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

NAAC 'A' Accredited

DEPARTMENT OF BIOMEDICAL ENGINEERING

Session Report

Session Title	**International Yoga Day Celebration**		
Date & Time	21/06/2024	AN	2.30PM to 3.30PM
Key Points Delivered	1. Awareness about benefits of yoga 2. Promote global health and harmony 3. Spiritual discipline and holistic well being		
Resource Person	**Mr.Shivshankar P Shenoy** CEO & Co-Founder Pradipika Institute of Yoga & Therapy - Bangalore		
Number of Students Present	100		
Snap shot of online event			









International Yoga Day is celebrated annually on June 21st. It aims to raise awareness about the benefits of practicing yoga and promote global health, harmony, and peace. The idea was proposed by Prime Minister Narendra Modi of India and was first observed in 2015. Yoga, an ancient practice originating from India, encompasses physical, mental, and spiritual disciplines aimed at achieving holistic well-being. On Yoga Day, people around the world participate in yoga sessions and events to celebrate its positive impact on overall health and wellness.

Event Co-ordinator HoD