



H. K. E. Society's S. L. N. College of Engineering, Raichur

## International Day of Yoga

Organized by Physical Education Department in Association with IEEE Student Branch STB99080

Date: 21<sup>st</sup> June 2022

Time: 06:30am to 7:45am

No. of Participants: 66

Physical Education Department in Association with IEEE Student Branch (STB99080) Celebrated International Day of Yoga on 21<sup>st</sup> June 2022 in Mahatma Gandhi Stadium, Raichur, starting at 6: 30 am.

World Yoga Day is observed on 21 June across the globe. Yoga has several benefits to both physical and mental health. It is an invaluable ancient Indian practice. In Day-today life when people are tense, yoga helps to maintain physical and mental wellbeing. It is correctly said that yoga not only provides physical and mental relaxation but also develops strength and resilience.

Staff and students enthusiastically performed pranayama and various asanas like Sirsasana, Sarvangasana, Halasana, Matsyasana, Paschimothanasana, Bhujangasana, Salabhasana, Dhanurasana, ArdhaMatsyendrasana, Kakasana, PadaHasthasana, Trikonasana and they were all advised to practice them daily.

Program was coordinated by Mr. Danappa, Physical Director and Dr. Vishwanath P, Counselor-IEEE student Branch.

### Flyer

H. K. E. Society's  
S. L. N. College of Engineering  
(Approved by AICTE, Affiliated to VTU, Accredited by NAAC)

IN ASSOCIATION WITH  
IEEE  
BANGALORE SECTION  
IEEE Student Branch STB99080

75  
Azadi Ka  
Amrit Mahotsav

International Day  
of Yoga

Venue: Mahatma Gandhi Stadium  
Date: 21/06/2022  
Time: 06:30am

# Glimpses

