

A report on International Yoga Day

Place: ATMECE

Date: 21st June 2022

NSS unit of ATME College of Engineering organised an International Yoga Day on 21st June 2022. The Yoga session started with the opening address of Dr. M S Govinde Gowda, Dean (Academics), welcomed the participants and emphasized the need and importance of yoga in the daily life.



Dr. Suresh Kumar S, Associate Professor, Dept of Mechanical Engineering, ATMECE, has carried the Yoga practice session. The Yoga session started with a basic introduction of Yoga, Pranayama and Dhyana and their implementation in day-to-day lives, practical demonstration of Sukshama Vyayama, Surya Namaskar, Kapalbhati and Bhastrika Pranayama and various Asanas. All Students and Faculties from different streams are participated in the session. They enjoyed the session fully and were greatly benefitted. As a feedback, the participants appreciated the event.



The event was coordinated by Mr. Rudresh A N, NSS Program Officer, Mr. Devaraj M R, Associate Professor, Mr. Yathisha N, Assistant Professor and Dr. Muralidhar M P, PDE under the guidance and support of Dr. M S Govinde Gowda, Dean Academics, Dr. Sachidanandamurthy K L, Administrative Officer and Dr. Yathisha L, Dean (Students Affairs) ATMECE.

The programme was ended with thanking all the participants.