

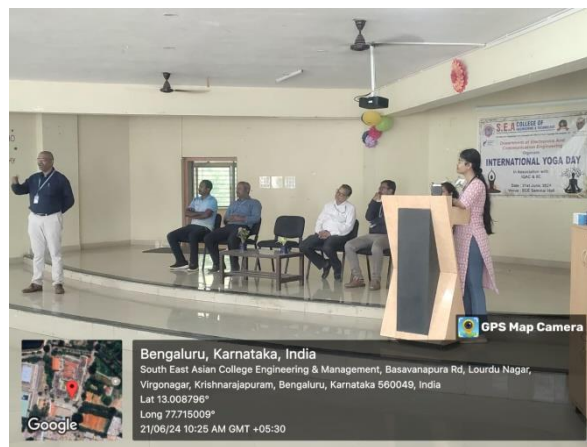
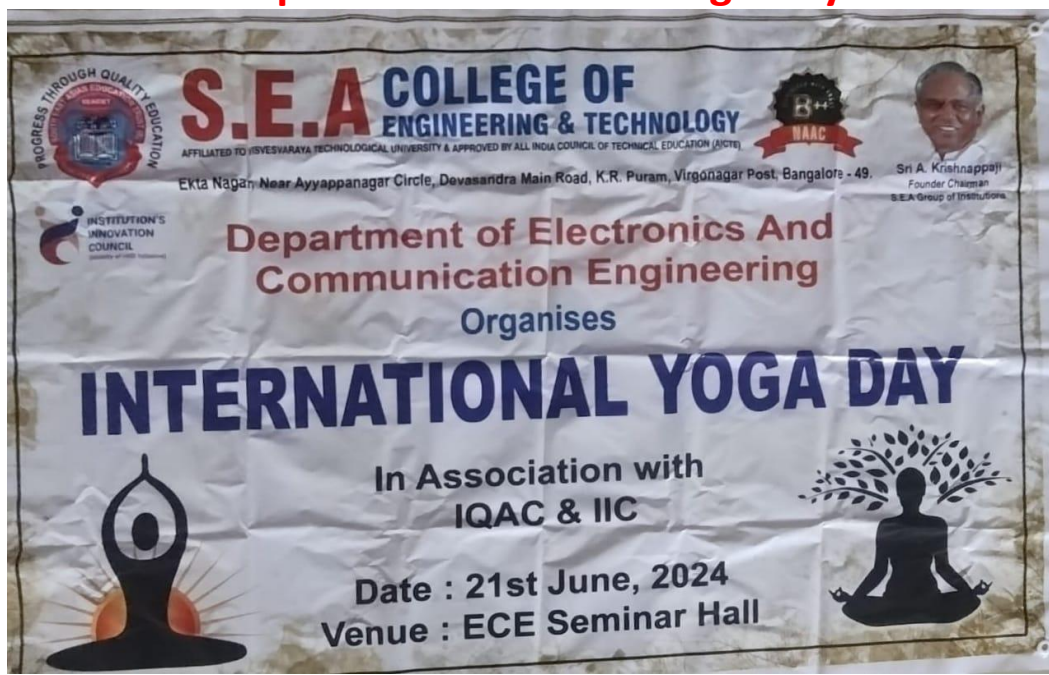


SOUTH EAST ASIAN EDUCATION TRUST[®]

S.E.A. COLLEGE OF ENGINEERING & TECHNOLOGY

(Approved by All India Council for Technical Education (AICTE), New Delhi
Affiliated to Visvesvaraya Technological University (VTU), Belagavi, Accredited B++ by NAAC)

Report- International Yoga Day





International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system

1. **About Yoga day:** Yoga is an ancient physical, mental and spiritual practice that originated in India, The word '**Yoga**' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.
2. **Theme of Yoga Day: "Yoga for Health"** – Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind and body, man and nature, a holistic approach to health and well-being.
3. **Significance of Yoga day:** Global health, harmony and peace.
4. **Participation:** All Students and Faculties from ECE department have participated in the session. The whole session ended with a note saying yoga plays an important role in our day to day life.
5. **Efforts for Yoga Day:** The event was organized by Department of ECE and under the guidance and support of Dr. Bhagavanth K Deshpande Director Engg, Principal Dr.B.Venkata Narayana, HOD of ECE Dr. Pradeep Kumar NS, HOD of MBA Dr.Anil Kumar and our Physical Training Director Mr. Manjunath R.

6. **Role of Yoga in the machine world:** Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles". It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body.
7. **Events of the Day:** The inauguration started at 9:30am with a speech by the dignitaries about the benefits of Yoga in the present days. The session included the students and the faculties of ECE. They started with warm up exercises, breathing exercises. The session was carried out by the resource person with students. The Yoga session started with a basic introduction of Yoga, Pranayama and Dhyana and their implementation in day-to-day lives, practical demonstration of Sukshama Vyayama, Surya Namaskar, Kapalbhathi and Bhastrika Pranayama and various Asanas.

No. of students attended: 2nd year and 3rd year ECE Students: 50