



**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 GYANDAN 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.