



DAYANANDA SAGAR INSTITUTE OF TECHNOLOGY

(Affiliated to Board of Technical Examination, Bengaluru)

Shavige Malleswara Hills, Kumaraswamy Layout, Bengaluru-560111

DSIT- Innovation Council



EVENT WORKSHOP ON INTERNATIONAL YOGA DAY

DATE: 23, 24, 25 & 27TH JUNE 2025

TIME: 11:00 am & 12:00pm

VENUE: HB 309 & MEDITATION HALL

The WORKSHOP ON INTERNATIONAL YOGA DAY was conducted for four days. 23rd June at 11:00 Am in meditation hall and 24, 25 & 27 June at 12:00 pm in meditation hall.

On 25th June our organization celebrated International yoga day to cultivate focus, mindfulness, and inner peace.

The event aimed to promote physical, mental and spiritual wellbeing through the practice of yoga. One day is not enough to experience the benefit of yoga so we extended this session for 24,25, &27 June (3days) from 12pm the yoga sessions were conducted by our trained yoga Lecturer's Rashmi (EEE Department),Suman(CS Department) & Usharani A(Basic science Department).

The program was organized by IIC committee as self-driven activity and 60 students from various branches (CS,IS,EC,EEE,ME) had participated.

OBJECTIVES:

1. To increase students' awareness about the importance of yoga.
2. Promoting healthy lifestyles and reduce the harms.
3. Reduces stress and anxiety.
4. Improve flexibility and balance.
5. Increased strength and endurance.

CONCLUSION:

The international yoga day celebration was a huge success, providing a platform for people to come together and experience the benefits of yoga. by making yoga more accessible, students can experience its benefits and develop a lifelong practice.

PHOTO GALLERY





