CMR TECHNICAL CAMPUS

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EVENT REPORT ON INTERNATIONAL YOGA DAY

Date of the Event : 21-06-2024

Venue : GIRRMAPUR

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants :

Description of the Event : On 21-06-2024, NSS volunteers from the AIML Department visited the Government School in Girmapur to observe International Yoga Day. The program emphasized yoga as an integral part of India's cultural heritage and its global recognition as a practice that promotes harmony and well-being. Volunteers demonstrated various yoga asanas and breathing techniques, explaining their physical and mental health benefits to the students. The session focused on the importance of regular practice in improving concentration, flexibility, and overall fitness. Students actively participated under proper guidance, gaining awareness about stress management and the role of yoga in maintaining a balanced and healthy lifestyle.

Signature of Program Officer

Signature of Head