

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



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 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

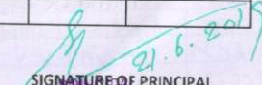
LIST OF STUDENTS ENROLLED FOR YOGA & MEDITATION

2018-19

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BLOOD DONATION CAMP 2018-19:14/03/2019

Blood camp organized by NSS & Red cross Committee on 14th MARCH 2019 at 10:00am in KSIT in association with **LIONS BLOOD BANK**, Bangalore. Many students as well as faculty participated in the event. In blood camp we collected **222** units of blood. Through blood camp in KSIT students not only concentrate on academics only but also concentrate in social service related activities. We collected information like phone numbers, blood group of the students helped the number of the students in case of Emergency Blood needed.

President Ramachandra Naidu, Secretary Venkatesh Naidu and Treasurer Rukhumangada Naidu from management were present on the occasion. Our Principal Dr. T V Govindaraju, requested & motivated the KSIT family to donate blood with good will, as blood alone that can save the lives at risk. All the dignitaries of KSIT & Lions Club were present at the outset.

The camp began at around 9 am and continued up to 4pm with a steady stream of donors throughout the day. In a college even though the major segment of donors are students, staff also participated actively. After a medical checkup, eligible donors donated their blood for the well being of humanity. At the arena of blood donation all the arrangements had been made by the NSS volunteers of K. S. Institute of technology in coordination with Red Cross members, where donors could lay down and recuperate for a while before they leave venue. The donors were provided with acquit refreshments & a certificate of appreciation before they left.



Certificate of Service

This certificate has been presented to

K.S.I.T

by the

LIONS CLUBS INTERNATIONAL DISTRICT 317-A


Lions Blood Bank

Prasad Elegance, # 2925/A, 2nd Floor, Hampinagar,
Attiguppe, Vijayanagar, Bangalore - 560040.
Ph : 080-23392676, Mobile : 98451 65539
Email : lionsbloodbank317a@gmail.com

*In appreciation of Outstanding service
and Co-operation extended*

Service activities held on ...14/03/2019

atK. S. Institute of Technology.....


Lion Dr. H.N. Shivananjaiah, pmjf
District Chairperson - Blood Donations


Lion Dr. Balaram Ramaswamy
Chairman LMST, Lions Blood Bank



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

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KSIT
K S INSTITUTE OF TECHNOLOGY

DENTAL AWARENESS AND FREE SCREENING CAMP: 03/11/2018

Overview:

During the first three decades of life the primary cause of tooth loss is decay. From the middle 30s to the late 50s, periodontal (gum) disease is identified as the main reason teeth are removed. And after age 60, tooth decay is again the major cause of tooth loss. But the type and extent of tooth decay experienced by seniors is very different from that which affects children.

Decay in late life often occurs around the edges of fillings and crowns or on root surfaces of teeth that are exposed because of gum recession. This kind of tooth decay advances rapidly and is generally difficult and expensive to treat. It frequently requires a larger filling or new crown to be placed.

If the problem is isolated to the root of a tooth all that may be necessary is a filling, but this is more the exception than the rule. In some instances because the decay is so extensive the tooth may need a root canal or must be removed.

No matter what age, prevention is the key to maintaining good oral health. Knowing what particular dental problems you are at risk for developing and how you can reduce those risks will help you decide the most appropriate means to prevent dental problems.

Susceptibility to various dental problems change as people age. Each person's risk factors are unique. A thorough understanding of what they are is necessary to adequately reduce those risks. so **NSS KSIT** student branch in collaboration with IEEE KSIT conducted "**Dental Awareness Camp**" on 3rd November 2018. The main objective of this event was to provide good oral health to the fellow KSIT members.

300 students along with staff members actively participated in this event. The dentists of Partha's Dental Clinic diagnosed oral problems of the students & provided beneficiary advices to the students regarding their oral health.

NSS and IEEE volunteers served as a helping hand to the doctors by assisting them in the service. NSS KSIT sincerely thanks Partha's Dental Clinic for their support.



