

Yoga and Meditation

2018-19



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

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



INTERNATIONAL YOGA DAY: 21/06/2019

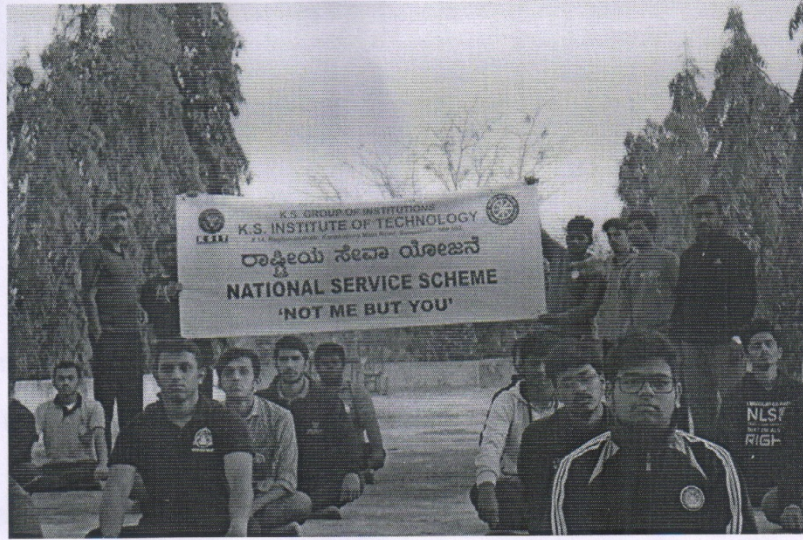
K.S . Institute of Technology celebrated International Yoga Day on 21st June 2019 under the guidance of Mr.Vishweshwara Hegde, a trained Yoga Teacher.

Around 50 students of our college were a part of the event.

He thought us different Yoga and Pranayama postures with objective to keep their mind and body healthy. Mr.Vishweshwara Hegde has been performing Yoga since last more than 30 years and trained many in yoga.

Mr.Hegde performed yoga and also gave brief introduction of inception of yoga saying about the significance of Yoga word derived from the Sanskrit word 'Yuj' means to join or unite. It is believed to have evolved during the period of 'Sat Yug', also called as Golden age. He continued briefing about the advantages of performing yoga to human body, especially for mental health and physical fitness.

He mentioned in Indian traditions, the yoga is more than the physical exercise, it has a meditative and spiritual core, he continued saying that, studies have attempted to establish the helpfulness of yoga as a complementary involvement for cancer, schizophrenia, asthma, and heart disease, but the results of studies have been varied, uncertain in effectiveness and may reduce risk factors and aid as psychological healing procedure. The following snapshots, showing different postures of Yoga and meditation



ಶೃಂಗೇಶ್. ಎಂ. ಉರ್
 CHOWDAPPA.M.R

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

Dr. T.V. Govindaraju
 21.6.2019
 Dr.T.V GOVINDARAJU

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


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

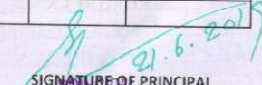
LIST OF STUDENTS ENROLLED FOR YOGA & MEDITATION

