



# International Yoga Day@ CIT, Gubbi

21<sup>st</sup> June 2017

Jointly Organized by

Youth Empowerment Cell, CIT, Gubbi



&

Women Empowerment Cell, CIT, Gubbi



Report submitted by

**Channabasaveshwara Institute of Technology, Gubbi,  
Tumkur – 572 216, Karnataka**



International YOGA DAY  
was observed at  
Channabasaveshwara Institute of Technology,  
Gubbi  
on 21<sup>st</sup> June 2017 in the campus.  
Time: 7.00 – 8.00 am

Dr. Suresh D S, Director & Principal, CIT,  
Gubbi actively took part in the Yoga Session



As per the directions from Registrar, VTU, Belagavi vide letter ref: VTU/BGM/Aca-OS/UGC/2017-18/1890 dated 15 June 2017 CIT, Gubbi observed International Yoga Day on 21<sup>st</sup> June 2017 at CIT Campus. Around 53 teaching and non-teaching staff of CIT participated in this event.

Yoga Instructors Sri.Srinivasa Murthy.A .R and Sri.Rangaswamy.D.H (in-house staff) demonstrated various *ASANAs* which were followed by all the other participants.



Select Asanas performed during the event includes: Baddha Konasana, Dhanurasana, Ustrasana, Utkatasana, Veerbhadrasana, Bhujangasana including Pranayama.

The Institute provided logistic support and refreshments to all the staff who participated in International Yoga Day.

All the participants expressed their gratitude for organizing International Yoga Day. The event was highly successful.