

SRI SIDDHARTHA



ACADEMY OF HIGHER EDUCATION, TUMKUR National Service Scheme

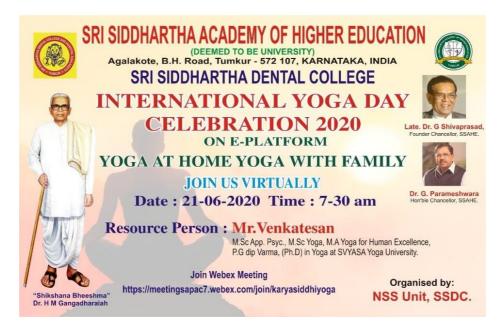
OBSERVATION OF INTERNATIONAL YOGA DAY

21-06-2020 (Sunday)

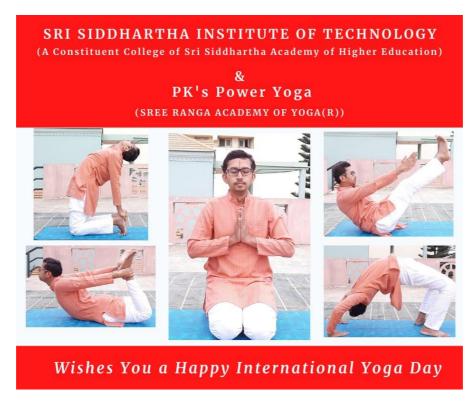
Report

Theme: Yoga @ Home and Yoga with family.

Sri Siddhartha Dental College, **Tumkur** organized online yoga demonstration and explaining the benefits of performing yoga



Sri Siddhartha Institute Of Technology, Tumkur: International Yoga Day preparation started one week ahead of IDY2020. Mr.K.Puneeth, Asst Professor, Dept of Mech Engg, SSIT, Tumkur who is a yoga expert gave live demonstration on various asanas ,pranayama, meditation and highlighted the benefits of each asana through youTube channel in the morning daily, which was watched by staff and NSS volunteers. Later the staff and volunteers practiced Yoga in their home with their family members every day. The International Day of Yoga-2020 was observed by the staff and volunteers with their family members in their home on 21st June, 2020 from 7:00 A.M. to 7.45 A.M by performing yogasanas, meditation and pranayama. Thus International Yoga Day was celebrated as per the theme *Yoga @Home and Yoga with family*.



Mr. K. Puneeth, Asst Professor, Dept of Mechanical Engineering, SSIT, Tumkur, who is a yoga expert and certified trainer conveying good wishes





Faculty performing yoga in the house







NSS volunteers performing yoga in their houses

Web links: https://www.youtube.com/watch?v=V3oXEsJ8MtY

https://www.youtube.com/watch?v=Kphr4ytVQrU

https://www.youtube.com/watch?v=ATJdP8RcC0M

https://www.youtube.com/watch?v=PXAM2VGhPqU

https://www.youtube.com/watch?v=iV6oBKEN_4

https://www.youtube.com/watch?v=Me-wo3noIr8

https://www.youtube.com/watch?v=w3Yv9p_uMFs

https://www.youtube.com/watch?v=OpTomFwDEfo

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