



ACS College of Engineering
Approved by AICTE New Delhi, Affiliated to VTU, Belagavi
(A Unit of RajaRajeswari Group of Institutions)



DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING
in association with



NATIONAL SERVICE SCHEME
&
YOUTH RED CROSS



Youth Red Cross

SL.NO	DETAILS OF THE EVENT	
1.	TITLE OF THE EVENT	INTERNATIONAL YOGA DAY
2.	YEAR / ODD –EVEN SEMESTER	2024 / EVEN SEM
3.	DAY AND DATE	21-06-2024 FRIDAY
4.	VENUE	AUDITORIUM
8.	ORGANIZED BY	NSS, YRC ECE Department
9.	CO-ORDINATED BY	Dr.M S Shivakumar, Associate Professor &HOD Chemistry Dr. Raghavendra, Associate Professor, Department of Mathematics
10.	FACULTY INCHARGE	Dr. Bharathi Gururaj, HOD and ECE Faculty
11.	PARTICIPANTS	Faculty members and Students
12.	BRIEF SUMMARY OF THE EVENT	Report Enclosed
13.	PHOTOS	Photos Enclosed.



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NATIONAL SERVICE SCHEME AND YOUTH RED CROSS

We cordially invite you all for
“INTERNATIONAL YOGA DAY”

On

21-06-2024

By

**SHRI SHIVSHANKAR SHENOY P CEO & CO-FOUNDER
PRADIPIKA INSTITUTE OF YOGA & THERAPY
BANGALORE**

TIME: 2:00 PM

VENUE: ACS AUDITORIUM



REPORT ON YOGA DAY

Name of event :- International Yoga Day

Date of event :- 21ST June 2024 Friday

Place of event :- ACS College of engineering

Organized by :- Electronics and Communication Engineering department, NSS, YRC

Resource person : **Shri Shivshankar Shenoy** (CEO and Co-founder of Pradipika institute of yoga and therapy, Bangalore)

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. The official theme for International Yoga Day 2024 is "Yoga for Women Empowerment". The goal of International Yoga 2024 is to propel Yoga into a widespread movement, with a special emphasis on promoting women's well-being and advancing global health and peace. Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation.

The event began with a brief introduction on Yoga Day by Dr. Bharathi Gururaj and by welcoming the guest Mr. Shivashankar Shenoy, CEO and Co-founder,

Pradipika Institute of Yoga and Therapy.

Warm-up exercises were taken, and all the students practiced & performed

sitting and standing asanas, the importance of these were explained simultaneously. All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and exhibited yoga postures and promised to introduce this activity in their daily lives. The function ended with a vote of thanks by Dr. Shivakumar, HOD, Chemistry, and NSS in charge for the Institution.

Conclusion: -Session was amazing. It made us all realize how easily we can feel relieved from all the Stress and feel fresh and calm.



Felicitation of the Guest by Principal, Dean, ACSCE



Warm-up exercises



BG
HOD, ECE
HOD
Dept. of ECE
ACS College of Engineering
Bangalore

Anand B. Gudi
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