

Dr. Akhilesh Das Gupta Institute of Technology & Management

Department of Computer Science & Engineering

Dated: 16/11/2023

REPORT

“YOGA SESSION”

Date of Event: 16 November 2023 (10:00 am onwards)

Venue: Lower Ground (Block-2)

Objectives: To aware students about the importance of mental health and physical fitness.

Key Takeaways:

Students participated with great enthusiasm and showed their keen interest in this session. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Outcomes: 100 students participated for the event.

Beneficiaries: Students and Faculties

Photographs of event with title:







Ms. Vaishali Sharma
Ms. Partibha Dabas
Event Incharge

Prof. (Dr.) Ankit Verma
HOD(CSE)