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Dr. AMBEDKAR INSTITUTE OF TECHNOLOGY

Outer Ring Road, Malathahalli, Bengaluru-560 056, Karnataka, India



The National Service Scheme (NSS) unit organised “**International Yoga Day** “ program on 21th June 2023 from 9:30 am to 1 pm , in our college.

In this Program, **Dr. M. Meenakshi** (Principal), Dr. M. V. Vijay Kumar (Vice Principal), Dr. K.N. Anuradha (Dean -Academics),Dr. Prashanth .C.R.(Dean-Examinations), NSS officer Dr. R MURALI, Co-coordinators of NSS unit, Staff members, NSS volunteers , Shivaprakash with four members team(yoga trainers) and 250 Students of DR. AMBEDKAR INSTITUTE OF TECHNOLOGY were present. This Program started with the prayer of Patanjali and The Principal acknowledged the students and staff members about the “International Yoga Day “ and the program was continued with an oath. Followed by the Yoga abiyas program. The Principal ,Deans ,NSS officer ,staffs and students were instructed by yoga trainer . They made some yoga-asanas like Trikonasana, Ardha Chakrasana, konasana....etc. Further the program was continued with meditation and Pranayama abiyas.





Further this Program continued by the rally with some slogans and displaying the posters and at last students visited the classes to motivate and gave information about the International Yoga Day and their importance.





“Meditation is a way for nourishing and blossoming the divinity within you”