S J P N Trust's

Hirasugar Institute of Technology, Nidasoshi.

Inculcating Values, Promoting Prosperity
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Programmes Accredited by NBA: CSE, ECE, EEE & ME

| CSE Dept. |
| STAC |
| Activity Report |
| 2021-22 (EVEN) |

Activity Report

Date and Time	21st June 2022 at 11.00AM
Name of Activity	"Yoga- A Classical way of doing Surya Namaskar".
Type of Activity	Health and Fitness Awareness Program
Target Audience	4th, 6th and 8th Semester Students
Number of Audience	51
Activity In-charge	Prof. Prasanna Patil

About the Activity:

STAC (Students and Teachers Association of Computer Science), Dept. of CSE has organized Institute level Yoga Day in order to create awareness among the students how yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep. A classical way of doing Surya Namaskar step by step with breathing has been practiced to students, which helps in improved Digestion, makes the spine and waist more flexible, helps in reducing the fat.

A total of 51 CSE students with 1st year students, HoD's of other departments with our Principal, participated in the event and they realized the importance of doing Yoga-Surya Namaskar.

Activity Photographs:

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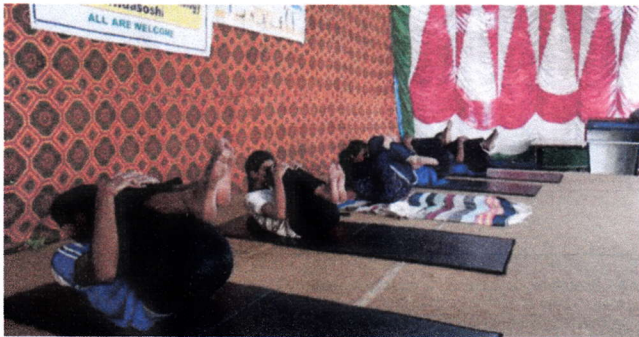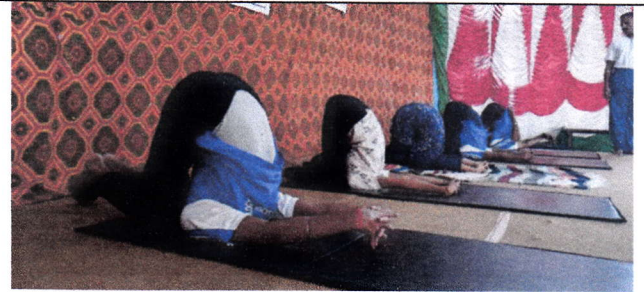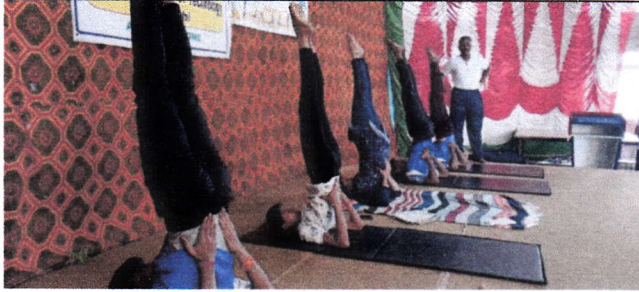Accredited at 'A' Grade by NAAC
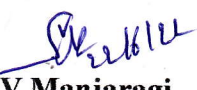Programmes Accredited by NBA: CSE, ECE, EEE & ME

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Prof. Prasanna Patil
Activity In-charge

Prof. S V Manjaragi
HOD

H.O.D
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