Activity Report

<u>International Yoga Day</u>

Academic Year: 2024-25

Name of Event: I^{2}IT International Yoga Day

Topic: Yoga Practice

Name of the Speaker: Dr.AnkitaDhone

Date & Time of the Event: 21st June 2024; 9.30 am to 10.30 am

Targeted Audience: Students, Staff and Faculties

Venue: Academic Building Ground Floor

Coordinator: Dr.AnkitaDhone (Physical Education Director)

Number of Participants: 60

Activity Description in Nutshell:

I^{2}IT College celebrated International Yoga Day on 21st June 2024 with great enthusiasm

performing different Asanas, ShuddhiKriyas, Suryanamaskar, Pranayam, ShuddhiKriya and

Meditation. It was an online as well as offline event.

Event Photos:

Group Photo

Yoga Session Photo