



SIES Graduate School of Technology  
Sri Chandrasekarendra Saraswati Vidyapuram  
Sector 5, Nerul, Navimumbai-400706



National Service Scheme

Event Report

**International Yoga Day – 21<sup>st</sup> June 2023**

**Event Information**

**Event Type:** Outreach Activity

**Event Title:** Celebration of International Yoga Day 2023

**Event Date:** 21<sup>st</sup> June 2023

**Organized for:** SIES GST Faculty & Students

**Organized By:** Prof. Mahesh Biradar & The NSS Unit of SIES GST

**Attachments:** (1) Photos  
(2) Impact Analysis



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**PRINCIPAL**  
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Sri Chandrasekarendra Saraswathy Vidyapuram  
Sector-V, Nerul, Navi Mumbai-400706

## Event Descriptions

### YOGA DAY – 21st June 2023

The NSS Unit of SIES Graduate School of Technology celebrated International Yoga Day by conducting a session on 21<sup>st</sup> June 2023. The instructor, Mrs. Saraswathi Sriram is the founder of Mahayoga and Wellness Center, with over 15 years of expertise in practicing and teaching yoga. She guided all the participants, which included the students and faculty of the Institute, through the basics of Yoga and how they are beneficial for people. The event started at 8:00 am and lasted two hours.

**Total Volunteers: 38**



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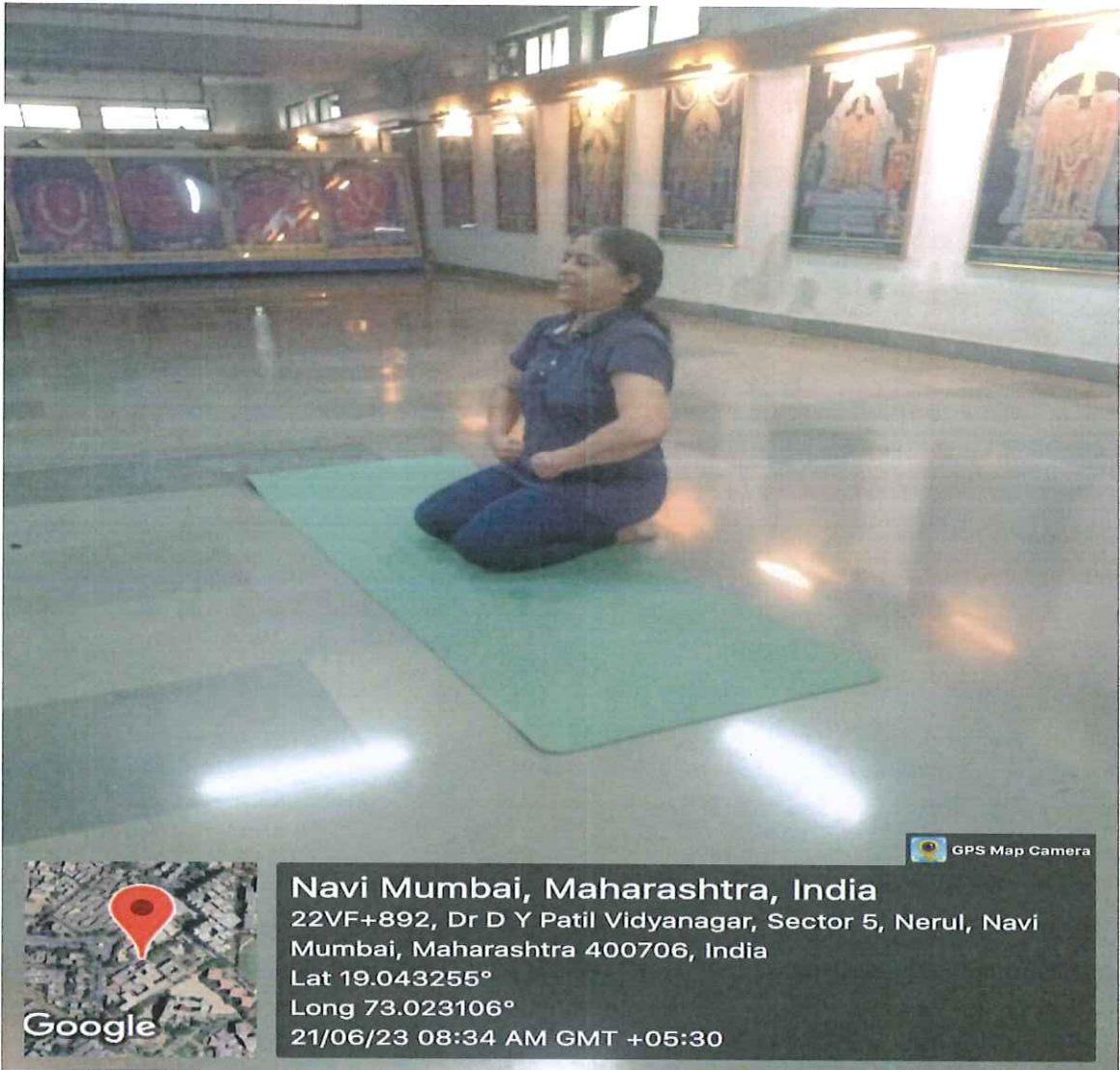
**Photographs:**



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**Impact Analysis:**

The session turned out to be incredibly helpful. The expertise of the instructor helped the participants experience the beauty of Yoga and its benefits. Those who attended the session are sure to gain a new appreciation for the exercise and have gotten one step closer to understanding Indian Culture.

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