



RAJARAJESWARI COLLEGE OF ENGINEERING

Approved by AICTE, New Delhi.

Affiliated to Visvesvaraya Technological University, Belagavi

Department of Management Studies

1. TYPE OF EVENT : Orientation Program
2. TOPIC OF THE EVENT : Yoga theory and practice
3. RESOURCE PERSON : Miss. Bhavana G, 2nd year MCA Student.
4. EVENT DURATION : 16-02-2023 (10.00 am to 12.00 pm)
5. VENUE : CTDS Hall
6. INVITATION FOR : 1st year MBA students
7. TARGET PARTICIPANTS : 1st year MBA students
8. NO OF PARTICIPANTS : 110
9. OUTCOME OF THE PROGRAM :
 - Students learnt about importance of mental hygiene through Yoga
 - Students learnt about integrate moral values and to possess emotional stability.
 - Students learnt about the ways to reduce anxiety and stress.
 - Students gained awareness and harmony in both the mind and body.
 - Students improved flexibility and strength through which yoga stretches their muscles.



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Photo Gallery

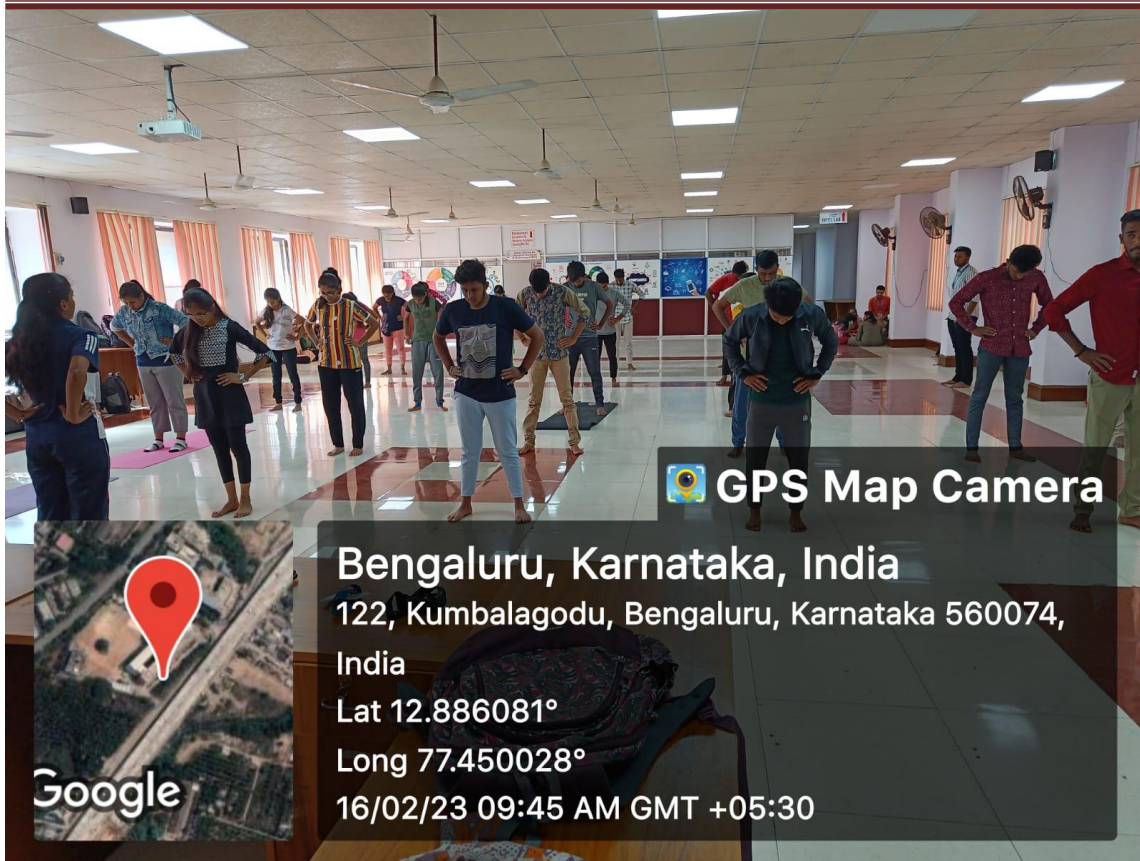




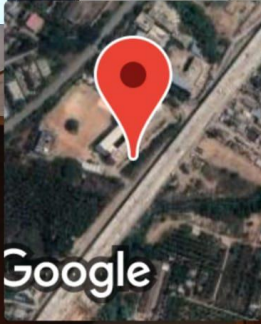
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 **GPS Map Camera**



Bengaluru, Karnataka, India


122, Kumbalagodu, Bengaluru, Karnataka 560074,
India

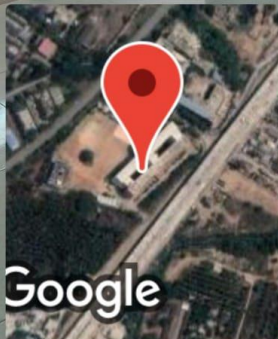
Lat 12.886081°

Long 77.450028°

16/02/23 09:45 AM GMT +05:30



 **GPS Map Camera**



Bengaluru, Karnataka, India

Rajarajeswari College Of Engineering College Block, Rajarajeswari
College Of Engineering, Bengaluru, Karnataka 560074, India

Lat 12.886355°

Long 77.449899°

16/02/23 09:42 AM GMT +05:30