



# K.S. INSTITUTE OF TECHNOLOGY

## National Service Scheme

## ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ



# 14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109.



### INTERNATIONAL YOGA DAY

**Date of Conduction of Program:** 21-06-2022

**Venue:** KSIT

**Organized by:** NSS Unit

**Duration:** 8:30am to 10:30am

**Participants:** Principal, NSS PO, HODs, Faculties, NSS volunteers and students.

### HISTORY OF YOGA DAY

International yoga day was introduced by of Prime Minister Narendra Modi on September 27, 2014, to United Nations General Assembly (UNGA). Keeping in mind the wide benefits and popularity of yoga across the globe UNGA declared 21<sup>st</sup> June as the International Yoga Day on 11<sup>th</sup> December 2014.

### SCOPE OF THE PROGRAM

To promote awareness about the importance of yoga to the people.

### OBJECTIVE OF THE PROGRAM

Yoga professes a complete system of physical, mental, social, and spiritual development. For generations, this philosophy was passed on from the master teacher to the student.

### HIGHLIGHTS OF THE PROGRAM

The started of with NSS volunteers warming up before doing yoga poses. Our principle also gave an head start by cheering up the students with his speech to maintain healthy mindset and body by regularly practicing yoga. Our senior(\_) led the crowd by guiding how to do many asanas and meditation. In the end after an hour session enlightening of yoga breakfast was given to the students.



Principle inaugurating the session





**Suryanamaskara**



**NSS VOLUNTEERS of KSIT**



[Yoga by NSS volunteers](#)