



SJM Vidyapeetha

S J M INSTITUTE OF TECHNOLOGY

(Recognized by AICTE, New Delhi and Affiliated to Visvesvaraya Technological University, Belagavi)
H-4 Bypass, P.B.No:73, CHITRADURGA -577502, Karnataka State,
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PROGRAMME ON **INTERNATIONAL YOGA DAY CELEBRATION-2024**

YOGA FOR WOMEN EMPOWERMENT

BY

SJMIT WOMEN'S CELL



Coordinators:
Prof. Beena Sheril
Prof. Pavithra N

Dr. Bharath P B
Principal

CIRCULAR

Date:14/06/2024

All Staff members and students are here by informed to participate in 3 days International YOGA celebration “**YOGA FOR WOMEN EMPOWERMENT**” programme on 19th June to 21st June 2024 without fail.

Date & Time	Programme	Place
19-06-2024 7:00am	JAATHA	Neelakanteshwara temple to OnakeObavva circle,Chitradurga
20-06-2024 7:00am	YOGA	Anubhava Mantapa, Murugha Matha, Chitradurga.
21-06-2024 11:00am	QUIZ COMPETITION ON YOGA	EDUSAT,CSE, SJMIT, Chitradurga.



PRINCIPAL



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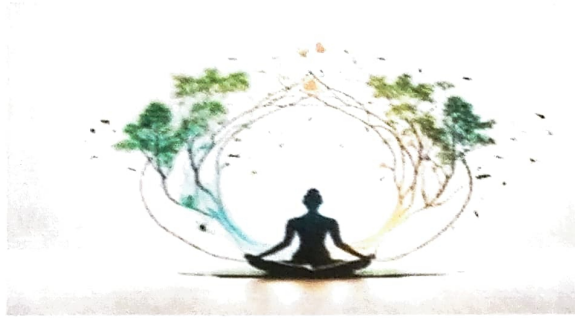
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International Yoga Day Celebration 2024

Yoga for Women Empowerment



Day 1: Jaatha

Date: 19/06/2024

Time: 7:00 am to 8:00 am

Venue: Neelakanteshwara Temple

Guest of Honour

Sri.Shivayogi C. Kalasad, I.A.S(Rtd)

President,

Sri Jagadguru Murugharajendra Bruhanmatha & SJM Vidyapeetha® Chitradurga

Dr. Basavakumar Swamiji

Member, Administrative Committee, SJM Vidyapeetha® Chitradurga

Dr. P.S Shankar

Member, Administrative Committee, SJM Vidyapeetha® Chitradurga

Sri. S N Chandrashekar

Member, Administrative Committee, SJM Vidyapeetha® Chitradurga

You Are Cordially Invited

Prof. Beena sheril

Prof. Pavithra N

Women's Cell Coordinators

Dr. Bharath P B

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We celebrated “YOGA FOR WOMEN EMPOWERMENT ” from 19th June to 21st June 2024 organized by S.J.M.I.T Women’s cell. Started first day with a JAATHA, second day celebrated YOGA at Anubhava Mantapa, Bruhanmatha and third day by organizing a quiz competition for students at EDUSAT, CSE, SJMIT .

Outcome of the event (Day 1):

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people’s immune system..

On 19th June 2024, S.J.M Institute of Technology celebrated International Yoga Day with a JAATHA programme at 7.30am from Neelakanteshwara temple to Onake Obavva circle organized by Womens’s Cell, SJMIT. Chitradurga It was attended by our Principal, all HOD’s of various department, teaching and non teaching staffs and students with great enthusiasm..

The Guest of Honour, Sri. Shivayogi C. Kalasad, I.A.S(Rtd) President, Sri Jagadguru Murugharajendra Bruhanmatha & SJM Vidyapeetha, Chitradurga. Dr. Basavakumar Swamiji, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga, Dr. P.S Shankar, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga. Sri. S N Chandrashekar, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga, joined in the celebration.

Honorable Dr. Basavakumar Swamiji addressed the gathering on the importance of yoga practice in our life. The students discussed the importance of yoga and also exhibited yoga Placards and promised to introduce this activity in their daily lives.

