

A report on “International Yoga Day”

Place: ATMECE

Date: 21st June 2023

NSS Unit of ATMECE in association with Sri Patanjali Yoga Shikshana Samiti (SPYSS), Mysuru organized “International Yoga Day” for Students and Staffs of ATMECE on 21st June 2023.



The International Yoga Day event is conducted on 21.6.2023 at Activity area, Civil Engineering Department, ATME college of Engineering for staff and students.

In this connection, the institution had invited the trained Yoga team members from Sri Patanjali Yoga Shikshana Samiti (SPYSS). The trained yoga team members from SPYSS had accepted our invitation and conducted the event on 21.6.2023. The team members from Sri Patanjali Yoga Shikshana Samiti (SPYSS) are Mr. Vittal Raj, Mr. Santhosh kumar, Mr. Nagaraj, Mr. Gopal and Mr. Prakash kumar had conducted the event.

The benefits and importance of yoga practice was expressed by the team members during the yoga session. They said that yoga is the best exercise that one must have a regular practice to acquire sound health both physical and mental health including inner peace. In the event, trainers advised all staff and students to practice and do yoga regularly. On this occasion Dr. Suneeth kumar from civil engineering department performed the devotional song through musical instrument flute.

The staff members Mrs. Juslin F, from ECE department, Mr. Niranjan kumar V S, Dr. Mohanakumara K C, Mr. Rohith S from ME department, Mr. Chandrashekar from Basic Science department and Mrs. Keerthana from CSE department extended their support for preparation and successful conduction of the event. Mr. Devaraj M R, from Mechanical Engineering department, Dr. Muralidhar M P from Physical Education department and Mr. Rudresh A N from Civil Engineering department are worked as coordinators to this event and the program is convened by Dr. Yathisha L Dean- Student affairs.

