



Jansons Institute of Technology

Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai
Coimbatore, Tamil Nadu – 641659
www.jit.ac.in



Event Report

Title : International Yoga Day 2021 "Yoga at Home"
Date : 21.06.2021 **Time (from & to)** : 10.00 am to 1 pm
Venue (offline) : Individual Home
Organised by : National Service Scheme (NSS)
In association with : Tamil Mandram

JIT Website <https://jit.ac.in/events/tamil-mandram/understanding-covid-19-vaccines-2/>

No. of Participants / Beneficiaries

Total (Participants / Beneficiaries)	Students coordinated	Teacher	Student Participants	Teacher (Outside institution)
49	5	4	40	-

Event Objective

The main motto of the event is to practice yoga at their home itself due to COVID lockdown.

Event Summary

An International yoga day was celebrated by Jansons Institute of Technology, Coimbatore on June 21, 2021 and the event was organized by the National Service Scheme and Tamil Mandram of Jansons Institute of Technology with the objective of sharing the importance and benefits of practicing yoga for a healthy mind and body.

The flyer of the event is circulated among faculty members and students regarding the practicing of Yoga at Home. Faculties and students from various departments Jansons Institute of Technology were actively participated in the event. Participants did different yogasana in their home and shared the photographs. A total of 45 students and 4 faculties involved in the event.




Event Outcomes

Due to the Celebration of Yoga Day, all the participants are highly benefitted through various yogasanas and it helps them to practice regularly at their home.



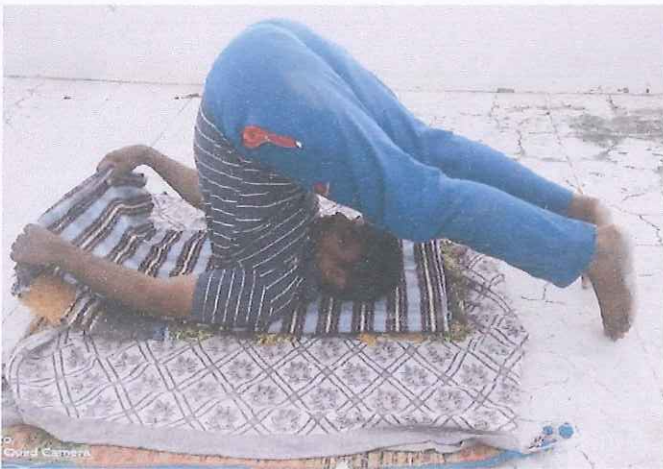

PRINCIPAL
JANSONS INSTITUTE OF TECHNOLOGY
KARUMATHAMPATTI
COIMBATORE - 641 659

Event Feedback

<p>How would you rate the event in terms of preparation, flow, and content?</p>	 <table border="1"> <tr><td>Excellent</td><td>94%</td></tr> <tr><td>Very Good</td><td>3%</td></tr> <tr><td>Good</td><td>1%</td></tr> <tr><td>Fair</td><td>2%</td></tr> </table>	Excellent	94%	Very Good	3%	Good	1%	Fair	2%
Excellent	94%								
Very Good	3%								
Good	1%								
Fair	2%								
<p>The content and activities of the event has increased my knowledge.</p>	 <table border="1"> <tr><td>Strongly Agree</td><td>90%</td></tr> <tr><td>Agree</td><td>6%</td></tr> <tr><td>Neutral</td><td>4%</td></tr> <tr><td>Disagree</td><td>0%</td></tr> </table>	Strongly Agree	90%	Agree	6%	Neutral	4%	Disagree	0%
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Disagree	0%								
<p>Overall experience of the event.</p>	 <table border="1"> <tr><td>Very Satisfied</td><td>94%</td></tr> <tr><td>Satisfied</td><td>4%</td></tr> <tr><td>Neutral</td><td>2%</td></tr> <tr><td>Dissatisfied</td><td>0%</td></tr> </table>	Very Satisfied	94%	Satisfied	4%	Neutral	2%	Dissatisfied	0%
Very Satisfied	94%								
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Dissatisfied	0%								

Date of report submission: 23.06.2021

Event Photographs




Mr. Prakash, Faculty, ECE,
Practising Yoga at Home on International
Yoga Day, 21.06.2021



Mr. Loganathan, III Mech,
Practising Yoga at Home on International
Yoga Day, 21.06.2021


Faculty Coordinator
 Dr. K. Senthamil Selvan
Programme Officer
 National Service Scheme
 Jansons Institute of Technology
 Coimbatore - 641659.




Principal
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KARUMATHAMPATTI, COIMBATORE - 59

VOLUNTEERS LIST
2021 - 2022

Title: Yoga Day
Organised by NSS
Date: 21.06.21
Place: Online

S.No.	Name	Dept.
1	SAFEERA V	CSE
2	SINDHU S	
3	SRI SIVA RANGA SAI GATTA	
4	LOGANANTH K	ECE
5	GAYATHRI M	

In this event, 40 students of JIS & 4 teaching faculty members were participated.


NSS Programme Officer

NSS PROGRAMME OFFICER
JANSONS INSTITUTE OF TECHNOLOGY
KARUMATHAMPATTI,
COIMBATORE - 59.


Principal

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