Activity Organized Report
(Academic year: 2024-2025)

Name of the Activity organized	International Yoga Day
Title of the Activity	International Yoga Day Celebration
Date of the Activity organized	21st JUNE, 2024
Name of the Coordinator of Activity	Dr. H N Thammanna
Place of the Activity	RIT Campus.
No. of Participation (Student + Staff)	(52 Student + 04 Staff)
Name of the Sponsored Organization	NSS Unit, Rajeev Institute of Technology, Hassan.
Name & Designation of the Expert	Mrs. Padma Rekha Yoga Teacher Hassan
Objective of the Activity	To educate the importance of the Yoga in day to day life.
Outcome of the Activity (Feedback analysis of the participant)	----
News published (if any)	NIL
Photo Gallery	

NSS Programme Officer
Rajeev Institute of Technology
Hassan-573 201, Karnataka

RAJEEV INSTITUTE OF TECHNOLOGY
Plot # 1 (D), Growth Centre, Bangalore-Mangalore Bypass Road, HASSAN- 573 201, KARNATAKA
(Affiliated to VTU, Belagavi., Approved by AICTE, New Delhi., Recognized by Govt. of Karnataka)

Date: 19.06.2024

Circular

It is here by all the staff and students are required to attend the International yoga day celebarartion on 21.06.2024 at seminar hall in RIT Campus at 9.30 am. All HOD's circulate this information your depertment staff and students.

(NSS Programme Officer)

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Date: 19.06.2024

Minutes of Meeting

- Discussion regarding Yoga teacher
- Discussion regarding Time for the event
- Discussion regarding ground mat
- Discussion regarding programme duartion
- Discussion regarding Types of yogas

(NSS Programme Officer)

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A report on International Yoga Day

Place: RIT Campus **Date: 21st June 2024**

NSS unit of RIT College of Engineering organized an International Yoga Day on 21st June 2024. The Yoga session started with the opening address of Dr. Mahesh P K, Principal RIT, welcome yoga teacher and participants, he emphasized the need and importance of yoga in the daily life.

Yoga teacher Mrs. Padma Rekha, Hassan has carried the Yoga practice session. The Yoga session started with a basic introduction of Yoga, Pranayama and Dhyana and their implementation in day-to-day lives, practical demonstration of Sukshama Vyayama, Surya Namaskar, Kapalbhati and Bhastrika Pranayama and various Asanas.

All Students and Faculties from different streams are participated in the session. They enjoyed the session fully and were greatly benefitted. As a feedback, the participants appreciated the event. The programme was ended with thanking all the participants.

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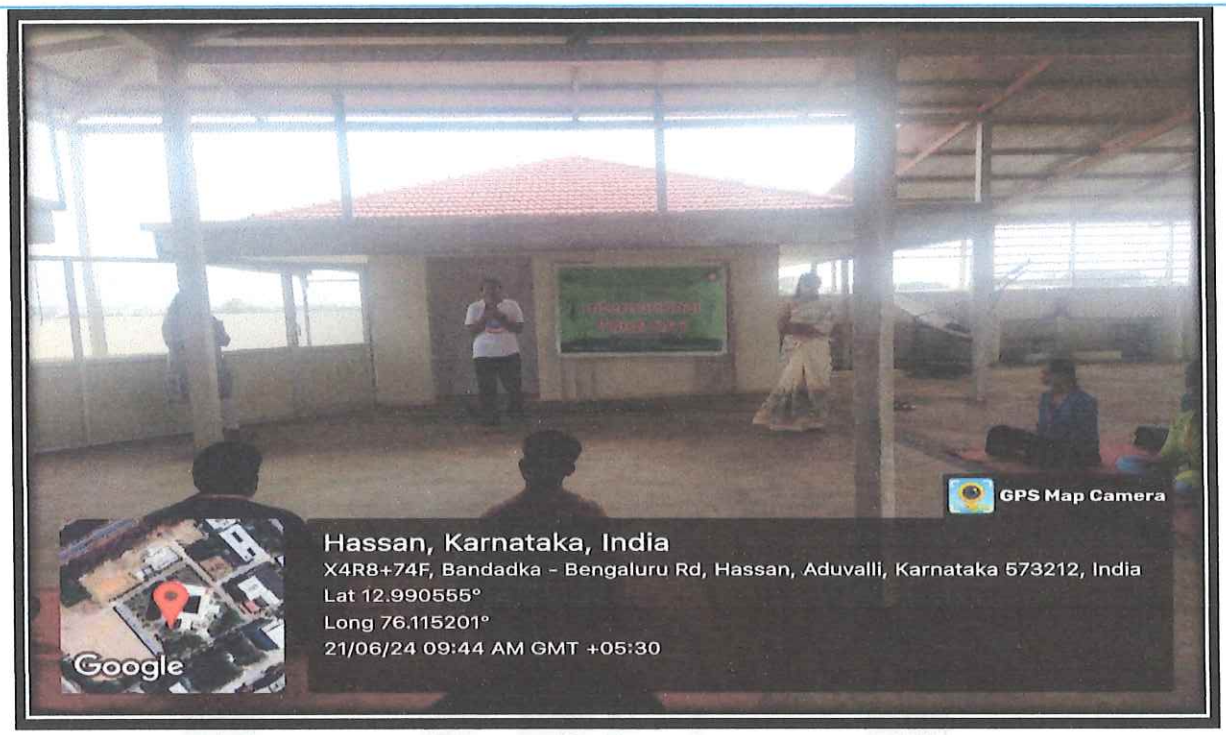

