21st JUNE 2024 for the academic year 2023-2024. All the department HODs, faculty and students are requested to participate and enroll to the coordinators at the earliest.

Venue: Mech Block Auditorium

Dr. V. Harish
Coordinator



Dr. Mrityunjaya V. Latte
Principal, EPCET

Copy to:

1. All departments of EPCET
2. Notice Board
3. Classroom

BROCHURE

**EAST POINT** COLLEGE OF ENGINEERING & TECHNOLOGY
ACCREDITED BY NATIONAL BOARD OF ACCREDITATION (NBA) - CSE, ECE & ISE
DEPARTMENT OF CIVIL ENGINEERING
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Dr. PRAKASH S
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Bengaluru, Karnataka



YOGA DAY

YOGA DEMONSTRATION BY
Prof. Sreedhar N
(YOGA TRAINER)

Dr. V Harish
Prof. Sreedhar N
Coordinators

Dr. Nagaraj Sitaram,
HOD Civil, EPCET

Dr. Mrityunjaya V Latte,
Principal, EPCET

 **ME BLOCK AUDITORIUM** |  **21st June, 2024**

RESOURCEPERSONDETAILS

Name: Prof. Sreedhar N

Designation:Associateprofessor

Department: Civil Engineering

E mail:

sreedharn.civil@eastpoint.ac.inMob No:

9743553370.

DATE,TIME,venu

21STJune,2024-830AM,MECHANICALBLOCKAUDITORIUM

TARGETAUDIENCE

STAFFLIST

Sno	Nameofthe staff	Dept
1	DrNagarajSitaram	Civil
2	DrVHarish	Civil
3	Prof.SreedharN	Civil
4	DrAnjanBabu	Mechanical
5	Dr.Heenakousar	CSE
6	Dr.Rajasekharaiah	CSE
7	Mr.NithyanandaCR	CSE
8	Dr.AnitaR	ECE
9	Prof.PraveenKumarKC	ECE
10	Prof.RajeshK	ECE
11	Dr.MaruthiG	Basicscience
12	Dr.Manjunath	Basicscience
13	Prof.Kemparaju	ISE

STUDENTS LIST

Sl no	Name	USN	Dept
1	ChaithanyaS	1EP21CV002	CIVIL
2	Darshan M	1EP21CV004	CIVIL
3	DilkushKumar	1EP21CV006	CIVIL
4	DiwakarKumarRoy	1EP21CV007	CIVIL
5	HarshithaGS	1EP21CV009	CIVIL
6	MamataShreeT	1EP21CV013	CIVIL
7	Pavan T	1EP21CV014	CIVIL
8	SuhasBR	1EP21CV016	CIVIL
9	VarshiniKR	1EP21CV018	CIVIL
10	LayaU	1EP19IS049	ISE
11	MadhushreeK	1EP19IS050	ISE
12	NayanaK	1EP17IS029	ISE
13	KiranB	1EP18IS037	ISE
14	NaveenP	1EP18IS053	ISE
15	PSudheerKumarRaju	1EP18IS058	ISE
16	Darshan	1EP21ME002	Mechanical
17	MohanGowdaSG	1EP21ME008	Mechanical
18	VijayKumar AK	1EP20ME013	Mechanical
19	ManojFKenchannawar	1EP21ME403	Mechanical

20	MukthanandaR	1EP19ME008	Mechanical
21	HarishKM	1EP20ME402	Mechanical
22	MeghashreeRS	1EP21EC056	ECE
23	NavyaM	1EP21EC062	ECE
24	BhavanN	1EP22EC400	ECE
25	Pavithra S	1EP21EC064	ECE
26	PramodS	1EP21EC069	ECE
27	Sanketh KS	1EP21EC085	ECE
28	Budaga Mahesh	1EP20EC008	ECE
29	Deekshitha S V	1EP20EC009	ECE
30	Ranjini S	1EP20EC047	ECE
31	AshwiniKS	1EP19EC004	ECE
32	KeshavSP	1EP19EC023	ECE
33	NehaC	1EP19EC033	ECE
34	ASharmile	1EP21CS001	CSE
35	AishwaryaSR	1EP21CS006	CSE
36	Nagendrakumaryadav	1EP21CS059	CSE
37	Omupadhyay	1EP21CS065	CSE
38	VedikaReshma	1EP21CS118	CSE
39	PallaviM	1EP21CS068	CSE
40	PranithaPA	1EP21CS074	CSE
41	RaghavendraBN	1EP21CS082	CSE
42	RekhaSC	1EP21CS085	CSE
43	SanjanaM	1EP21CS093	CSE
44	SanjayG	1EP21CS094	CSE
45	SriramA R	1EP21CS104	CSE
46	TejashwiniT	1EP21CS111	CSE
47	TejushreeSR	1EP21CS112	CSE
48	Vyshnavi V	1EP21CS124	CSE
49	BalagiB	1EP22CS402	CSE
50	YuvarajD	1EP22CS409	CSE

ATTENDANCESHEET

2023-24

SINo	Name	USN	Sign
1	DrNagarajSitaram	Staff	
2	DrVHarish	Staff	
3	Prof.SreedharN	Staff	
4	DrAnjanBabu	Staff	
5	Dr.Heenakousar	Staff	
6	Dr.Rajasekharaiah	Staff	
7	Mr.NithyanandaCR	Staff	
8	Dr.AnitaR	Staff	
9	Prof.PraveenKumar	Staff	
10	Prof.RajeshK	Staff	
11	Dr.MaruthiG	Staff	
12	Dr.Manjunath	Staff	
13	Prof.Kemparaju	Staff	
14	ChaithanyaS	1EP21CV002	
15	Darshan M	1EP21CV004	
16	DilkushKumar	1EP21CV006	
17	DiwakarKumarRoy	1EP21CV007	
18	HarshithaGS	1EP21CV009	
19	MamataShreeT	1EP21CV013	
20	Pavan T	1EP21CV014	
21	SuhasBR	1EP21CV016	
22	VarshiniKR	1EP21CV018	
23	LayaU	1EP19IS049	
24	MadhushreeK	1EP19IS050	
25	NayanaK	1EP17IS029	
26	KiranB	1EP18IS037	
27	NaveenP	1EP18IS053	
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43	Ranjini S	1EP20EC047	
44	Ashwini K S	1EP19EC004	
45	Keshav SP	1EP19EC023	
46	Neha C	1EP19EC033	
47	A Sharmile	1EP21CS001	
48	Aishwarya SR	1EP21CS006	
49	Nagendrakumaryadav	1EP21CS059	
50	Omupadhyay	1EP21CS065	
51	Vedika Reshma	1EP21CS118	
52	Pallavi M	1EP21CS068	
53	Pranitha PA	1EP21CS074	
54	Raghavendra BN	1EP21CS082	
55	Rekha SC	1EP21CS085	
56	Sanjana M	1EP21CS093	
57	Sanjay G	1EP21CS094	
58	Sriram A R	1EP21CS104	
59	Tejashwini T	1EP21CS111	
60	Tejushree SR	1EP21CS112	
61	Vyshnavi V	1EP21CS124	
62	Balagi B	1EP22CS402	
63	Yuvaraj D	1EP22CS409	

OBJECTIVE

- Yoga improves strength, balance and flexibility.
- Yoga helps with back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga benefits heart health.
- Yoga relaxes you, to help you sleep better.
- Yoga can mean more energy and brighter moods.
- Yoga helps you manage stress.
- Yoga connects you with a supportive community.
- Yoga promotes better self-care.

OUTCOME OF THE EVENT

Students experience attitudinal change and transformation to enhance holistic development of mind, body and soul.

On 21ST 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.

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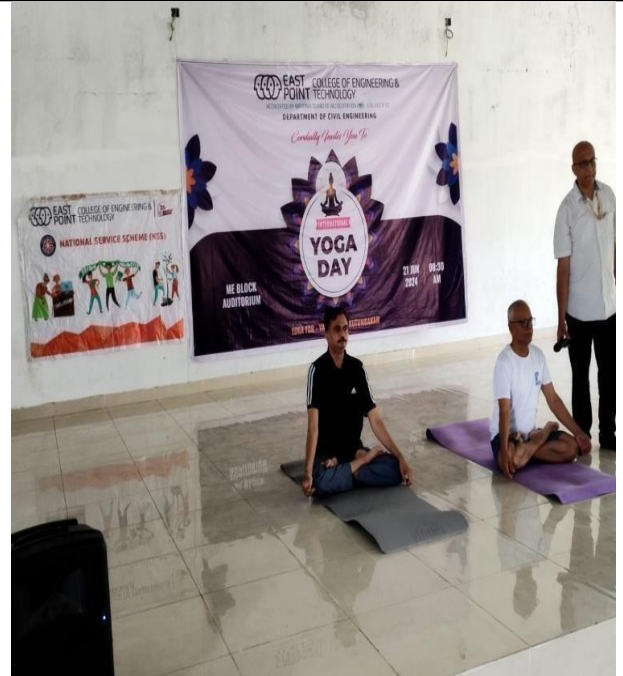
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PHOTOS



PRINCIPAL, FACULTY AND STUDENTS PERFORMING YOGA



FACULTY AND STUDENTS DOING DIFFERENT YOGA POSTURES ALONG WITH TRAINER



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YOGA FEEDBACK FORM

Academic Year 2023-24

1. Please put the date and time of the yoga class you have attended

a) Date : 21/6/24 ✓
b) Time : 8.30 AM/PM

2. Please write down the name of the Yoga Trainer Prof. Sreedhar

3. Which of the following best describes your class experience today

- ☒ Calm and relaxed
- ☐ Exhausted but feels good
- ☐ Interesting and fun
- ☐ Sore and painful
- ☐ I did not learn anything. It is a waste of time

4. What is your main reason for practicing yoga?

- ☐ Physical fitness
- ☐ Mental well being
- ☐ Spiritual growth
- ☐ Stress management
- ☒ All the above

5. What time of day do you prefer to practice Yoga?

- ☒ Morning
- ☐ Afternoon
- ☐ Evening

6. What are the top 3 things you liked most about the class?

- ☒ Breathing
- ☐ Postures
- ☐ Social (meet like minded people)
- ☐ Philosophy
- ☐ Relaxation (Yoga sleep/Yoga Nidra)
- ☒ Meditation
- ☐ Flowing sequences
- ☐ Restorative yoga
- ☒ Power yoga postures

7. Rating – Teacher – Knowledge
1 2 3 4 5

8. Rating – Teacher – Amount of Instruction given
1 2 3 4 5

Note: Please select the appropriate rating
(1=Poor, 2=Fair, 3=Good, 4=Very good, 5=Excellent)

SAMPLE E CERTIFICAGE

