



People's Education Trust (R), Mandya
P.E.S. College of Science, Arts & Commerce, Mandya.
M.C. Road, Mandya, Karnataka - 571 401
Affiliated to University of Mysore
Accredited by NAAC with 'A' Grade with CGPA 3.03


Dr.J.Mahadeva
Principal

No.

Date: 21-06-2022

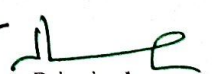
REPORT ON INTERNATIONAL DAY OF YOGA CELEBRATION

Name of the Committee	NCC, Rovers and IQAC
Title of the Program	International Day of Yoga Celebration
Date	21-06-2022
Venue	College Quadrangle
Objective	To Celebrate "Yoga for Humanity" To motivate youth of our college in different Aasanas
Number of participation	50 people attended this program from both students and staff community. Mainly NCC Cadets and Rovers crew attended.
Outcome	Youths of our college from NCC and Rovers are highly benefitted from this program. Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind. It is said that the asanas make the body strong and flexible, as health improves; the mind too is renewed with confidence. The practice of Pranayama regulates the purification of the internal system and the organs, acting as a superior and able supplement to asanas. The energy that is generated in the body through these physical practices is then channeled into meditation or Dhyan for stability, peace and calm
Details of Organizing Committee	NCC, Rovers & IQAC of the college in association with Aayush Department

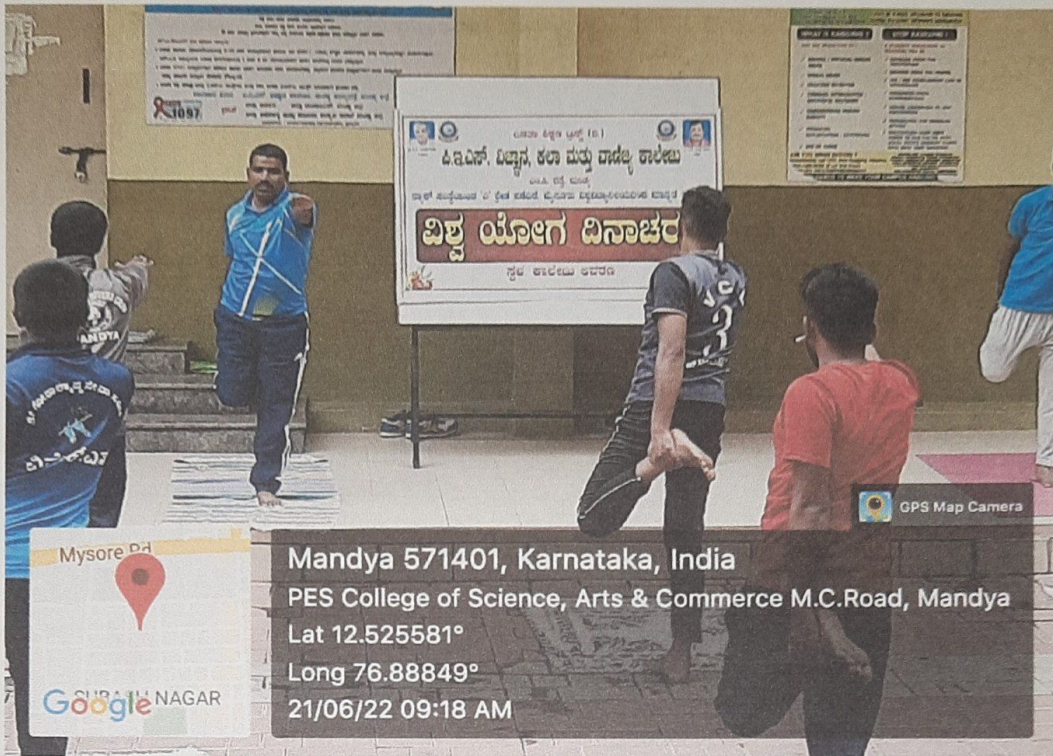

ANO
NCC Wing


Leader
Rovers


Coordinator
IQAC


Principal
Dr. J. Mahadeva
Principal
P.E.S. College of Science
Arts & Commerce, MANDYA.

Photos of International Day of Yoga Celebration



Youths performing different Aasanas



Youths following instructions regarding different Aasanas



Youths performing different Aasanas during Yoga Day

