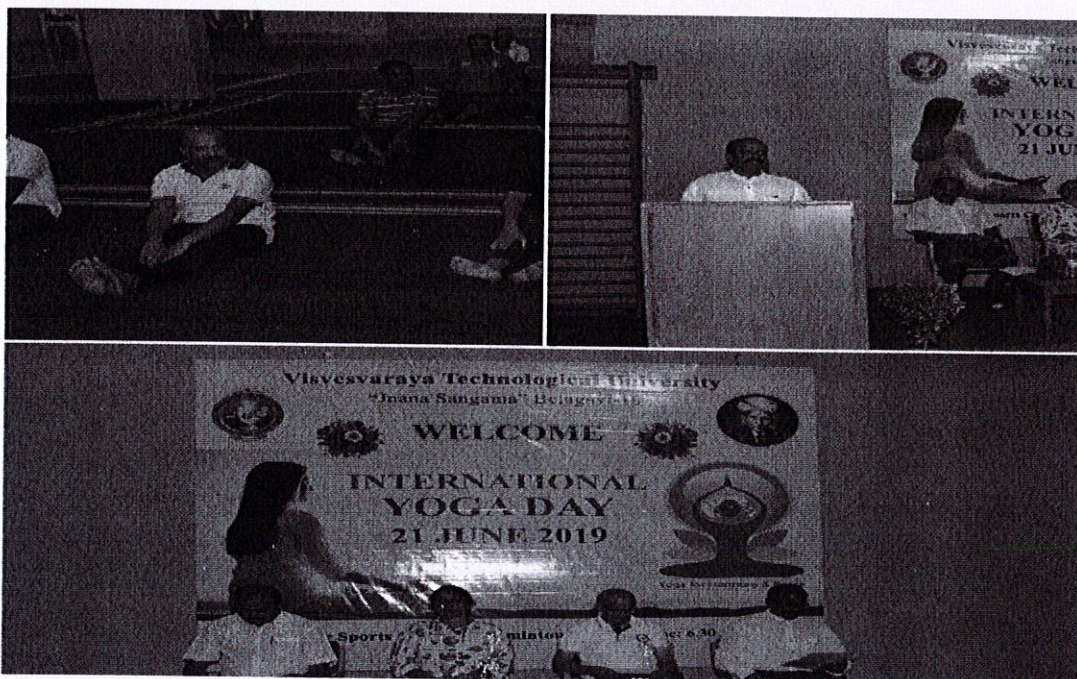


VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI

INTERNATIONAL YOGA DAY REPORT 2019

VTU, Belagavi celebrated ,”The International Yoga Day” as on 21st June 2019 to bring peace, harmony, happiness and success to every soul in the world. The VTU students, Faculties and staff performed Yoga between 7 am and 8 am. Mr.Hemant Kumar, Resident Engineer spoke about Yoga’s importance in our life. Different yoga postures done by more than 45 participants.

