



# **NATIONAL SERVICE SCHEME**

## **ACHARYA INSTITUTE OF TECHNOLOGY**

Soldevanahalli, Bangalore -560107.

### **Event Report**

On

## **INTERNATIONAL YOGA DAY 2023**

### **“Yoga for Vasudhaiva Kutumbkam ”**

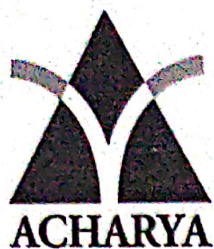
**Date: 21.06.2023**

**Venue: Basketball court, AIT, Bangalore.**

**Organized by,**

**Department of ME, ISE & Chemistry in association with NSS-AIT.**

**PRINCIPAL**  
**ACHARYA INSTITUTE OF TECHNOLOGY**  
**Soldevanahalli Bangalore-560 107**  
**NATIONAL SERVICE SCHEME, AIT**



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# **INTERNATIONAL YOGA DAY**

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# ACHARYA INSTITUTE OF TECHNOLOGY

Acharya Dr. Sarvepalli Radhakrishnan Road, Soladevanahalli, Hosuraghatta Main Road, Bengaluru - 560107



## INTERNATIONAL YOGA DAY 2023

"Yoga for Vasudhaiva Kutumbkam"

Department of ME, ISE & Chemistry in association with NSS-AIT



Date: 21-06-2023 | Time: 9AM TO 10AM

Target Audience: Acharya Students & Staff

Venue: Basketball Court

### ABOUT THE PROGRAM:

#### Objectives of the Program:

- To provide a holistic approach to health and well-being.
- To integrating the body, mind, and thoughts, so as to work for good ends.
- To provide increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality.

#### Expected Outcome of the Program:

- Yoga will give us how to become present in our body, and this has the effect of making our subconscious mind begin to feel safe, so the body will begin to relax.
- Yoga can mean more energy and better moods, relaxed sleep, well self-care, manage stress and connects you with the supportive community.

### ADVISORY COMMITTEE:

**Dr. RAJATH HEGDE M M**

Principal, AIT

**Prof. C K MARIGOWDA**

Vice Principal, AIT

### CONVENERS:

**Dr. RAJANNA K R**

Dept. of Mathematics, AIT

**Dr. SANMAN S**

NSS Programme Officer, AIT

### COORDINATOR:

**Prof. Ranjitha H M**

Asst. Professor,

Dept. of Information Science & Engineering, AIT.

Mail id: ranjithah.m@acharya.ac.in

Mobile: 9353459591

**Dr. Madhukara Naik M**

Asst. Professor,

Dept. of Chemistry, AIT.

Mail id: madhukara\_2253@acharya.ac.in

Mobile: 7760009187

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## Resource Persons

### Dhruvi Rathod

Yoga Trainee, Clinical nutritionist and a happiness and mindfulness coach with over 15 years of experience. She specializes in healing hormonal disorders and cancer care. She is passionate about spreading the word about yoga, mindfulness and meditation through her work.



### Anju Jha

Anvi Yoga & wellness, she has Experience in corporate and banking sector, who heard her heart's calling and got certified as a Yoga teacher from International yoga Alliance. she started pursuing her passion of teaching yoga since 2 yrs. She has trained more than 150+ Students & Done 300 hours YTT & has yoga certification from International yoga alliance.

[www.acharya.ac.in](http://www.acharya.ac.in)





**Event Name:** INTERNATIONAL YOGA DAY 2023 “Yoga for Vasudhaiva Kutumbkam”.

**About the program:**

Provide knowledge on Yoga and health benefits of doing Yoga in daily life.

**Target Audience:** Acharya Students & Staff.

**Date:** 21<sup>st</sup> June 2023.

**Venue:** Basketball court, Acharya Institute of Technology, Bangalore-560107.

**Objectives:**

- To provide a holistic approach to health and well-being.
- To integrating the body, mind, and thoughts so as to work for good ends.
- To provide increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality.

**Resource Person:**

**Ms. Dhruvi Rathod**

Yoga Trainee, Clinical nutritionist and a happiness and mindfulness coach with over 15 years of experience. She specializes in healing hormonal disorders and cancer care. She is passionate about spreading the word about yoga, mindfulness and meditation through her work.

