RajaRajeswari College of Engineering

(Approved by AICTE, New Delhi, Govt. of Karnataka, Affiliated to Visvesvaraya Technological University, Belagavi

#14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bengaluru – 560074

NSS and Department of Master of Computer Applications

Jointly Organized

A Report on International Yoga Day 2023

Date: 21-06-2023

Venue: RRCE, Lobby

Time: 11:30 AM to 1.00PM

Chief Guest: Mr. M. Rajeshachari, International Medalist in Yogasana Sports, Founder of Acharya Yoga

The International Yoga Day was celebrated on 21 June 2023 with great eagerness and enthusiasm at RajaRajeswari College of Engineering under the NSS Unit and coordinated by Prof. Ramesha S, NSS Coordintor and Dr T. Subburaj and was attended by around 50 staff and students.

Prof. Ramesha S in the presence of Dr. R. Balakrishna, Principal and Dr J. Amutharaj vice Principal welcomed everyone and introduced the Chief Guest, Mr. Rajeshachari.

A special activity was conducted for the Students and faculties by our Chief Guest M. Rajeshachari. The Students and faculties had their Yoga session for about 40 mins. The benefits of the postures were narrated by the Chief Guest side by side as Students and Faculties performed with the instructions. All are participated eagerly by following the instructions.

Below are the different asanas that were performed:

- Bhujangasana Or Cobra Stretch Pose
- Padmasana or Lotus Position Pose
- Parshvottanasana or Intense Side Stretch Pose

- Tadasana or Mountain Pose
- Vrikshasana or Tree Pose
- Surya Namaskar or Sun Salutation Pose
- Sarvangasana or Shoulder Stand Pose.

The celebration concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.

Finally the session was concluded by Prof. Thanuj Kumar M, NCC Coordinator by delivering vote of thanks.

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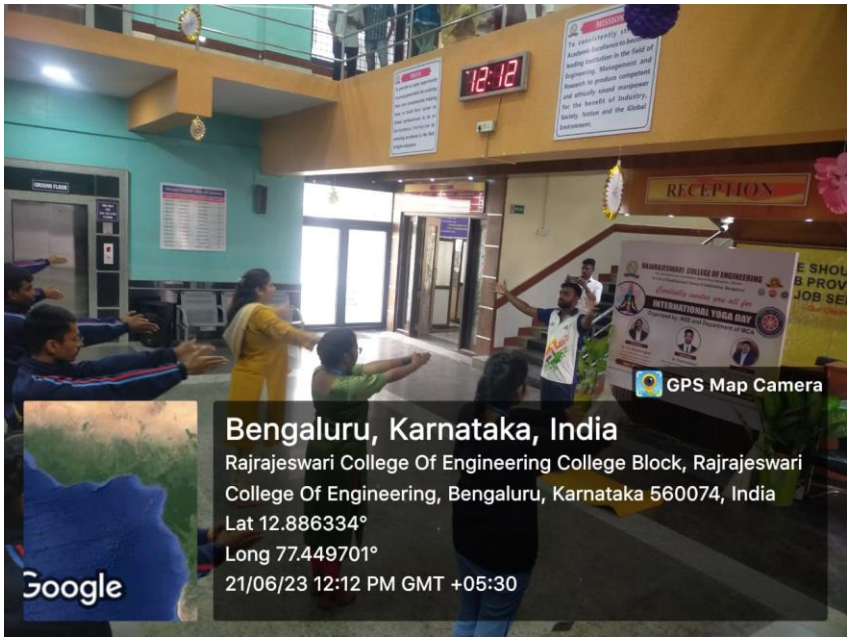

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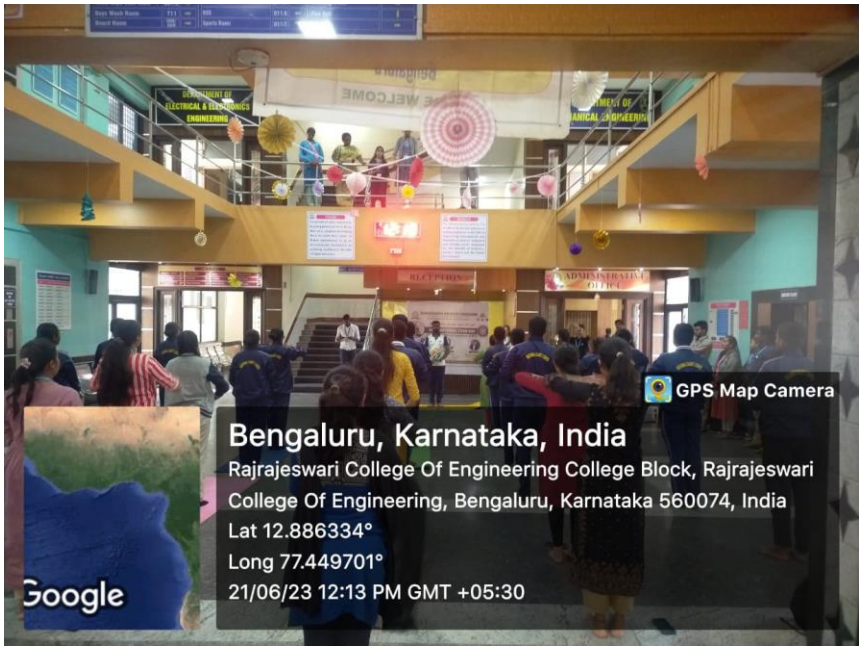

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