




### Activity Title: "International Yoga Day celebration"

Date of activity held	21 <sup>st</sup> June 2022.
Time	9:00 am to 11:00 am
Type of Activity	Indian Red Cross and NSS unit organized Yoga Day in the college.
Resource Person/s	Shri. S. B. Sarawadi
Professional details of resource person	Physical Director HSIT, Nidasoshi
No. of students and Staff	112
Activity In-charge	Dr. S. L. Patil and Prof. S. S. Patil
Activity Description/ Objectives: <ul style="list-style-type: none"><li>➤ The main objective behind this observation is to make this ancient practice popular among the present generation of people who are unaware of its benefits.</li><li>➤ Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow.</li></ul>	

### Activity Photograph:



  
**PRINCIPAL**  
**Hirasugar Institute of Technology**  
**Nidasoshi-591 236**