



**INTERNATIONAL INSTITUTE OF INFORMATION TECHNOLOGY (I²IT)**

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DTE Code : EN 6754 | AISHE Code : C-41681

## **Activity Report**

### **International Yoga Day**

**Academic Year:** 2023-24

**Name of Event:** I²IT IDY 2023-24

**Topic:** Yoga Session

**Date & Time of the Event:** 21<sup>st</sup> June 2023, 8.30 am to 9.30 am

**Targeted Audience:** College Students and Staff

**Venue:** College Academic Building Ground Floor

**Coordinator:** Mr. Prabodhan D Sawant

**Number of Participants:** 50

#### **Activity Description in Nutshell:**

International Day of Yoga was celebrated in I²IT College on 21<sup>st</sup> June 2023 from 8.30 am to 9.30 am. 40 students and 10 Staff members attended the session; There were banners hanged in campus for awareness of the event, posters were used for creating environment. During session

essence sticks were fumed for getting the feel of pure surrounding, also the flute was played in the background for calm and peace attainment. The whole event was successful, CollegeYoga practitioner student miss. Mansi Daundkar demonstrated her Asanas skills.College Principal Dr. VaishaliPatil witnessed the event.

#### **Event Photos:**