ಶ್ರೀ ಗುರುಬಸವಲಿಂಗಾಯನಮಃ



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ಮಹಿಳಾ ಕೋಶದ ವತಿಯಿಂದ



ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ



Principal and Women's Cell members participating in the JAATHA:









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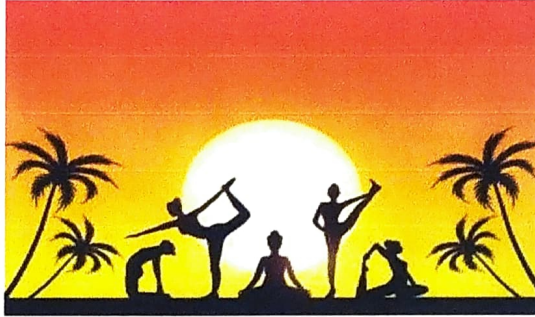
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International Yoga Day Celebration 2024

Yoga for Women Empowerment



Day 2: YOGA

Date: 20/06/2024

Time: 7:00 am to 8:00 am

Venue: SJMIT Campus, Chitradurga

Guest of Honour

Sri.Shivayogi C. Kalasad, I.A.S(Rtd)

President,

Sri Jagadguru Murugharajendra Bruhanmatha & SJM Vidyapeetha® Chitradurga

Dr. Basavakumar Swamiji

Member, Administrative Committee, SJM Vidyapeetha® Chitradurga

Dr. P.S Shankar

Member, Administrative Committee, SJM Vidyapeetha® Chitradurga

Sri. S N Chandrashekar

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Outcome of the event (Day 2):

On 20th June 2024, S.J.M Institute of Technology celebrated International Yoga Day “YOGA Pradarshana” from 7.30am at anubhava Mantapa, Bruhanmatha, organized by Womens’s Cell, SJMIT in collaboration with Sri Bruhanmatha, Chitradurga .

It was attended by our Principal, all HOD’s of various department, teaching and non teaching staffs and students with great enthusiasm..

The Guest of Honour, Sri. Shivayogi C. Kalasad, I.A.S(Rtd) President, Sri Jagadguru Murugharajendra Bruhanmatha & SJM Vidyapeetha, Chitradurga. Dr. Basavakumar Swamiji, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga , Dr. P.S Shankar, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga. Sri. S N Chandrashekar, Member, Administrative Committee, SJM Vidyapeetha, Chitradurga, joined in the celebration. The event began with a brief introduction on Yoga Day by yoga guru Sri Channabasavanna swamiji.

All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind by guruji.

Warm up exercises were taken and all the staffs and students practiced & performed sitting and standing asanas, importance of these were explained by guruji simultaneously.

Guruji teaching YOGA to all :









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International Yoga Day Celebration 2024

Yoga for Women Empowerment



Day 3: QUIZ COMPETITION ON YOGA

Date: 21/06/2024

Time: 11:00 am

Venue: GLH1, CS & E Department,
SJMIT , Chitradurga

JUDGE:

Prof. Basantha Kumari

Professor

Department of CS&E,SJMIT

You Are Cordially Invited

Prof. Beena sheril

Prof. Pavithra N

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Outcome of the event (Day 3):

On 21st June 2024, S.J.M Institute of Technology celebrated International Yoga Day “YOGA QUIZ Competition” from 10.00am at EDUSAT CSE Department, organized by Womens’s Cell,SJMIT .

Prof. Basantha Kumari, Judge of the event and Women’s cell coordinators Prof Beena Sheril, Prof Pavithra N, and other women cell members inaugurated the programme.

Prof Beena Sheril Women’s cell coordinator gave a brief introduction about International Yoga Day and about “YOGA QUIZ Competition” and welcomed all the students and faculty members.

Prof. Basantha Kumari ,Judge for the event addressed the gathering and told why yoga is important in our day today lives and also she told it's time to deepen our understanding about this day through our GK quiz on International Yoga Day 2024.

The students from various departments participated in the quiz competition .Finally Prof Basantha Kumari declared the winners and announced Deepika G R ,6th sem, CSE as the winner and Azeema Shariff, 6th sem, CSE as runner up . Prof Shruthi M K and Prof Nandini G R and other faculty members congratulated the winners.

The programme ended with a vote of thanks by Women’s cell coordinator Prof. Pavithra N.

Women Cell coordinator addressing YOGA Quiz participants:



Quiz competition judge addressing participants:



Students actively participating in YOGA Quiz competition:





Women's Cell members congratulating winner:





Women’s Cell members congratulating runner up:

