

SIES Graduate School of Technology

Sri Chandrasekarendra Saraswati Vidyapuram Sector 5, Nerul, Navimumbai-400706



SIES GST NATIONAL SERVICE SCHEME (NSS)

"International Yoga Day at SIES Campus Nerul"

Event Information

Event Type: Extension Activity

Event title: "International Yoga Day at SIES Campus Nerul"

Yoga Trainer: Mrs. Saraswathi Sriram (MA Yoga Shastra)

In Association with NGO: SAMPOORNA SHIKSHA GYANDAAN FOUNDATION

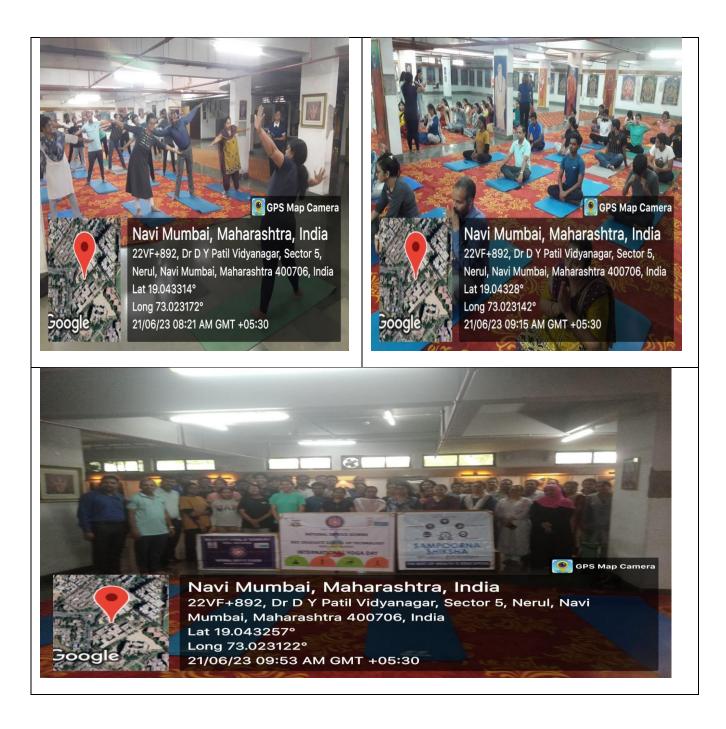
Event date: June 21, 2023

Organized for: Students, Faculty and Staff of SIESGST, Nerul

Organized by: Mr. Mahesh Biradar & NSS Team of SIES GST

Engagement: 75 Participant





• Impact Analysis:

The efforts taken during the publicity motivated students and staff to be a part of this session and participated enthusiastically. The instruction given during Session were really helpful for anyone who is doing yoga for the first time also the benefits motivates people to take notice and perform the asanas regularly.