



# K.S. INSTITUTE OF TECHNOLOGY

## National Service Scheme

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



## INTERNATIONAL YOGA DAY

**DATE:** 10\06\2024

**VENUE:** Ramanahalli, Bidadi Hobli, Ramanagara District, Karnataka- 562109

**ORGANIZED BY:** NSS Unit of KSIT

**DURATION:** 07:30AM – 09:00AM.

**PARTICIPANTS:** NSS Program Officer, NSS Volunteers.

**INCHARGE FACULTY:** Mr. Naveen V, NSS Program Officer, KSIT.

### OBJECTIVES:

- To promote physical and mental well-being among village residents, enhancing their overall health and quality of life.
- To increase awareness about the benefits of yoga for health and wellness, educating villagers on its impact on physical, mental, and emotional well-being.
- To provide a platform for villagers to come together and practice yoga, fostering a sense of community and social connection.
- To reduce stress and anxiety, and improve overall quality of life, promoting relaxation and calmness.
- To encourage villagers to adopt yoga as a regular practice for a healthier lifestyle, inspiring long-term commitment to physical and mental well-being.

## **HISTORY OF YOGA DAY**

Yoga Day was proposed by Indian Prime Minister Narendra Modi on September 27, 2014. The United Nations adopted the resolution, and the first Yoga Day was celebrated on June 21, 2015. Yoga Day is celebrated annually on June 21, the summer solstice in the Northern Hemisphere. The day aims to raise awareness of yoga's benefits and promote its practice worldwide. In 2015, India's Reserve Bank issued a commemorative coin to mark Yoga Day.

## **SCOPE OF THE PROGRAM**

Celebrating Yoga Day promotes physical, mental, and spiritual well-being. It raises awareness about the benefits of yoga for holistic health. Yoga Day encourages a healthy lifestyle and stress management. It fosters global unity and harmony, transcending cultural boundaries. By celebrating Yoga Day, individuals can connect with their inner selves and nature.

## **HIGHLIGHTS OF THE EVENT**

NSS unit of KS Institute of Technology, Bangalore, organized a yoga session in Ramanahalli Village, Bidadi. This event was conducted on 10th June 2024 to commemorate International Yoga Day, with the objective of promoting awareness about the significance of yoga in daily life and encouraging its adoption as a regular practice among the rural community.

The yoga session was skillfully handled by our volunteers, Sanjay P and Keerthana K, who led the participants through various yoga practices and breathing techniques. The session commenced with the ancient yogic practice of Suryanamaskara, which was performed 11 times, accompanied by the recitation of slokas. Our volunteers elucidated the importance of this practice, highlighting its benefits for physical and mental well-being. The session progressed to Pranayama, a breathing-related yoga practice that promotes relaxation and stress relief.

The event concluded with a sense of accomplishment and a newfound appreciation for the ancient art of yoga. We believe that this initiative will have a lasting impact on the participants, inspiring them to incorporate yoga into their daily lives. The NSS unit of KSIT is committed to promoting yoga as a means to achieve physical, mental, and emotional well-being, and this event was a significant step towards achieving this goal.











**PROGRAM OUTCOMES:**

At the end of the programme, the following PO's are attained.

NSS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO 11	PO 12
NSS PROGRAMME						2	3		3			3

**Justification of PO mapping:**

- *Students can able to assess societal, health, safety, legal and cultural issues and the consequent responsibilities .*
- *Students can able to Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development .*
- *Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.*
- *Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change*



NSS COORDINATOR

**NSS Programme Officer**  
**K S Institute of Technology**  
**Kanakapura Main Road**  
**Bengaluru - 560 109**



PRINCIPAL

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**BENGALURU - 560 109.**