

#### S J P N Trust's

## Hirasugar Institute of Technology, Nidasoshi

Inculcating Values, Promoting Prosperity
Approved by AICTE, Recognized by Govt. of Karnataka and Affiliated to VTU Belagavi.

Accredited at 'A' Grade by NAAC

Programmes Accredited by NBA: CSE, ECE, EEE & ME.

Institute

Red Cross
Activity Report

2021-22

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

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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
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### Activity Description/ Objectives:

- ➤ 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.
- Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow.

# **Activity Photograph:**



