

ATRIA INSTITUTE OF TECHNOLOGY

Department of Civil Engineering Event Report

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|-------------------------|------------|------------------|-----|----------------|-----|
| Event Name | Yoga | | | | |
| Resource Person | AK Singh | | | | |
| Contact Number | 9686860355 | | | | |
| Date | 28/01/2020 | Time from | 6am | Time to | 7am |
| Student Strength | 110 | | | | |

Summary (Report on the event)

The session started at 6am (28/01/2020) in the morning in the allotted premises (men's mess area). All Pupils were provided with yoga mat for their comfort.

- The session started with a brief introduction on the importance and benefits of yoga by AK Singh, in the presence of allotted faculty members.
- The main aim of this event was to raise awareness and ignite a passion for fitness & yoga among the students. In present day, when students face stress, tension, fear, etc., simple 'asanas, like Vajrasana, Bhujangasana, etc.,' can help relieve it.
- At the end of the session, the attendance was taken and the students dispersed.

Photos (photos capturing prominent activities)



Reported by | **Dr. Athiyamaan.V**