

EVENT REPORT ON INTERNATIONAL YOGA DAY

Date of the Event : 21-06-2024

Venue : KANDLAKOYA

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 10

Description of the Event : On 21-06-2024, the NSS volunteers of the CSE Department organized a vibrant celebration of International Yoga Day to promote fitness, mindfulness, and a balanced lifestyle among students and faculty members. Under the guidance of expert instructors, participants practiced various yoga postures, stretching exercises, and relaxation techniques aimed at improving flexibility, concentration, and mental clarity. The session emphasized the importance of incorporating yoga into daily routines to manage stress and maintain overall well-being. The interactive nature of the program encouraged active participation and enthusiasm among attendees. The event concluded with a collective commitment to practice yoga regularly and uphold a healthy and disciplined lifestyle.




Signature of Program Officer



Signature of Head