

A REPORT ON THE EVENT “INTERNATIONAL YOGA DAY” DURING 21st JUNE 2022

SUBMITTED TO

Indian Red Cross

SUBMITTED BY

Mr. L.N.NARAYANAN

Program Officer (YRC)

Jerusalem College of Engineering

(An Autonomous Institution)

Chennai.

DATE

June 21, 2022

To

Indian Red Cross,

Sir,

SUB : Report on the event INTERNATIONAL
YOGA DAY DURING 21st JUNE 2022-Reg.

JERUSALEM COLLEGE OF ENGINEERING
(An Autonomous Institution)

POST EVENT SUMMARY REPORT

Name of the Event : International Yoga Day Celebration
Date of the Event : 21.06.2022
Location of the Event : College Auditorium(JCE)
No. of Attendees : 90 approx.
Organizing Body : NSS & YRC of JCE
Event Coordinator : Mr.L.N.Narayanan,AP/S&H
Master of Ceremony : Ms.Meghna Dinesh, First Year BME Student of JCE
Yoga Instructor : Mr.B.Yoga Kumar, Yoga Trainer, Arogya Bharathi

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system. During the COVID-19 pandemic, when working remotely has become the new normal, yoga encourages people to remain active and have a balanced state of mind.

International Yoga Day was celebrated on June 21, 2022 in our institution. We had arranged this celebration in our college auditorium.

- International Yoga day celebration was started with a prayer to enhance the benefits of practice. The celebration was hosted by **Mr.L.N.Narayanan** AP/S&H, YRC Co-ordinator.
- The Chief Guest Introduction was given by **Ms.Sarika**, I year student from Information Technology .
- **Mr.B.Yoga Kumar**, Yoga Instructor from Arogya Bharathi given an Introduction and need of Yoga in day-to-day life.

JERUSALEM COLLEGE OF ENGINEERING
 (An Autonomous Institution, Affiliated to Anna University)
 Narayanapuram, Pallikaranai, Chennai-600 100

75 Azadi Mahotsav

INTERNATIONAL YOGA DAY

Mr. B. Yoga Kumar
 Yoga Specialist Arogya Bharathi

21/06/2022 COLLEGE AUDITORIUM **8:45 AM**

Mr.L.N.Narayanan
 YRC PROGRAMME OFFICER

Dr.Ramesh S
 PRINCIPAL

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INTERNATIONAL YOGA DAY

21/06/22

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 YRC PROGRAMME OFFICER

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Chennai, Tamil Nadu, India

Main Block, JERUSALEM COLLEGE OF ENGINEERING, Narayanapuram,
Pallikaranai, Chennai, Tamil Nadu 600129, India

Lat 12.945373°

Long 80.208052°

21/06/22 09:49 AM



Chennai, TN, India

SH 48, Pallikaranai, Chennai, 600100,

Lat 12.945381, Long 80.208298

06/21/2022 09:30 AM



Maps





- He starts with Loosening Practices like Neck Movements, Shoulder Movements, Trunk Movements and Knee Movements. He taught several Asanas also. Our students of Jerusalem College of Engineering actively participated and shared their feedback about the session.
- **Mr.Arul Kumar**, Asst. Prof. / S&H and NSS Co-ordinator - JCE given Vote of thanks on behalf of our students and staff members.

Yours Faithfully,
Mr. L.N.NARAYANAN
Program Officer