



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ



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	PO11	PO12
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

PRINCIPAL

K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109.



K.S. INSTITUTE OF TECHNOLOGY, BANGALORE - 109
DEPARTMENT OF ARTIFICIAL INTELLIGENCE & MACHINE LEARNING

Attendance & Feedback Details

Name of the Event: International Yoga Day

Date: 10/06/2024

Total number Student Participants:

Sl. No	Name	USN	Feedback about the event & Learning Quotient				Signature of the participant
			Very Good	Good	Satisfactory	Unsatisfactory	
1	Sarhin	1KS23A1044	✓				
2	Rishab.R.P	1KS23A1039		✓			
3	Rishik Honda	1KS23A1040		✓			
4	Susya.S			✓			
5	Deepak.R	1KS23A1011		✓			
6	Shreyas.M	1KS23A2051		✓			
7	Tarun.S	1KS23A1060		✓			
8	Vaaran.S	1KS23CS174		✓			
9	Srujan.R	1KS23AP052		✓			
10	Sudashan	1KS23AP055		✓			

HOD

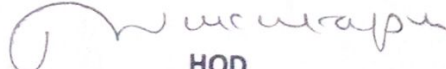
Head of the Department
Artificial Intelligence & Machine Learning
K.S. Institute of Technology
Bengaluru - 560 109



K.S. INSTITUTE OF TECHNOLOGY, BENGALURU-109
DEPARTMENT OF COMPUTER SCIENCE & ENGG.
STUDENT LIST FOR INTERNATIONAL YOGA DAY PROGRAM

DATE: 10/06/2024

SLNO	USN	NAME	SIGNATURE
1	1KS21CS061	MONIKA D	Monica
2	1KS21CS064	NAGASHREE A	Nagashree A
3	1KS21CS079	RASHMI B PHULARI	Rashmi B Phulari
4	1KS21CS081	RAVITEJ ARJUN KAKHANDAKI	Ravitej
5	1KS21CS082	REDDY TEJASWINI A	Tejaswini A
6	1KS21CS084	RUTHU M R	Ruthu M R
7	1KS21CS086	SAMRAT SINGH	Samrat
8	1KS21CS087	SANTHOSH K A	Santhosh K A
9	1KS21CS088	SHAMITHA RAVISHANKAR	Shamitha Ravishankar
10	1KS21CS089	SHEETAL NAIK	Sheetal
11	1KS21CS092	SHOEB AHMED QUADRI	Shoeb Ahmed
12	1KS21CS096	SNEHA S	Sneha S
13	1KS21CS098	SRINIDHI MADHUSUDHAN	Srinidhi
14	1KS21CS102	SUNIDHI P	Sunidhi P
15	1KS21CS106	TEJASHREE GOWDA Y K	Tejashree Gowda
16	1KS21CS108	V M TEJUS	V. M. Tejus
17	1KS21CS109	VAISHALI BHOSLE	Vaishali
18	1KS21CS115	VILAS V	Vilas V
19	1KS21CS116	VISHAL KAMAN	Vishal Kaman
20	1KS22CS410	MOHAMMED FAISAL	Mohammed Faisal
21	1KS22CS412	SAINATH A	Sainath A
22	1KS21CS009	AFIFAH AYESHA BIJLI	Afifah Ayesha Bijli
23	1KS21CS054	M VAIBHAV NAYAK	M Vaibhav Nayak


HOD

Head of the Department
Dept. of Computer Science & Engg
K.S. Institute of Technology
Bengaluru - 560 109



K.S.I.T.
K.S. INSTITUTE OF TECHNOLOGY

K.S. INSTITUTE OF TECHNOLOGY, BANGALORE - 109

DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING

Attendance & Feedback Details

Name of the Event: International Yoga Day

Date: 10-06-2024

Total number Student Participants:

Sl. No.	Name	USN	Feedback about the event & learning quotient				Signature of the participant
			Very Good	Good	Satisfactory	Unsatisfactory	
1	Evam fathame	1KS19EC026	✓				
2	Aakash M	1KS20EC006	✓				
3	Harish MV	1KS22EC041	✓				
4	Kishan V	1KS22EC051	✓				
5	Nhilani Hema	1KS22EC068	✓				
6	Hema K	1KS22EC057		✓			
7	Megana SK	1KS22EC063	✓				
8	Chaitra N	1KS22EC043	✓				
9	Nandan K	1KS21EC051	✓				
10	Manish BN	1KS22EC067	✓				
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							
36							
37							


HEAD OF THE DEPARTMENT
 Dept. of Electronics & Communication Engg
 K.S. Institute of Technology
 Bengaluru - 560 109



K.S. INSTITUTE OF TECHNOLOGY, BENGALURU -109
DEPARTMENT OF MECHANICAL ENGINEERING

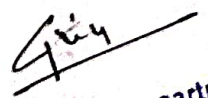
Attendance & Feedback Details

Name of the Event: International Yoga Day

Date: 10-06-2024

Total number Student Participants:

Sl. No	Name	USN	Feedback about the event & Learning Quotient				Signature of the Participant
			Very Good	Good	Satisfactory	Unsatisfactory	
1	Manoj T S	1KS21ME005	✓				AA
2	Syed uz zammil	1KS22ME404	✓				Syed
3	Srimidhi.S.B	1KS22ME403	✓				Srimidhi.S.B
4	Hemant H	1KS21ME003	✓				Hemant.H.
5	Deepak.k	1KS21ME000	✓				Deepak.k
6	Harish	1KS21ME004	✓				Harish
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							


Head of the Department
Dept. of Mechanical Engg.
K.S. Institute of Technology
Bengaluru - 560 109.



K.S. INSTITUTE OF TECHNOLOGY, BANGALORE – 109

DEPARTMENT OF APPLIED SCIENCE & HUMANITIES

Attendance & Feedback Details

Name of the Event: International Yoga Day

Date: 10th June 2024

Total number of Students Participants: 11

Sl. No	Name	USN	Feedback about the event & learning quotient				Signature of the participant
			Very Good	Good	Satisfactory	Unsatisfactory	
1	SHIVA M	1KS23CS147	✓				Shivan
2	SHIVAMANI N	1KS23CS148		✓			Shivamani
3	SHRAVYA PRAKASHI	1KS23CS149	✓				Shravya
4	SHIREYA S	1KS23CS150		✓			Shireya
5	HUSNA FATHIMA	1KS23IC023	✓				Husna
6	MANOHARA K N	1KS23IC024	✓				Manohara
7	MEKHALA A	1KS23IC025	✓				Mekhala
8	MOHAMMED ALMAN	1KS23IC026		✓			Mohammed
9	MOHID SHAIK	1KS23IC027		✓			Mohid
10	JANANI R	1KS23AI017	✓				Janani
11	JEEVAN K M	1KS23AI018	✓				Jeevan


Head of the Department
Dept. of Science and Humanities
K.S. Institute of Technology
Bangalore - 560 109