

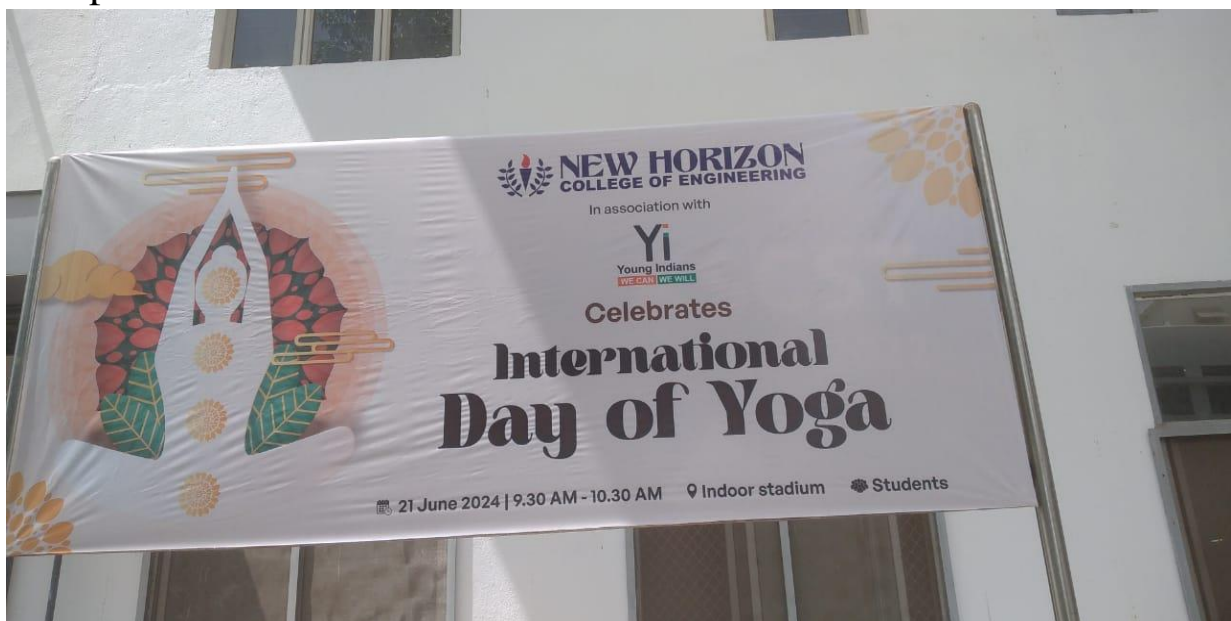


A Report on International Yoga Day

On 21st June 2024, New Horizon College of Engineering celebrated International Day of Yoga with true spirit and enthusiasm for students and staff members. For the students, the session was conducted in association with Young Indians NGO (10.30 - 11.30 AM). Ms. Shaliki K G, a Health and wellness coach with 13 years of yoga teaching experience, was the resource person. About 54 students participated in the celebration, with the practice of asanas and Surya Namaskar, as per the common protocols. The event was coordinated by the Department of ECE, along with the student volunteers from co-curricular clubs of Emsys and Aerobots, and extra-curricular clubs of Fitness and Photography.

For the faculty members, the International Day of Yoga was celebrated (4.00 - 5.00 PM), in association with the Art of Living Foundation. Ms. Shilpa N, Director of institutional programs and a certified advanced yoga teacher was the resource person for conducting the event. About 32 staff members participated in the event, and the session started with two people in a team practicing a few exercises together. Later on, some asanas and pranayama were practiced as per the common protocol. The event was coordinated by the Department of ECE. The session concluded with a vote of thanks from Dr.Aravinda K., Head of the Department, ECE.

Glimpses of the event







NEW HORIZON COLLEGE OF ENGINEERING

In association with
THE ART OF LIVING

CELEBRATE INTERNATIONAL YOGA DAY

NEW HORIZON COLLEGE MARATHAHALLI

21 June 2024 | 3:30 PM - 4:30 PM

Indoor stadium | Staff members (NHCE & NHCM)

NEW HORIZON COLLEGE OF ENGINEERING PRESENTS

INTER DEPARTMENT DANCE COMPETITION

JUNE 21

REPORTING TIME: 2:45 PM
1ST PRIZE: ₹15,000
2ND PRIZE: ₹7,500

TIME: 3:00 PM | VENUE: OPEN STAGE

HOW TO REGISTER

CONTACT US
SUKRUTHA - 9321942796
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#nhceclub



