



National Service Scheme (BIT Unit)

Bearys Institute of Technology Mangalore

Affiliated to Visvesvaraya Technological University, Belagavi

NSS Activity report

On

INTERNATIONAL YOGA DAY

21 June 2023

NSS Program Officer

Prof. Mohamed Kafeel Delvi

Dept. of Mechanical Engineering

BIT Mangalore

Chairperson

Dr. S.I. Manjur Basha

Principal BIT Mangalore

National Service Scheme BIT – Unit

Beary's institute of technology under NSS unit organized international yoga Day on Wednesday 21 June 2023. The objective of the Yoga Day celebration was to create awareness about the benefits of yoga and promote its practice among the participants. The event started with a solemn prayer, invoking positive energy and setting a peaceful atmosphere for the Yoga Day celebration.

Dr. S.I. Manjur Basha, principal of Bearys Institute of technology delivered a brief introduction to yoga, highlighting its origins, philosophy, and its significance in achieving physical and mental well-being. The principal emphasized the importance of incorporating yoga into our daily lives and encouraged everyone to embrace its practice. Following the introduction, Dr. Imran Mokashi guided all the participants took a pledge to make yoga an integral part of their lives. The pledge emphasized commitment towards practicing yoga regularly, promoting its benefits, and spreading awareness about its importance among others.

Mr. Ansar Physical Director of B.I.T then conducted a session on various yoga asanas. The participants actively engaged in practicing different postures, guided the participants in performing them correctly, ensuring proper alignment and breathing techniques.

Prof Mohamed Kafeel Delvi NSS program officer of B.I.T Concluded event with Vote of Thanks who thanked all the participants, the principal, HODS, and the instructor for their active involvement and contribution to the Yoga Day celebration also expressed gratitude to the organizing committee and volunteers for their efforts in making the event a success. The Yoga Day celebration ended with the entire

National Service Scheme BIT – Unit

gathering standing up and singing the national anthem, reflecting unity and patriotism. Overall, the Yoga Day celebration was a meaningful and enriching.

.
.



Fig 1: banner of international YOGA DAY



Fig: 2 with invocation international yoga day begins

National Service Scheme BIT – Unit



Fig: 3 Pledge ceremony on Yoga Day



Fig: 4 Participant performing yoga

National Service Scheme BIT – Unit



Fig: 5 participant performing yoga



Fig: 6 Participant performing yoga asana

National Service Scheme BIT – Unit



Fig: 7 Students demonstrating yoga



Fig: 8 Students demonstrating yoga

National Service Scheme BIT – Unit



Fig: 9 Photo session at the end of program

