

International Yoga Day 21-06-2023

Department of Computer Science and Engineering (Cyber Security) in association with Computer Science and Engineering celebrated International Yoga day on 21st June 2023 at B block 4th floor from 8.45am to 9.45am. All faculties of the departments actively participated in the event. Dr. Savita Hiremath of department of CSE and Prof.Naveen Kulkarni of Department of CSE(CS) demonstrated and trained different asanas of Hatha Yoga like Surya Namaskara, Yoga Namaskara, Veerabhadrasana, Sarvangaasana, etc., along with Pranayama (Breathing Techniques), Meditation. CSE Department Chairman Dr. Girisha talked on contribution of Indian ancient knowledge like yoga to humanity. CSE(CS) chairman Dr. Kiran Malagi talked on Effect alternative and complementary medicines like yoga and music on physical and mental health.