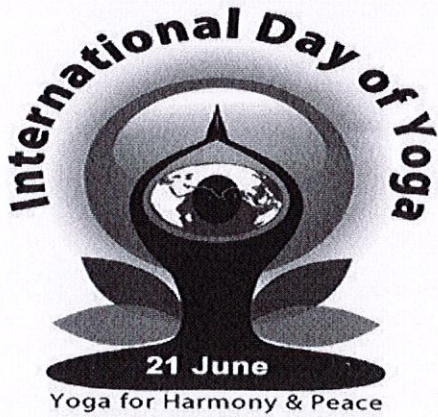



COORDINATOR

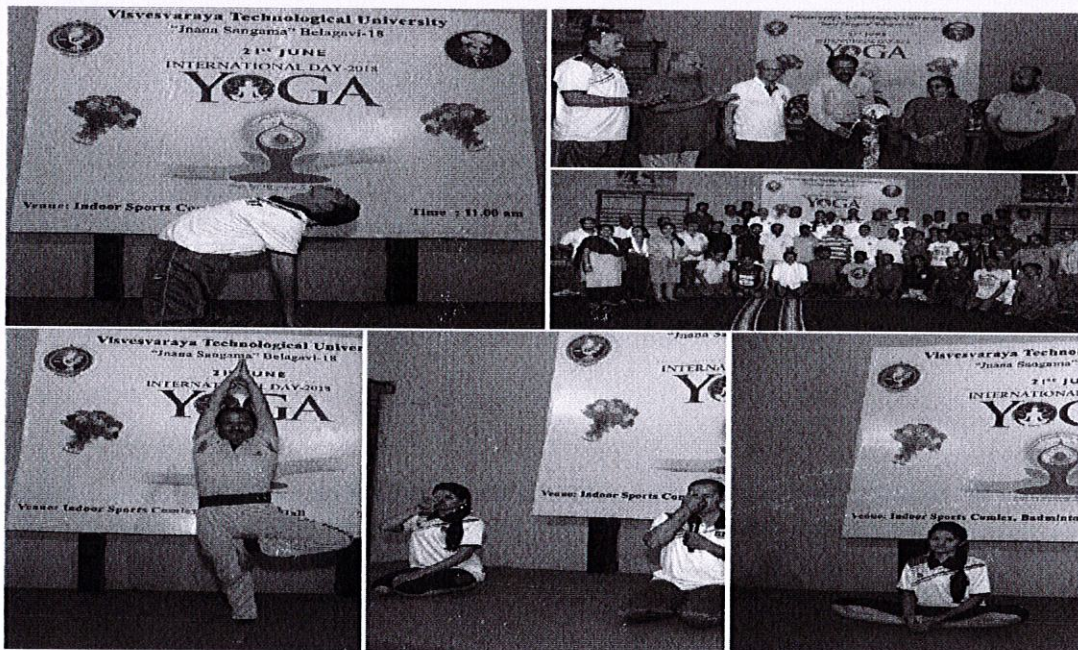
(YOGA AND MEDITATION CENTRE)

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

INTERNATIONAL YOGA DAY REPORT 2018



The International Yoga Day was celebrated on 21st June 2018 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. The VTU students, VTU Faculties and staff performed Yoga between 7 am and 11 am. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. More than 35 participants get benefited



COORDINATOR

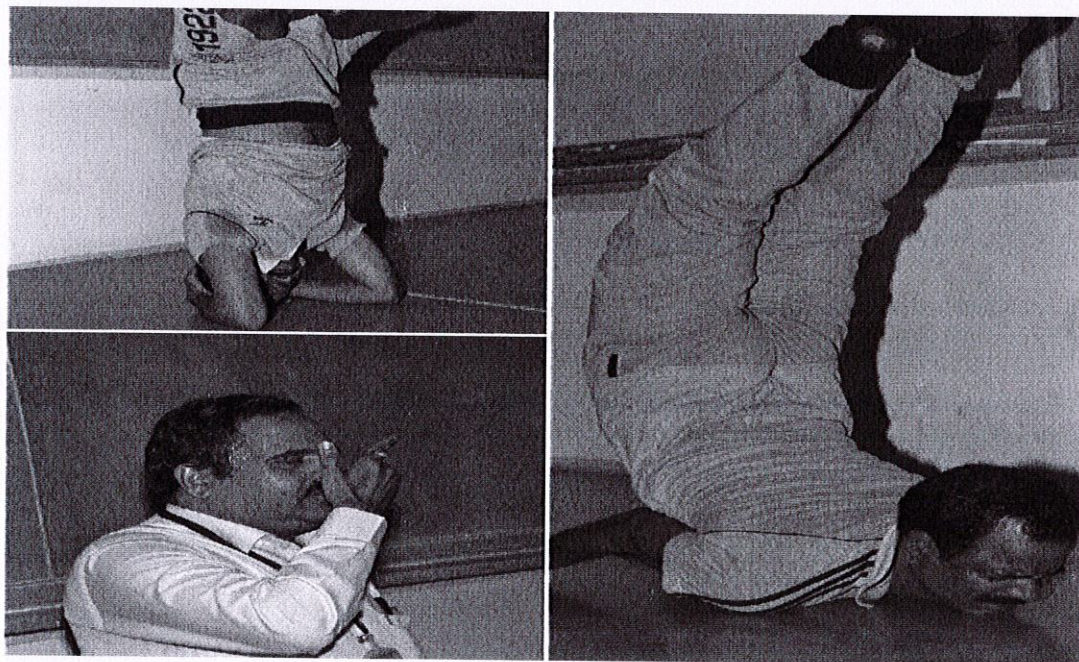
(YOGA AND MEDITATION CENTRE)

VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI

INTERNATIONAL YOGA DAY REPORT 2017

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

International Yoga Day was celebrated by the students and teachers & staff at Visvesvaraya Technological University at Belagavi with great enthusiasm. Students of MBA, M.Tech & MCA demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by our Sports director. He encouraged students to practice regular yoga to remain fit and improve concentration.

