

SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN

Kaikkurichi, Pudukkottai, Tamil Nadu – 622 303, India

(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai-25)

Accredited with “A” Grade by NAAC.

Report

Title:	“Importance of Yoga”		
Resource Person:	Ms.P.Manisha, Yoga Trainer Pandiyam silambam Pasarai, Pudukkottai		
Academic Year	2024-2025		
Date of conduct :	21.06.2024		
Organizing Department	Women Empowerment Cell, SBECW.		
Participant Year	I Year	Semester: II	Even
Venue:	Auditorium	Total No. of Participants	92 (List Enclosed)

Outcome of the Event

- International Yoga Day, celebrated annually on June 21st, is a global initiative to promote the physical, mental, and spiritual benefits of yoga.
- Our institution enthusiastically participated in the celebrations, organizing various activities to engage students, faculty, and staff in embracing the art of yoga.
- The Chief Guest discussed the value of Yoga and she encouraged our students to practice it regularly.
- By commemorating International Yoga Day, our institution continues to embrace holistic wellness and nurture a culture of harmony, both within and beyond the campus boundaries.



International Yoga Day



International Yoga Day Celebrated on 21.06.2024