



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

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

INTERNATIONAL YOGA DAY

DATE: 23\06\2025

VENUE: KSIT Quadrangle

ORGANIZED BY: NSS Unit of KSIT

DURATION: 9:30 AM to 10:30 AM

PARTICIPANTS: Principal, Staffs and NSS Program Officer.

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

OBJECTIVES:

- To reinforce the integration of wellness practices into academic life, highlighting yoga as a vital tool for maintaining energy and focus in both teaching and administrative roles.
- To promote holistic wellness among college faculty and staff, emphasizing the role of yoga in managing work-related stress and improving mental clarity.
- To raise awareness about the importance of mental health in educational institutions, using yoga as a gateway to promote emotional resilience and inner balance.
- To create a shared space for relaxation and mindfulness, allowing staff and students to bond outside of the formal academic setting and strengthen interpersonal connections.
- To foster a culture of well-being on campus, encouraging regular wellness routines among educators and students alike through visible staff participation.

HISTORY OF YOGA DAY

The International Day of Yoga was proposed by India's Prime Minister, Shri Narendra Modi, at the United Nations General Assembly on September 27, 2014. The UN adopted the resolution, and the first Yoga Day was celebrated on June 21, 2015—chosen for being the summer solstice, the longest day of the year in the Northern Hemisphere. The day aims to raise global awareness about the benefits of yoga and encourage its regular practice for overall well-being. To mark the occasion, the Reserve Bank of India issued a commemorative coin in 2015.

SCOPE OF THE PROGRAM

Celebrating the International Day of Yoga highlights the importance of physical, mental, and spiritual well-being through the practice of yoga. It serves as a platform to increase awareness of yoga's role in promoting holistic health and balanced living. The day encourages individuals to adopt a healthier lifestyle, manage stress effectively, and cultivate inner peace. It also promotes a sense of global unity and cultural harmony by bringing people together across nations. Through this celebration, individuals are inspired to reconnect with themselves and align more closely with nature.

HIGHLIGHTS OF THE EVENT

In celebration of International Yoga Day, a special yoga session was conducted at the KSIT Quadrangle on 23rd June 2025 from 9:30 AM to 10:30 AM. The session was led by Mrs. Sreelakshmi, founder of Yoga Matta, JP Nagar, who brings over 20 years of experience in yoga training. Organized exclusively for the teaching and non-teaching staff of KSIT, the program aimed to promote wellness and mindfulness among the faculty and staff.

The event saw enthusiastic and sincere participation from all attendees. Dr. Dilip Kumar, Principal of KSIT, honoured the guest and actively took part in the session, setting an encouraging example for the entire college community. Mrs. Sreelakshmi guided the participants through a series of yoga postures, breathing techniques, and meditation exercises, while emphasizing the key benefits of yoga such as improved physical flexibility, reduced stress, better posture, increased concentration, and overall well-being.

The session was well-received and succeeded in spreading awareness about the importance of yoga in daily life. It inspired participants to adopt yoga as a regular practice for maintaining a healthy and balanced lifestyle. The celebration of International Yoga Day at KSIT reflected the institution's continued commitment to fostering physical, mental, and emotional wellness within the campus environment.



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
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