



K.S. INSTITUTE OF TECHNOLOGY
National Service Scheme
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ



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

MEDITATION

Date of conduction: 2.12.2022

Time: 10.30am-12.pm

Venue: KSIT Campus

Branches: CSE, CS&D, ECE, AI&ML, CCE, IOT and ME.

Organized by: NSS unit of KSIT

Delivered By: Prof. Rajeshwari Hegde, HetalGaneriwal, Kishore Ludhani,
Mahesh Prasad, Gurubalan T, Hemanth Kothari

All the first year students were divided into six groups and made them to sit in a separate class rooms. Each room was assigned by the professionals from Heartfulness Meditation. They explained the importance of meditation how it makes students to lead their lives in new light, also they taught students how they should give time to themselves. Explained various concerns and factors involved in human life and also made students to play mind games. Finally they conducted the meditation session for 20 minutes



Nani

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Okumar

PRINCIPAL
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