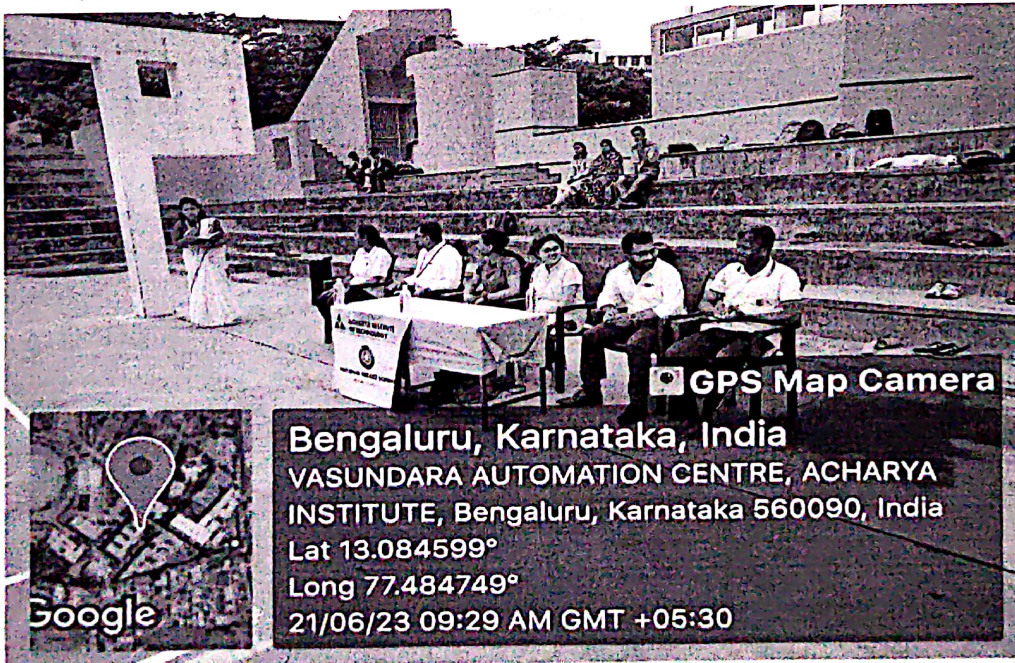
**Ms. Anju Jha**

Anvi Yoga & wellness, she has Experience in corporate and banking sector, who heard her hearts calling and got certified as a Yoga teacher from International yoga Alliance, she started pursuing her passion of teaching yoga since 2 yrs. She has trained more than 150+. Students & Done 300 hours YTT & kids yoga certification from International yoga alliance.



## Detailed Report:

Yoga session was conducted for the registered students on occasion of International Yoga Day on 21<sup>st</sup> June 2023 at Basketball court, Acharya Institute of Technology, Bangalore.



The program started by welcoming the Principal of AIT- Dr. Rajath Hegde M.M, Vice-Principal of AIT - Prof. Marigowda C.K, Resource persons - Ms. Dhruvi Rathod, Ms. Anju Jha and NSS Programme Officer - Dr. Sanman S, NSS coordinator and programme coordinator – Dr. Madhukara Naik M. The programme coordinator Mrs. Ranjitha also welcomed the faculties and students to the International Yoga day programme.



Later the Vice Principal Prof. Marigowda and Dr. Rajanna were felicitated the resource person by providing the certificate of appreciation and token of gratitude.

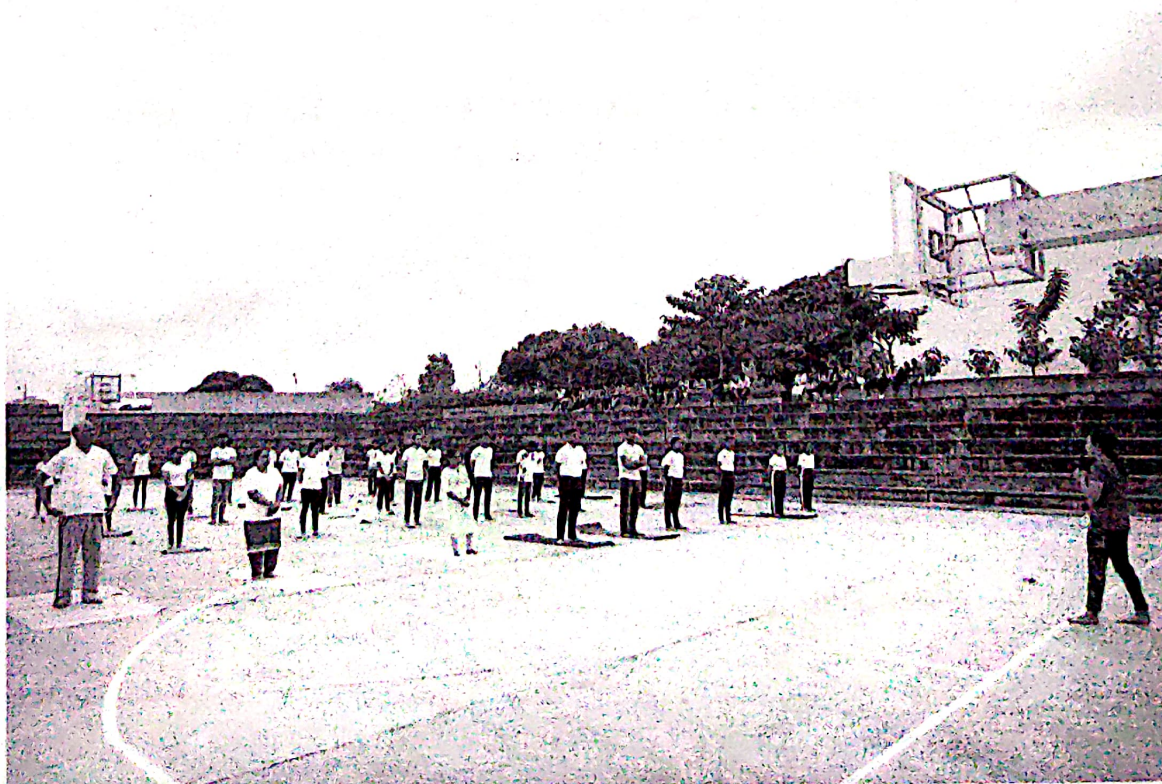


Later, the session was winded with feedbacks of participants and vote of thanks by programme coordinator Mrs. Ranjitha. Feedbacks were shared by the participants and e-certificates were distributed to the participants, volunteers and coordinators.





The registered faculties and students of Acharya institutes were ready for Yoga session



Yoga session was started by the Resource person Ms. Anju Jha





Yoga performed by all the registered faculties and students on the instructions of resource person  
Ms. Anju Jha



The Vice-Principal Prof. Marigowda C.K and convener of the programme Dr. Rajanna addressed the gathering and shared their thoughts on Yoga and how it is beneficial for a healthy society.

