



KSSEM
K.S. SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952
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#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 International Yoga Day

On

24th June 2024

by

KSSEM, Bengaluru - 560109

Association with



NATIONAL SERVICE SCHEME (NSS)

K.S. School of Engineering and Management

Bengaluru - 560109



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International Yoga Day, is celebrated annually on June 21st. The United Nations General Assembly declared this day in December 2014, following a proposal by Indian Prime Minister Narendra Modi. The first International Yoga Day was observed on June 21, 2015.

Objectives

The main goals of International Yoga Day include:

- Raising awareness worldwide about the benefits of practicing yoga.
- Promoting physical, mental, and spiritual well-being.
- Encouraging a holistic approach to health and well-being.

NSS cell and Department of MBA, KSSEM celebrated 10th INTERNATIONAL YOGA DAY on 24/6/2024 at Kavirathna Kalidasa Auditorium from 3pm. **Dr. Kokila Kulkarni**, Assistant Professor and Yoga trainer from MBA department served as trainer and delivered the speech on the importance of yoga in our daily life and proper way in doing yoga etc. **Prof. Manjunath S, HOD of MBA, Prof. Manoharkumar K N**, Asst. Prof. and NSS Program Officer, and **Mr. Shivaprakash K M**, Physical Education Director, KSSEM witnessed the event. NSS and Fitness & Yoga Club conducted various activities in order to observe International Yoga Day - 2024 for students and faculties. 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.

Maintaining a good level of physical and Mental fitness is highly important. Hence our students performed Yoga for one hour long.

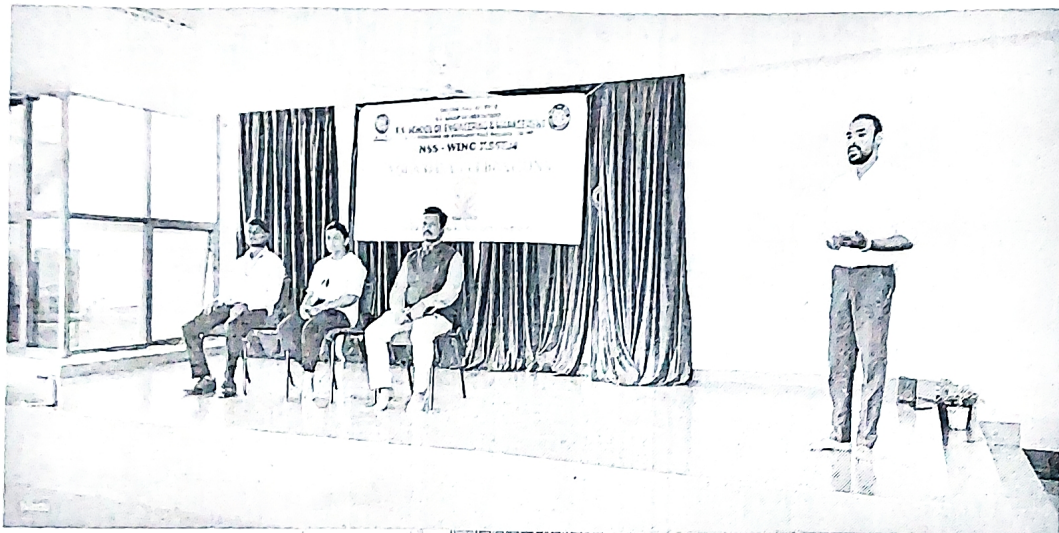


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The activities followed during the yoga session were:

1. Shanti Mantra/ Shloka
2. Warm-up Exercises
3. Asanas
4. Relaxing Exercises
5. Pranayama
6. Meditation





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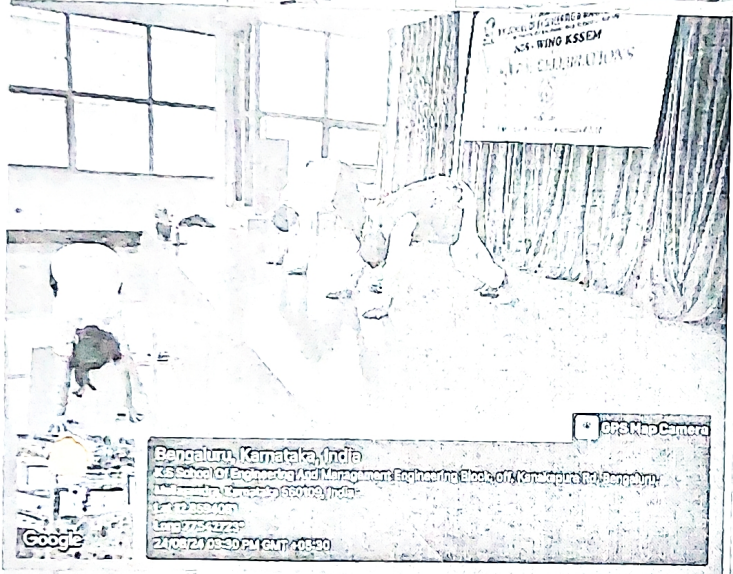
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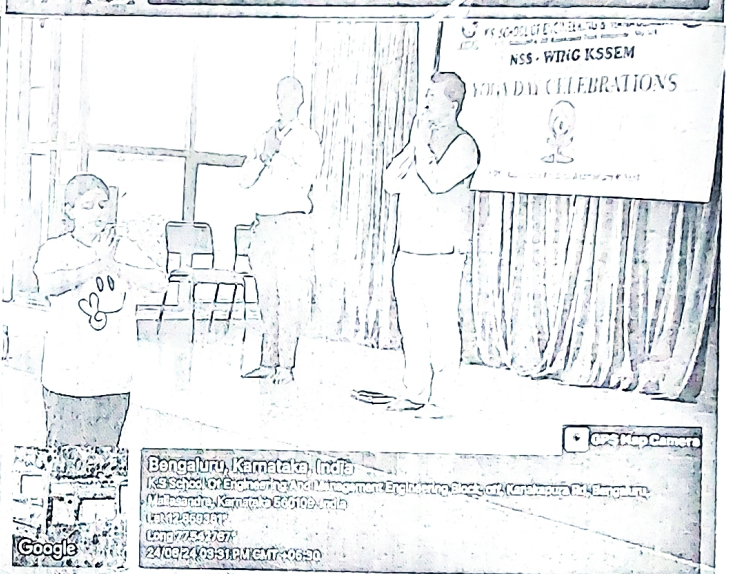
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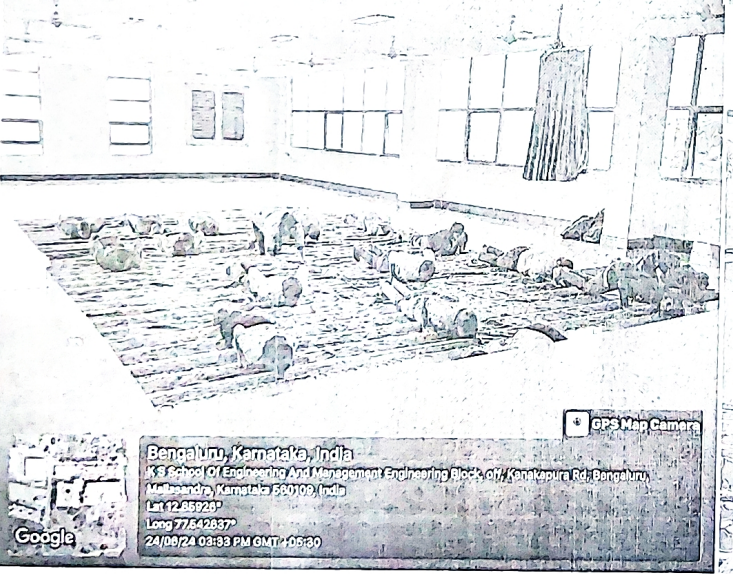
