



Kammavari Sangham (R), 1952
K. S. School of Engineering and Management



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Department of MBA

BATCH 2022-2024

INTERNATIONAL YOGA DAY SPECIAL

Date: 24-06-2024

Kammavari Sangham (R) 1952, K. S. Group of Institutions
K. S. SCHOOL OF ENGINEERING AND MANAGEMENT
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Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi, Accredited by NAAC

NATIONAL SERVICE SCHEME (NSS)
in Association with MBA Department Organises
**International
Yoga Day**

PHYSICAL, MENTAL & SPIRITUAL WELLNESS
STRONGER IMMUNE SYSTEM
IMPROVED LUNG HEALTH
INCREASED ENERGY
INCREASED FLEXIBILITY

Speaker:
Dr. Kokila Kulkarni- BAMS, MBA, Yoga Instructor
(YTT-200Hr)

DATE: 24TH JUNE 2024 AT 3 PM
Venue: Kavirathna Kalidasa
Auditorium

“Yoga is the journey of the self, through the self, to the self.”

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Objectives:

Yoga is a holistic practice that encompasses physical, mental, and spiritual dimensions. The objects or goals of yoga vary depending on the tradition and individual's intentions. Here are some primary objects of yoga

- Physical Health and Fitness
- Mental Clarity and Focus
- Emotional Balance
- Spiritual Growth
- Ethical and Moral Development

- Harmony and Balance



Summary

On International Yoga Day, our college organized a comprehensive 55-minute yoga session that emphasized the holistic benefits of yoga. The event commenced with an insightful talk by our Head of Department, Mr. Manjunath sir, who highlighted the significance of yoga in our daily lives. Following his speech, Dr. Kokila mam took over and guided the entire session with her expertise.

The yoga practice began with the resonant chanting of 'Om,' which set a serene and focused tone for the session. This was followed by a guided meditation, helping participants to centre their minds and cultivate inner peace. Next, we engaged in a series of breathing exercises (Pranayama), which enhanced our respiratory function and promoted relaxation.

The highlight of the session was the practice of Surya Namaskar (Sun Salutation), a dynamic series of yoga postures that improve flexibility, strength, and mental clarity. With the clear instructions ensured that everyone could follow along, regardless of their skill level. The session concluded on a refreshing note with a specially prepared refreshment drink, leaving everyone feeling revitalized and energized.

Overall, the yoga session was a harmonious blend of tradition and practice, fostering physical, mental, and spiritual well-being among all participants.

Benefits of Meditation:

- **Mental Clarity:** Sharpens focus and mental clarity.
- **Stress Relief:** Significantly reduces stress and anxiety.
- **Emotional Stability:** Enhances emotional regulation and mindfulness.
- **Self-awareness:** Increases self-awareness and presence.
- **Spiritual Growth:** Fosters a deeper connection with the inner self.

Benefits of Breathing Exercises (Pranayama):

- **Enhanced Respiratory Function:** Improves lung capacity and efficiency.
- **Increased Energy Levels:** Boosts vitality and reduces fatigue.
- **Mental Calmness:** Promotes relaxation and reduces stress.
- **Improved Focus:** Increases concentration and mental clarity.
- **Emotional Balance:** Helps regulate emotions and enhance mood.

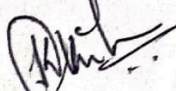
Benefits of Surya Namaskara (Sun Salutation):

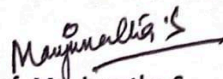
- **Physical Fitness:** Improves flexibility, strength, and cardiovascular health.
- **Detoxification:** Enhances circulation and promotes detoxification.
- **Boosted Metabolism:** Increases metabolic rate and aids in weight management.
- **Energy Flow:** Stimulates energy flow throughout the body.
- **Mental Focus:** Sharpens concentration and mental clarity.





Sl. No	Particulars	Details
1	Name of the resource person	Dr. Kokila Kulkarni
2	Designation	Assistant Professor
3	Contact Details - Mobile	8884735656
4	Contact Details – e-mail id	kokilakulkarni@kssem.edu.in
5	Date of event(If more than 1 day, mention from and to date)	24.06.2024
6	Duration in mins	55min
7	Number of student participations	17
8	Number of faculty participations	3
9	Number of external participations	0


Prof. Kokila Kulkarni
 Co-Ordinator


Prof. Manjunatha S
 Head of Department


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 Principal/Director
Principal/ Director
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