



Jyothy Charitable Trust®
Jyothy Institute of Technology

Tataguni, off Kanakapura road, Bengaluru-560082

Approved by The All India Council for Technical Education (AICTE) - New Delhi;

Affiliated to Visvesvaraya Technological University(VTU), Belagavi;

ECE, CSE, ISE, CV- Accredited by National Board of Accreditation (NBA) -New Delhi.

Phone:080-28435052

Email: hod.ped@jyothyit.ac.in

Website: www.jyothyit.ac.in



YOGA SESSION – 2025 BY DEPT. of PHYSICAL EDUCATION AND SPORTS

“Yoga for One Earth , One Health”



International Yoga day was celebrated on 21st June at JIT Campus. Session was started at 7 am with Lord Ganesha Shloka and Welcome speech by PED Dr Gireesha S. Yogaasanas, Suryanamaskar, Pranayama were taught to students by our Faculty of ECE Dr Asha Bharthi Ma'am.(Trained Yoga Instructor)

Principal, Indian Overseas Bank Members , Faculty, NCC Cadets and Students of JIT were present at the venue. Speech was given by our Regional Director of Indian Overseas Bank (Chief Guest) Mr Umesh kumar sing and senior Manager of IOB Mr Charles .Program was ended at 8- 30 am with Shanti Mantra and Vote of thanks by PED Dr Gireesha S.