2018-19

SL.NO	USN	NAME	BRANCH & SEM	EMAIL_ID	PHONE NO.	SIGNATURE OF STUDENT
1	1KS17EC10A	Vishal Gowtham . N	VI ECE	vishal211299@gmail.com	9008410734	Vishal
2	1KS19EC405	Pruthvi Dinesh	IV ECE	pruthvi_sunitha@gmail.com	7338905234	Pruthvi
3	1KS19ME025	Thyaga V.R	II ME	thyagathijji177@gmail.com	9106209444	Thyaga
4	1KS19EC067	Ramya Mee . R	II ECE	ramyamee20241130@gmail.com	9606369411	Ramya
5	1KS19EC103	Vigneshmuthaiah . R	II ECE	vigneshmuthaiah@gmail.com	8095484958	Vignesh
6	1KS18EC06A	Purnusha tham V.R	IV ECE	P.purnushatham1837@gmail.com	7349726747	Purnusha
7	1KS18EC083	Shreya V.Dev	IV ECE	shreyavdev999@gmail.com	7341855990	Shreya
8	1KS19EC016	Chandan Raj . V	II ECE	chandanraj1101@gmail.com	9741817885	Chandan Raj
9	1KS19ME004	ARUN KUMAR . M	II ME	luktganiarun1236@gmail.com	8018314740	Arun
10	1KS19EC101	VANDANA . G	II EC	vandana313@gmail.com	9114887519	Vandana
11	1KS19ME024	SURE ASHA ASHEER	II ME	sure121220@gmail.com	7349206491	Sure
12	1KS19EC108	YASHASWINI . N	II ECE	yashaswinii122@gmail.com	9741797880	Yashaswini
13	1KS19ME005	SHRANAN KASHYAP . K.	II ME	shranan.kashyap20@gmail.com	7975746449	Shranan
14	1KS17CS005	AMOGH . R	VI CSE	amoghparvati5363@gmail.com	9472875490	Amogh
15	1KS17EC102	Vaishnavi Saiharshan	VI ECE	vaishnavisaiharshan@gmail.com	9691922315	Vaishnavi
16	1KS17EC101	Vaishnavi . S	VI ECE	vaishnavisiddappa150@gmail.com	7449110010	Vaishnavi
17	1KS18ME072	SUMUKHA T.V	IV ME	sumukha.sachin@gmail.com	7892481209	Sumukha
18	1KS19ME036	TILAK . P	II ME	tilakpassam20175@gmail.com	6362152090	Tilak
19	1KS19EC053	NIPANAG . K	II ECE	nishantp.nipana@gmail.com	8258000592	Nipana
20	1KS19EC069	ROHAN . K . R	II ECE	rohan.kr1302@gmail.com	8258000592	Rohan
21	1KS19ME039	Venkatesh . G	II ME	venkateshg@gmail.com	6363559105	Venkatesh
22	1KS18TE010	Darsh . C . Jain	IV TCE	darshc.jain.220@gmail.com	9440051128	Darsh
23	1KS17TE090	Mohan Prasadanna . B	VI TCE	mohanprasadanna@gmail.com	7406884444	Mohan
24	1KS18EC082	Shiva Shankar . B	IV EC	shivashankar4569@gmail.com	9449164755	Shiva
25	1KS17TE035	Shahana . R	VI TCE	shahana3237@gmail.com	9169183237	Shahana
26	1KS17TE089	Rachana Gilipal	VI TCE	gilityarachana@gmail.com	9380340368	Rachana
27	1KS19ME029	SANJAY . V . J	II ME	pe nilwanSanjay@gmail.com	7353790870	Sanjay
28	1KS18EC088	Sirisha . M	IV EC	sirisha105200@gmail.com	9611923643	Sirisha

SL.NO	USN	NAME	BRANCH & SEM	EMAIL ID	PHONE NO.	SIGNATURE OF STUDENT
29	1KS19CS085	Satish.V	CSE 6 th	sv4529630@gmail.com	6360919110	Satish.V.
30	1KS19CS084	Sankalp Kesti	CSE 6 th	sankalpkesti1008@gmail.com	8431687833	Sankalp Kesti
31	1KS19CS038	K.Kishan	CSE 6 th	kishanuk2002@gmail.com	9686480814	K.Kishan
32	1KS19CS043	Keeethan Gowda.S	CSE 6 th	keethan.gowda2002@gmail.com	9845871477	Keeethan Gowda.S
33	1KS19EC059	NAGANEIRA.M	ECE 6 th	naganet19236@gmail.com	725940823	Naganeira.M
34	1KS18EC078	SANJANA.B	ECE 6 th	sanjanalsadanath2002@gmail.com	9280751360	Sanjana.B
35	1KS18EC079	VAISHNAVI.G	ECE 6 th	vaishnaviguunath01@gmail.com	9274201905	Vaishnavi.G
36	1KS18EC077	Thamshreed.D	ECE 6 th	thamshreed04@gmail.com	7110203543	Thamshreed.D
37	1KS18ME014	Darshan.B	ME 6 th	darshan2002kignator@gmail.com	725931449	Darshan.B
38	1KS18ME005	AMUNDH R SRIVATSA	ME 6 th	amundhbaswata2002@gmail.com	9762061064	Amundh R. Srivatsa
39	1KS17TE008	Ganesh.B	TCE 6 th	mandakapuganesh@gmail.com	9680978355	Ganesh.B
40	1KS18ME036	Mohan Raju.B	ME 6 th	mohanraju2031@gmail.com	7676665557	Mohan Raju.B
41	1KS19CS036	Indrajith H.M	CS 6 th	indrajithhikith@gmail.com	9978503057	Indrajith H.M
42	1KS19EC034	Hima Suettra	ECE 6 th	himasuettra2206@gmail.com	8931083655	Hima Suettra
43	1KS19EC010	Anjali.YJ	ECE 6 th	Anjulyj@gmail.com	790612268	Anjali.YJ
44	1KS19ME022	Sri Krishna Santosh.K	ME 2 nd	srikrisnanasantosh06@gmail.com	9590337254	Sri Krishna Santosh.K
45	1KS19EC026	JAYANTH.MB	ECE 2 nd	mb.jayanth@gmail.com	6246334623	Jayanth.MB
46	1KS16ME074	SAIADITYA.CH	ME 6 th	saiaditya496@gmail.com	7775209830	Saiaditya.Ch
47	1KS19EC037	MANOGNA.K.M.	ECE 2 nd	vijayavijaya.lakshmi009@gmail.com	830914252	Manogna.K.M.
48						
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51						
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53						
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 SIGNATURE OF NSS PROGRAMME OFFICER
 NSS Programme Office
 K.S Institute of Technology
 Manakapura Main Road
 Bengaluru - 560 109


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