



SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN

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

KAIKKURICHI, PUDUKKOTTAI-622 303.



REVIVE YOUR SPIRIT –A YOGA PROGRAMME REPORT

EVENT CONDUCTED DATE: 30-06-2023

VENUE: Auditorium, SBECW

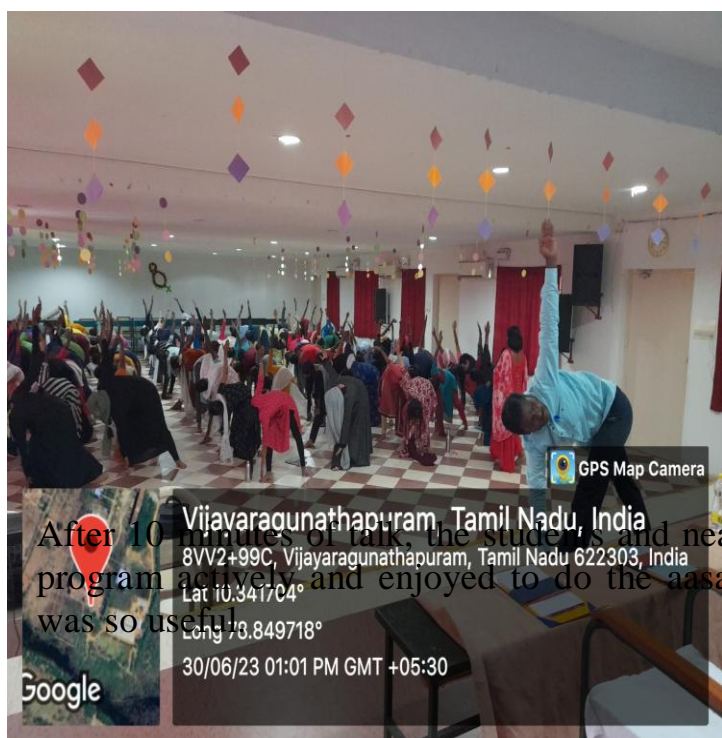
EVENT NAME: REVIVE YOUR SPIRIT –A YOGA PROGRAMME

NO. OF BENEFICIARIES: 25

NO. OF NSS VOLUNTEERS PARTICIPATED: 30

“REVIVE YOUR SPIRIT –A YOGA PROGRAMME” which was conducted in Sri Bharathi Engineering college for women dated 30th June 2023.

The Program chief guests were **Aathma Yogi R.Pandiyarajan Sir** and **Mrs.Y. Bhuvaneshwari Madam (yoga masters)** Aathma yoga Foundation. On average of 105 students, faculty members and nearby Village people were participated in the program. The program started by welcome address presented by Ms.Priyanka from first year ECE department. A Chief guest had been honoured by **Mr.G.Dhanasekaran**, Chairman, Sri Bharathi Educational Institution. Then, the session was handed over to our chief guests. Our chief guest Mrs. Y. Bhuvaneshwari mam gave general talk on yoga practice and who motivated students to do more aasannas. Together we had performed aasanaas and the session was so interactive.





Later the session ended with the small talk which was given by MASTER R. Pandiyarajan sir. Finally the feedback was given by the students. Later, the vote of thanks was given Ms.Uma Maheshwari/CSE.