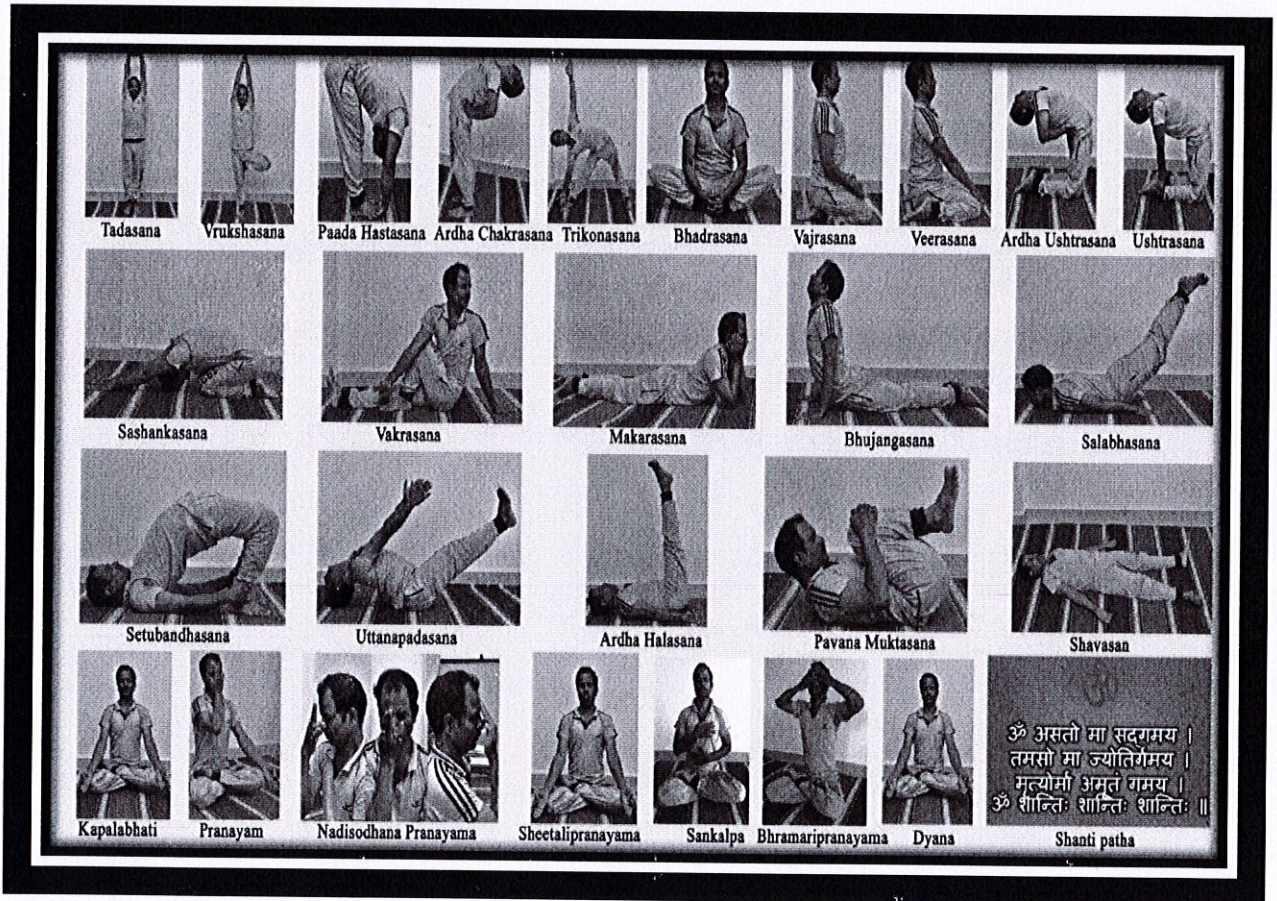



COORDINATOR (YOGA AND MEDITATION CENTRE)

VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI

INTERNATIONAL YOGA DAY REPORT 2016

“Yoga means addition - addition of energy, strength and beauty to body, mind and soul.” Yoga is a powerful natural state that can inspire you in many ways. “Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.” In an endeavour to participate actively in the International Yoga Day, VTU, Belagavi celebrated Yoga Day with great enthusiasm on 21st June 2017 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. asanas were taught to bring about holistic approach to health and well being among the students. The importance of the day lay in its physical aspect rather than in glorifying the day using words.