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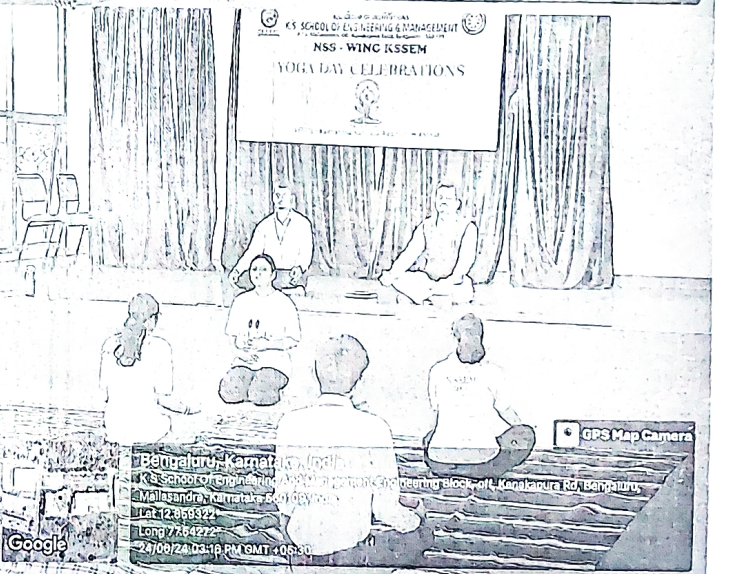
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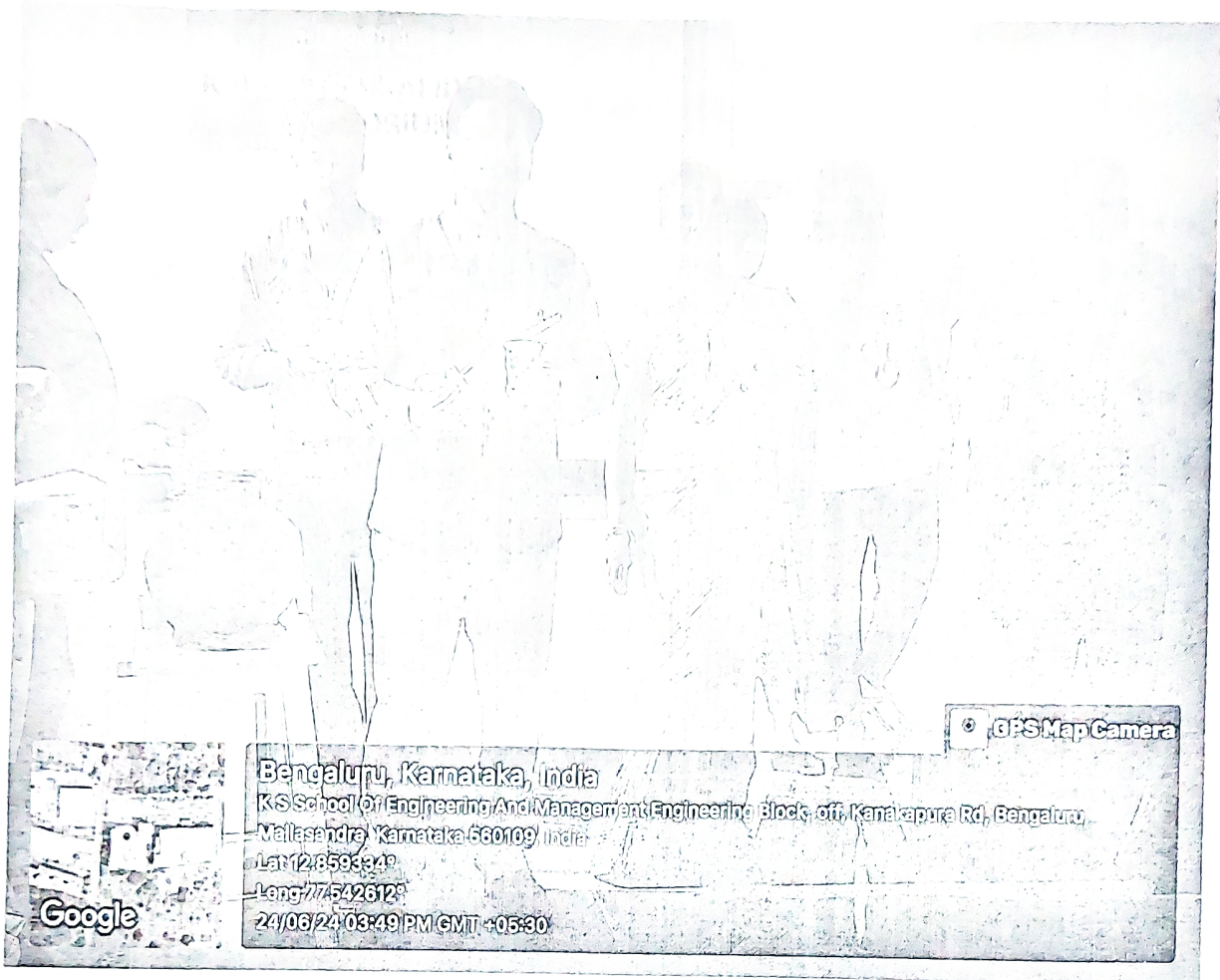
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I would like to extend my gratitude to our Management, CEO, and Principal for their generous support and financial assistance, which allowed us to organize the activity seamlessly.

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