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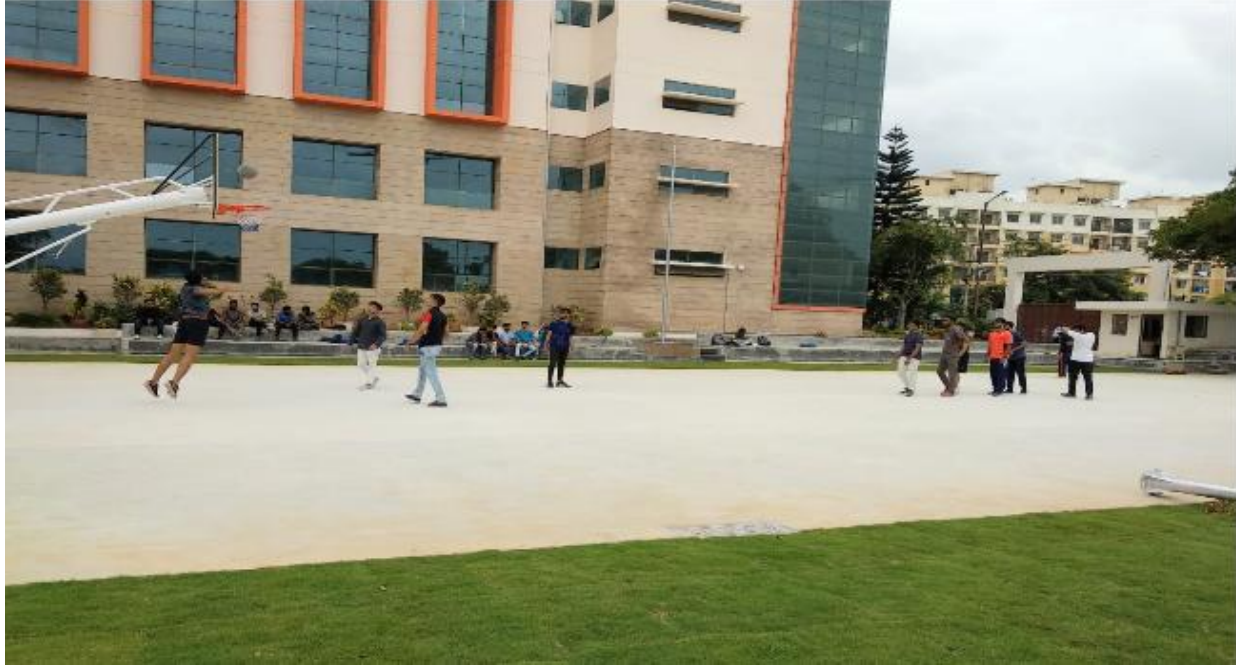


TABLE TENNIS



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

BASKETBALL



THROW BALL



KABBADI



VOLLEYBALL



GYM





Yoga Report

Yoga Day Celebration at KSIT College

Introduction

On June 21st, KSIT College celebrated International Yoga Day, aligning with a global initiative to promote yoga as a pathway to holistic well-being. This event aimed to enhance physical health, mental clarity, and overall wellness among students and staff. The celebration featured guided yoga sessions, demonstrations of various postures, and a meditation session led by a certified instructor.

Objectives

1. Raise awareness about the benefits of yoga for physical and mental health.
2. Provide practical experience in yoga postures and breathing techniques.
3. Foster a sense of well-being and stress relief among participants.
4. Align with the institutional goals of promoting holistic education and lifestyle practices.

Program Details

- **Date:** June 21st
- **Time:** 7:30 AM - 9:00 AM
- **Venue:** College Auditorium/Ground
- **Participants:** 250 students and 60 staff members, including faculty and administrative staff.

Program Schedule

1. Inauguration:

- The event was inaugurated by the Principal, who emphasized the importance of integrating yoga into daily life for improved health and focus.
- A instructor conduct the session.

2. Yoga Session:

- The session began with an introduction to the **meaning, aim, and objectives of yoga**, helping participants understand its significance in daily life.
- Participants practiced **Suryanamaskar (Sun Salutation)**, learning its benefits, proper techniques, and its importance in enhancing overall fitness.
- Participants were guided through various **Asanas** by name, including Tadasana (Mountain Pose), Trikonasana (Triangle Pose), and Shavasana (Corpse Pose), along with their importance, methods, and benefits.
- The session included **Kapalabhati** instruction, explaining its need, importance, and proper technique.



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- Different types of **Pranayama** were taught, including names, precautions, procedures, and uses, providing participants with a practical understanding of breath control.
- Participants learned various **Kriyas**, including methods to follow and their usefulness in daily practice.
- The session concluded with a guided meditation, emphasizing mindfulness and relaxation.

3. Interactive Discussion:

- The instructor held a Q&A session where participants asked questions about yoga practices and their benefits.
- Tips were shared on incorporating simple yoga exercises into a busy daily routine.

4. Closing Remarks:

- The event concluded with a vote of thanks by the event coordinator, acknowledging the support of the college management, faculty, and participants.

