



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

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

YOGA DAY: 07/02/2020

The Yoga Day was celebrated on 7TH FEBRUARY 2020 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.

An account of annual special camp -2020.NSS Unit in association with Grama swarajya high school organized Yoga Day at Grama swarajya high school Campus on 7TH FEBRUARY 2020. Yoga session was taken by Visveswara Hegde yoga teacher of Grama swarajya high school. 50 NSS volunteers were participated and made grand success.



STUDENTS PERFORMING YOGA



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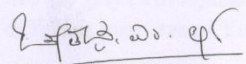
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