Faculty of Engineering & Technology (CO-ED)

EEE Dept.

2023-24(Ev en Sem)

Department of Electrical & Electronics Engineering Activity Report

Title of the Event	Yoga forhealth
Date of Activity held	21/06/2024
Time of Activity	7:00am to 9:am
Type of Activity (Cultural/ Cocurricular/Curricular)	Cocurricular Activity
Resource Person	Prof.satish kumar
Professional details of Resource Person	-
Program/Course/ Class	B.Tech.
Number of Students attended	40
Number of Staff attended	20
Activity Incharge	Prof.Annarao Patil
Description of Activity	Yoga is an ancient practice that originated in India, combining physical postures, breath control, meditation, and ethical disciplines to promote physical, mental, and spiritual well-being. It involves a series of poses and stretches designed to increase flexibility, strength, and balance while fostering relaxation and mindfulness. Practicing yoga regularly can help reduce stress, improve mental clarity, enhance physical fitness, and support overall health and harmony.





Activity Photographs







A Private University enacted by Govt. of Karnataka as "Sharnbasva University Act 2012" Karnataka Act No. 17 of 2013. Notification No. ED 144 URC 2016 dated 29/07/2017

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