

Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	International Yoga Day-2024
Date	21-06-2024
Time and Venue	6:30 AM / SSMRV COLLEGE QUADRANGLE
Mode (Online/Offline)	Offline
Please provide the YouTube link (if online)	NA
Organized by: Name of the Department/Activity Centre	National Service Scheme [NSS] in association with Dept of Physical Education, NCC and Health Club
Event Coordinator/ Faculty In-charge	Mr. Yallappa M NSS PO & Assistant Professor
Nature: Academic /Co- curricular/extracurricular/others	Co-curricular
Topic/Activity	International Yoga Day Celebration
Resource Person Details (Name, Designation and Organization/Institution)	Mrs. Teja K N, Physical Education Director, SSMRV College
No of Participants	102 students and 10 faculty members
Objectives of the activity	To sensitize the students about International Yoga day and the relevance of Yoga in our daily life
Methodology	An orientation about the importance of Yoga and 10 th anniversary of International Yoga Day initiated by the GOI.
Outcome of activity	Positive outcomes such as increased awareness, health and well being. International Yoga day promoted holistic health, Cultural understanding, and Community engagement among students and faculty.