On the eve of International Yoga Day, Mr. Padma Rekha, Yoga teacher instructing staff and students the Yogasana

Staff and Students performing the yogasana on the eve of International yoga Day

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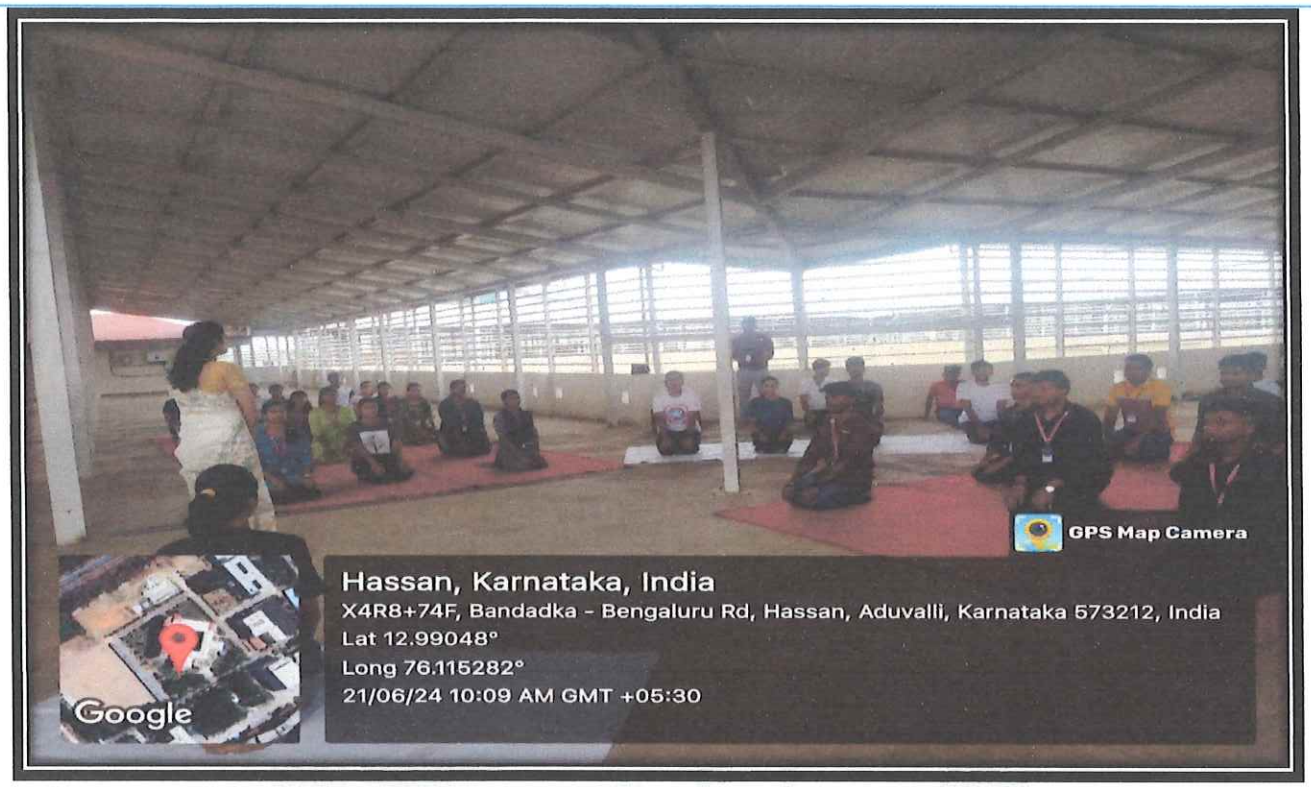

Staff and Students performing the different yogasana on the eve of International yoga Day

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Program Flow

Welcomeing Yoga tecaher and participents

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Prayer

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Speech given By Chief Guest

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Brief histroy about Yoga briefed by Yoga teacher

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practical demonstration of types of Yogasanas

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Vote of Thanks

(NSS Programme Officer)

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