KAMMAVARI SANGHAM (R) 1952
K.S. GROUP OF INSTITUTIONS
K.S. INSTITUTE OF TECHNOLOGY
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1969 - 2019
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ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ  **IEEE**

NATIONAL SERVICE SCHEME

DENTAL HEALTH AWARENESS

&

FREE SCREENING CAMP

Place: 5th Floor, New Building

Date : 03rd Nov 2018

Time : 10.30 am to 4.00 pm

All are Welcome

POSTER OF THE EVENT



INAUGURATION OF THE EVENT

Dental Awareness and Free Screening : 03-11-2018

2



PRINCIPAL DISCUSSION WITH DOCTOR



DENTAL CHECKUP



DENTAL CHECKUP



GROUP PHOTO OF THE EVENT



K.S. INSTITUTE OF TECHNOLOGY

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



Drug Abuse Awareness Programme: 06-09-2018

Drug Abuse Awareness Programme at KSIT in association with
Thalaghattapura Police Station, Bengaluru



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MANAGEMENT, PRINCIPAL, STAFF AND STUDENTS WELCOMES FOR

DRUG ABUSE AWARENESS PROGRAMME

(ORGANIZED BY THALAGHATTAPURA POLICE STATION, BENGALURU)

ON

6TH SEPTEMBER 2018, BETWEEN 10.30 A.M TO 12.30 P.M

DR. SHARANAPPA, IPS
DCP, SOUTH DIVISION, BENGALURU

SRI. G.M. KANTHARAJ
ACP, SUBRAMANYAPURA SUB-DIVISION BENGALURU

SRI. R.VIJAY KUMAR
POLICE INSPECTOR
THALAGHATTAPURA POLICE STATION, BENGALURU

DR. NARASIMHAN,
NEUROSURGEON, NIMHANS, BENGALURU







DRUG AWARENESS WALK: 10th NOV 2018

According to a survey everyday India sees 10 suicides related to drug abuse, Kids hear about drugs everywhere: on TV, radio, news, online, music and movies; and sometimes even on the street or on the playground. The teen years are the most likely time for someone to start trying drugs. And starting drug use as a teen can lead to drug problems when they grow up.

The incidence of drug abuse among children and adolescents is higher than the general population. This is notably because youth is a time for experimentation and identity forming. In India an NGO survey revealed that 63.6 % of patients coming in for treatment were introduced to drugs at a young age below 15 years. There are very few to no health centers that deal with child substance abuse problems, especially in the rural areas. The use of tobacco is another major concern among children. In India 20 million children a year and nearly 55,000 children a day are drawn into a tobacco addiction. The number is shocking when compared to the 3000 a day new child smokers in the US.

A small step towards tackling the above issue we NSS KSIT supported team Aarohan to organize a walkathon for all the college students along with our police to create awareness. Our Bangalore city police along with the entire team supported all the participants to say **NO TO DRUGS**.

Bangalore city Commissioner of police **Mr.T.SUNEEL KUMAR. IPS** and state NSS OFFICER **DR.GANANATHA SHETTY YEKKAR** inaugurated the event along with M Square Networks in charge Mr vinay, Ms.Manisha Bhat and students.Over 3000 individuals participated in this event and made grand success.

Venue: CUBBEN PARK , Bangalore

Date : 10th NOV 2018

Time : 7:00 AM to 9:00 AM

Content : 3 Km & 5 KM Walk which will be flagged off by senior police officers, Cultural program by college students to drive students against drug usage.

Participants: All the College students of Bangalore South colleges along with Bangalore City Police of South Law and order Division.



DRUG AWARENESS WALK

Aarohan
Steps

A WALK AGAINST DRUG ABUSE...

On **10th Nov 2018** 7.00 AM onwards
Venue : **St. Joseph's Indian High School Ground**
Opp. UB City, Bengaluru

“Drugs ruin you & your family don't use that”
Mr. T. Suneel Kumar IPS
Police Commissioner
Bengaluru City

“Avoid Drugs save yourself”
Mr. B. K. Singh IPS
Additional Commissioner of Police,
West Zone

“Drug use impairs you socially, physically and psychologically. Let's free Bengaluru from Drugs ”
Mr. D. Devaraj IPS
Deputy Commissioner of Police
Central Zone, Law & Order

Supported By :
National Service Scheme

Please Register using the below link:
<https://goo.gl/forms/6hKYC0oJrFnllHnF2>

EVENT CONCEPTUALIZED BY :

**Come WALK with us,
let's fight against
Drug Abuse and
say NO to DRUGS**

M SQUARE NETWORKS

INVITATION FOR PROGRAM



DRUG AWARENESS WALK



DRUG AWARENESS WALK

Bengaluru



10th November 2018
Bengaluru

Appreciation Letter



Team Aarohan in association with
Bengaluru City Police
would like to thank



In recognition of your
enthusiasm and valued support.

