



KSIT
K S INSTITUTE OF TECHNOLOGY

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National Service Scheme
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#14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109



YOGA DAY

Date of Conduction of Program: 21-06-2023

Venue: New Building 5th floor

Organized by: NSS UNIT OF KSIT IN ASSOCIATION WITH
INSTITUTION'S INNOVATION COUNCIL. AND APPLIED SCIENCE &
HUMANITIES

Duration: 8:30am to 10:30am

Participants: Principle, CEO, All the department heads, NSS
Officer ,NSS volunteers and first year students.

Delivered By – Vishal and Preethi

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual power that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

The event began at 8:30 AM with a brief introduction on Yoga Day and by welcoming the guest's, faculties and Instructor.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these



were explained simultaneously. The instructor encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

International Yoga Day celebrations ended at 10:30 AM with a huge success.

PHOTOS







Bengaluru,KA,India
 Kanakapura Main Road, Raghuvanahalli,
 Bengaluru, 560062, KA, India
 Lat 12.878983, Long 77.544987
 06/21/2023 09:12 AM GMT+05:30
 Note : Captured by GPS Map Camera



Bengaluru,KA,India
 Kanakapura Main Road, Raghuvanahalli,
 Bengaluru, 560062, KA, India
 Lat 12.878893, Long 77.545024
 06/21/2023 09:15 AM GMT+05:30
 Note : Captured by GPS Map Camera

INCHARGE FACULTY: Mr. Naveen V, NSS Coordinator, KSIT

Naveen V

NSS Programme Officer
K S Institute of Technology
Kanakapura Main Road
Bengaluru - 560 109

K. S. Kumar

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