



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952
K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109

Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906

www.kssem.edu.in

Celebration of Yoga Day

On

21st June 2023

by



National Service Scheme (NSS)

K.S. School of Engineering and Management

Bengaluru - 560109



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952
K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC
#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109
Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906
www.kssem.edu.in

NSS cell and Department of Management Studies, KSSEM celebrated 9th INTERNATIONAL YOGA DAY on 21/6/2023(Wednesday). Fitness and Yoga Club conducted various activities in order to observe International Yoga Day - 2023 for IV Semester MBA students. Every year International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being. The concept of International Yoga Day was introduced by Prime Minister Narendra Modi during his 2014 address to the United Nations General Assembly. This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

Various Activities Conducted to observe International Yoga Day:

1. Yoga and Pranayama Exercises.
2. Yoga competition-3 Mandatory Asanas and 2 Asanas of their own choice.
3. Yoga Quiz in google form for 15 minutes.

Yoga and Pranayama Exercises

Venue: 5th Floor, A-Block, KSSEM at 9.35 am to 10.30 am.

Student Coordinator: Ms. Amrutha and Yashavant V M, IV Sem, MBA

To observe International Yoga Day - 2023 and create awareness among the young generation, the department of management studies celebrated International Yoga Day with the 2023's theme 'Yoga for Vasudhaiva Kutumbakam', i.e., 'One Earth, One Family, and One Future'.

Maintaining a good level of physical and Mental fitness is highly important. Hence our students performed Yoga for 1.5 hours long where Ms. Amrutha and Yashavant V M of IV semester MBA



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952
K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC
#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109
Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906

www.kssem.edu.in

Fitness and Yoga Club Coordinators were instructors and Demonstrators for the Yoga and Pranayama Exercises. Other Coordinators supported all students to perform yoga in the right postures.

The activities followed during the yoga session were:

1. Shanti Mantra/ Shloka
2. Warm-up Exercises
3. Mandatory 21 Surya Namaskaras for all the students
4. Asanas
5. Relaxing Exercises
6. Pranayama
7. Meditation

Yoga competition

Venue: 512A A-Block, KSSEM at 9.35 am

Student Coordinator: Mr. Chinmay Adithya, IV Sem, MBA

Yoga competition was organized for students. Students were given 5 asanas, out of 5 asanas 3 mandatory Asanas and 2 Asanas of their own choice. Students were Evaluated for all the Asanas based on different parameters mentioned below:

1. Complexity
2. Final Pose
3. Stability
4. Perfection



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952

K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109

Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906

www.kssem.edu.in



Yoga Quiz in google form for 15 minutes

Venue: 513A, A-Block, KSSEM at 10.50 am

Student Coordinator: Mr. Guru Prasad, IV Sem, MBA

Online Yoga Quiz for students to check their awareness about this ancient tradition by taking this yoga quiz. The objective was to create awareness and importance of Physical and Mental fitness. There were 25 questions that had to be answered in 10 Minutes duration.



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952
K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC
#15, Near Vajarahalli, Mallasandra, off kanakapura Road, Bengaluru – 560109
Tel: +91 8028425012/013/163, Fax: +91 80 28425164, Mob: 88844444408 / 9606055906
www.kssem.edu.in

Link of the quiz:

<https://addonforge.com/timer/1FAIpQLScbXPrfSCY-astiyFIgSgiv4WgNtwBifwhSs3N39zxrgrsYCSw>

NSS Program Officer

MANOHARKUMAR K N

NSS Program Officer

K S School of Engineering and Management
Bengaluru - 560 109

Principal

Dr. K. RAMA NARASIMHA
Principal/Director

K S School of Engineering and Management
Bengaluru - 560 109