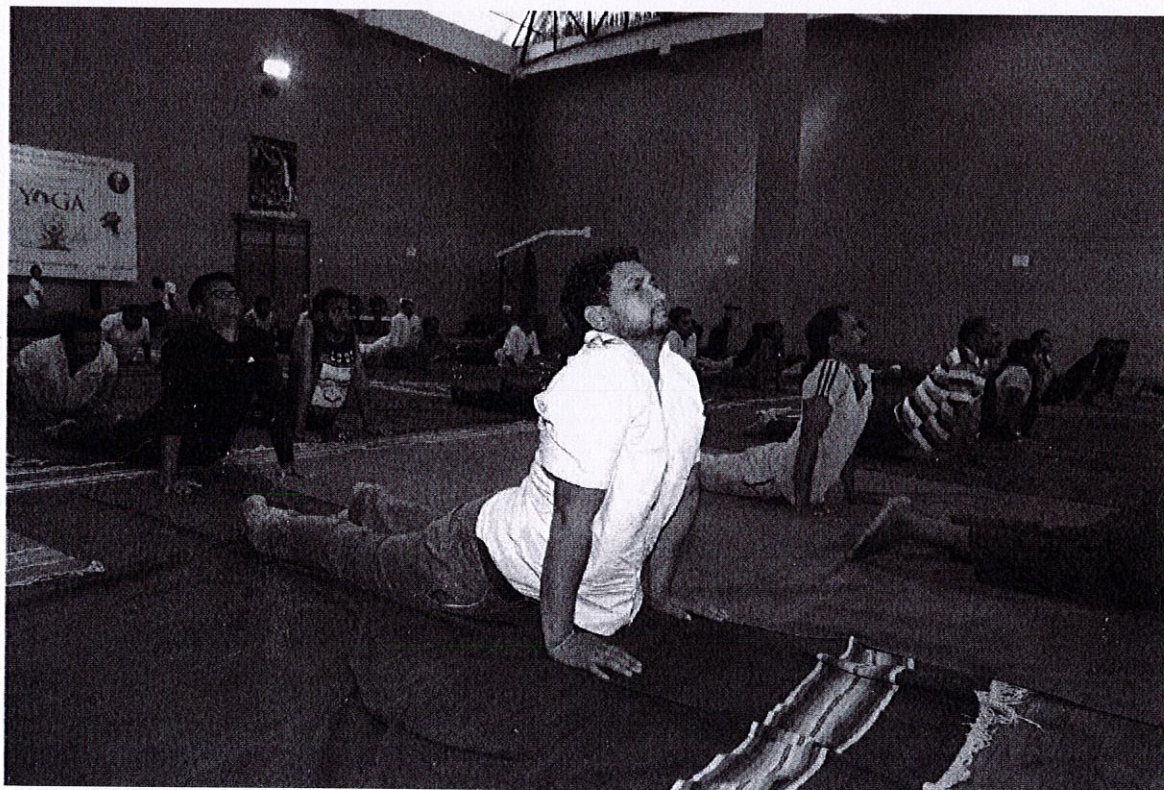

COORDINATOR

(YOGA AND MEDITATION CENTRE)

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

INTERNATIONAL YOGA DAY REPORT 2015

Yoga is an ancient practice which brings together physical, mental disciplines to achieve a peaceful body and mind. Yoga is a form of exercise that is performed through diet, breathing and physical posture. Since this years, International Yoga Day is celebrated annually. International Yoga Day is also known as World yoga Day. VTU Celebrate Internation Yoga day on 21st June2015 .Students, Teachers and Staff participated International Yoga day.




COORDINATOR

(YOGA AND MEDITATION CENTRE)

REPORT

The University has established a separate Yoga and meditation Centre building admeasuring 560 sq mt (4 Blocks) for the benefit of students and staff residing in the Belagavi main campus. Mrs Shantha Acharya has been appointed as Yoga Teacher who conducts Yoga classes in the morning and evening between 6:30am to 7:30am and 5:30pm to 6:30pm respectively. Around fifteen to twenty people attend the classes regularly, whose attendance register is maintained in Yoga office. One menial/support staff is provided to assist the functioning of the centre. The centre is functioning since last four months (Since 1-07-2019)

Shantha Acharya

(Mrs Shatha Acharya)
Yoga Teacher