POST EVENT SUMMARY REPORT

Name of the event	Demonstration Program of Yogasanas& Utility of Y-Break App
Location	S. A. Pre-University College,Naregal
Date of the event	04/02/2022 at 07:00 am
Name of the Resource Person	Dr. Rakesh T C, Lecturer, Dept. of Swastavritta& Yoga
Number of Beneficiaries	120 Students

SUMMARY

RGES Ayurvedic Medical College Hospital & PG Research Centre organized a **Demonstration Programof Yogasanas** and utility of **Y-Break** app at S A PU College Naregal on 04/02/2022. The event was organized to mark the celebrations of ***AzadiKaAmrutMahotsav***.

The event was inaugurated by Dr.I B Kottureshetti Principal RGES AMC & H Ron who explained the importance of Yoga in maintaining overall health. SmtAnasuyaPatil Principal SA PU College presided over the function. Resource person Dr. Rakesh T C Assistant Professor RGES AMC & H Ron gave the introductory speech and explained the origin and the modifications of Yoga in the current life style. He demonstrated more than 20 yogasana postures which were followed by the students.The utility of **Y-Break** app released by Ministry of AYUSH with an aim of adaptation of Yoga even in the remote areas of India was also narrated during the event. More than 120 students participated & performed several Yogasanas during the event. Dr. B V Policepatil Associate Professor RGES AMC & H Ron conveyed vote of thanks. Dr. S A Ronad, Lecturer & other staff members were also present during the event.