

EVENT REPORT

INTERNATIONAL YOGA DAY

Institution	EAST POINT COLLEGE OF ENGINEERING AND TECHNOLOGY				
Department	DEPARTMENT OF CIVIL ENGINEERING				
Event Type/Theme	YOGA FOR ONE EARTH, ONE HEALTH				
Event Title	NSS ACTIVITY				
Date	21 ST JUNE2025				
Venue	MAIN BLOCK ,EPCET				
Duration	2 HOURS	From:	7 30AM	To:	9 30AM
Program Description	On 21STJune2025, East Point College of Engineering and Technology celebrated the 11th International l 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 one Earth, One Health,” 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 Yogesh G S ,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 Ashok, Academic Director, 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, EPCET, expressing gratitude to all the individuals who contributed to the success of the program. The 11th 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.Names of the Coordinator/s	Dr. V.Harish, Prof N.Sreedhar
2.Designation/s	Assoc Professor, Dept of Civil Engineering
3.Beneficiary	NA
Total Number of Participants	102
TotalnumberofBeneficiary	NA



EAST POINT COLLEGE OF ENGINEERING & TECHNOLOGY

An Autonomous Institution Affiliated to Visvesvaraya Technological University (VTU) Belagavi
Approved by All India Council for Technical Education (AICTE), New Delhi. Recognized by Govt. of Karnataka.
UG programs Accredited by National Board of Accreditation (NBA): CSE, ECE & ISE

Date: 18/06/2025

CIRCULAR

INTERNATIONAL YOGA DAY CELEBRATION MANDATORY PARTICIPATION

Dear Students,

This is to inform you that **International Yoga Day** will be celebrated on **21st June 2025** in our college premises. As part of our commitment to promoting health and well-being, all students are **required to attend** the event.

Details of the Event:

- **Date:** Saturday, 21st June 2025
- **Time:** 7:30 AM to 9:00 AM
- **Venue:** Mechanical Block Seminar Hall
- **Dress Code:** Comfortable sportswear (White T Shirt) or yoga attire

The session will include a guided yoga practice led by certified instructors, along with insights into the benefits of yoga for the mind and body. All are requested to bring their **own yoga mats and water bottles**.

Your active participation will be appreciated as we come together to embrace a healthy lifestyle.

Warm regards,


Sports Manager


PRINCIPAL
EAST POINT COLLEGE OF
ENGINEERING & TECHNOLOGY
BANGALORE- 560 049.

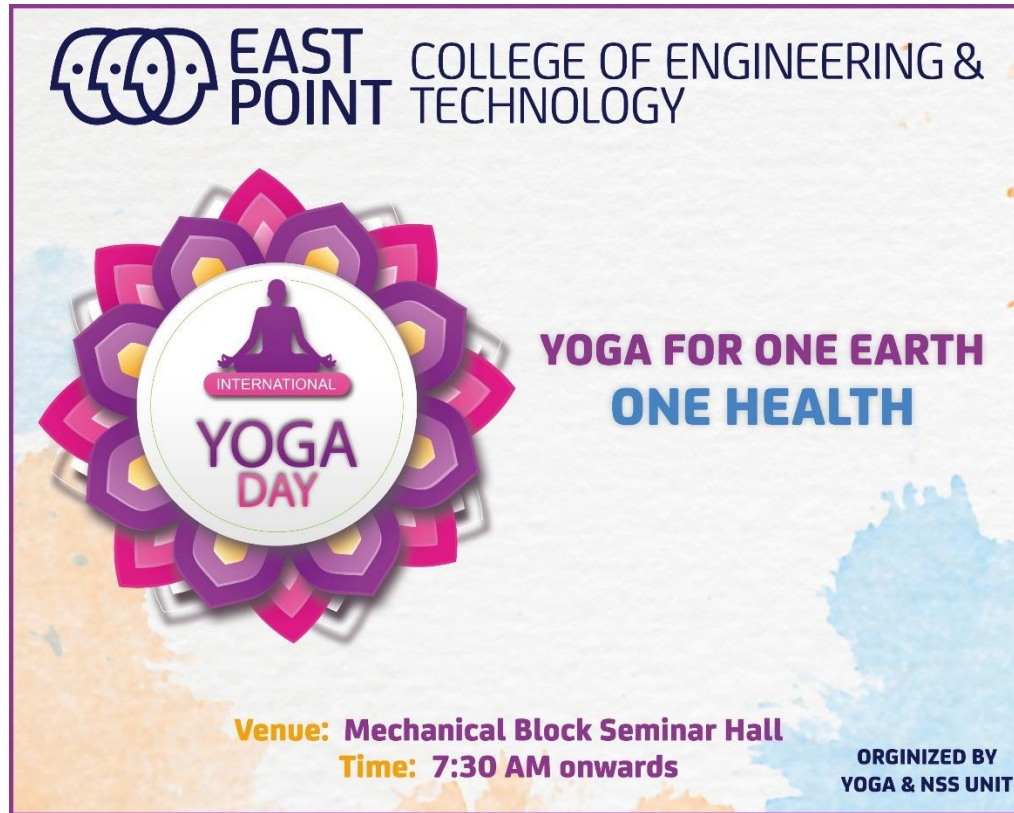
Address:
East Point Campus,
Jnanaprabha, Virgo Nagar Post,
Bengaluru - 560 049,
Karnataka, India.

Email: info@eastpoint.ac.in
Website: www.epcet.edu.in
Mobile Number: +91 80950 44449

Copy to:

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

BROCHURE



RESOURCE PERSON DETAILS

Name: Prof. Sreedhar N

Designation: Associate professor

Department: Civil Engineering

E mail:

sreedharn.civil@eastpoint.ac.in

Mob No: 9743553370.

DATE, TIME, VENUE

21ST June, 2025 – 7 30 AM, MAIN BLOCK, EPCET

TARGET AUDIENCE

STAFFLIST

Sno	Name of the staff	Dept
1	Dr Nagaraj Sitaram	Civil
2	Dr V Harish	Civil
3	Prof. Sreedhar N	Civil
4	Dr Anjan Babu	Mechanical
5	Dr. Heena kousar	CSE
6	Dr .Rajasekharaiah	CSE
7	Mr. Nithyananda C R	CSE
8	Dr. AnitaR	ECE
9	Prof. Praveen Kumar K C	ECE
10	Prof. RajeshK	ECE
11	Dr. Maruthi G	Basic science
12	Dr. Manjunath	Basic science
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	
28	PSudheerKumarRaju	1EP18IS058	
29	Darshan	1EP21ME002	
30	MohanGowdaSG	1EP21ME008	
31	VijayKumar AK	1EP20ME013	
32	ManojFKenchannawar	1EP21ME403	
33	Mukthananda R	1EP19ME008	
34	HarishKM	1EP20ME402	
35	MeghashreeRS	1EP21EC056	
36	Navya M	1EP21EC062	
37	BhavanN	1EP22EC400	
38	PavithraS	1EP21EC064	
39	PramodS	1EP21EC069	
40	Sanketh KS	1EP21EC085	

41	Budaga Mahesh	1EP20EC008	
42	Deekshitha S V	1EP20EC009	
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 THEEVENT

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

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PHOTOS



PRINCIPAL, FACULTY AND STUDENTS PERFORMING YOGA



STUDENTS ARE PERFORMING DIFFERENT ASANAS



STUDENTS, FACULTIES PERFORMING YOGA



Dr Ashok, Academic Director addressing the Yoga Participants(above)



FACULTY AND STUDENTS DOING DIFFERENT YOGA POSTURES ALONG WITH TRAINER