Impact Assessment

- **Increased Awareness:** Participants reported a deeper understanding of the importance of yoga for maintaining physical and mental health.
- **Positive Feedback:** Many students and staff expressed interest in regular yoga sessions, with some noticing immediate benefits such as reduced stress and improved focus.

Feedback and Testimonials

- "The yoga session was very refreshing. I felt a significant reduction in stress after the meditation." – Student Participant
- "It was an enlightening experience. I plan to include these exercises in my daily routine." – Faculty Member

Photos and Documentation

The event was documented through photos and video clips, which will be included as part of the NAAC submission.

Conclusion

The Yoga Day celebration at KSIT College was a successful initiative that aligned well with the institution's objectives of promoting physical fitness and mental well-being. The activities were effectively mapped to relevant course outcomes, demonstrating the college's commitment to a holistic approach in student development. This event not only raised awareness about the benefits of yoga but also fostered a sense of community and well-being among participants.



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Future Plans

- Integrate regular yoga sessions into the college timetable.
- Organize workshops and certification programs in collaboration with professional yoga trainers.
- Include yoga practices as part of the college's physical education curriculum.

CO/PO & PSO mapping-CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Event (Yoga Day)	-	-	-	-	-	02	-	-	02	-	-	03

Prepared by

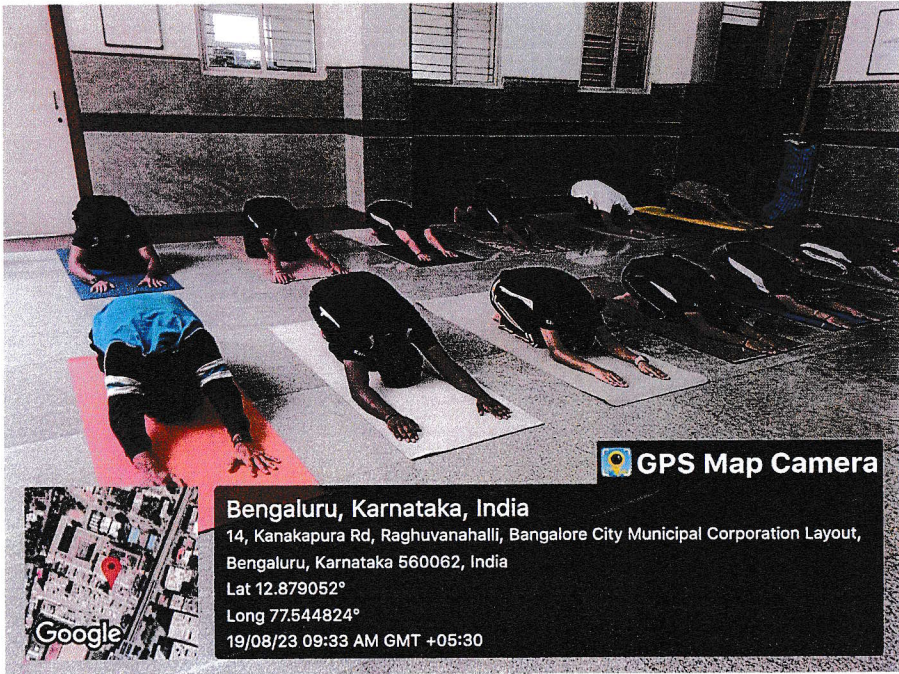
Preethi K

Yoga instructor

9148712971

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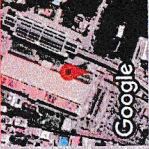
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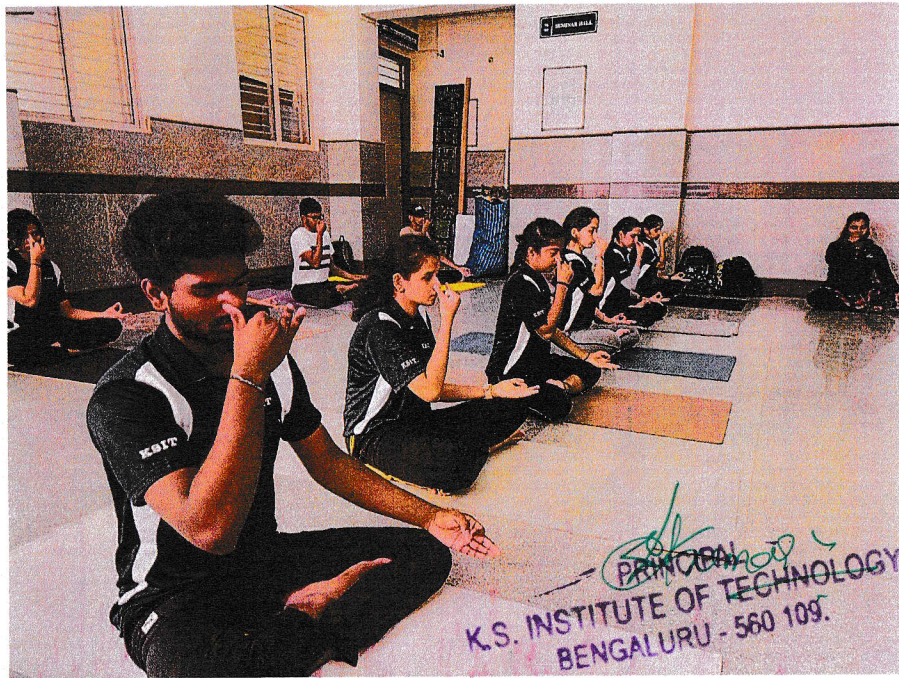
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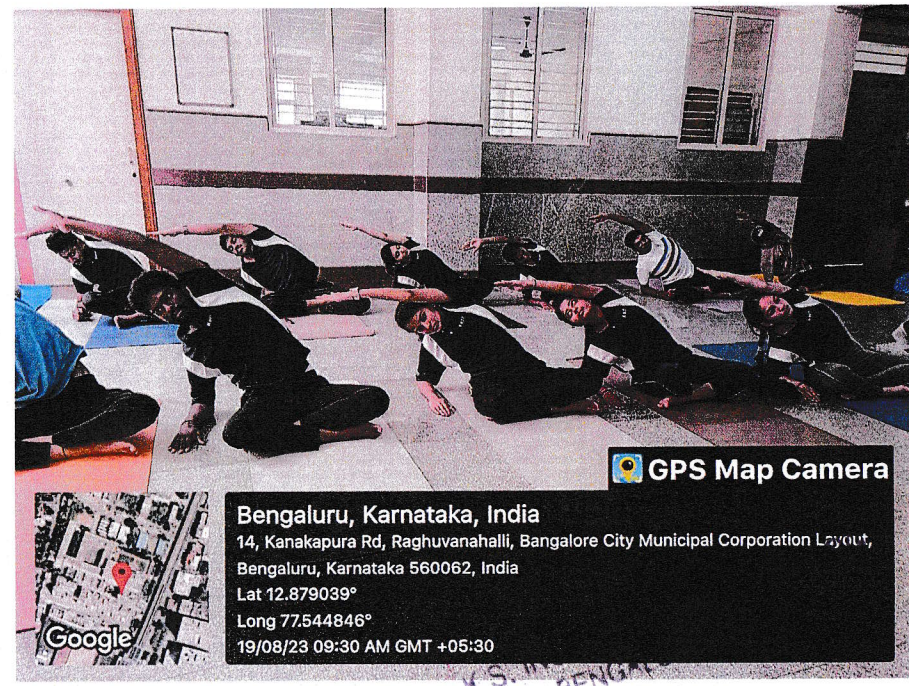
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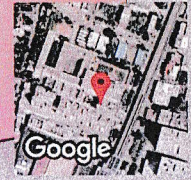
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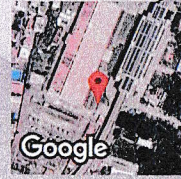


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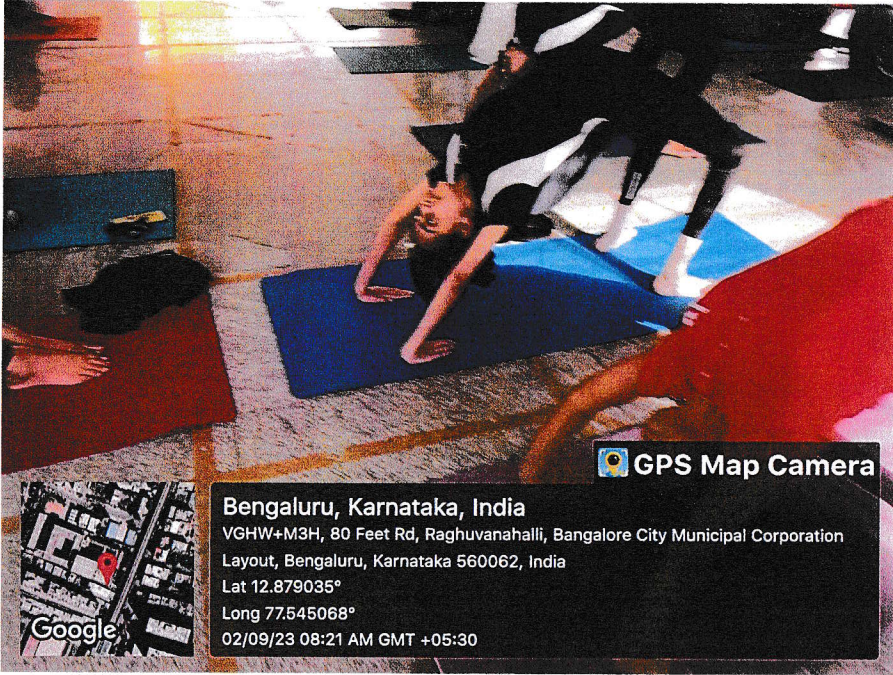
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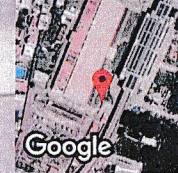


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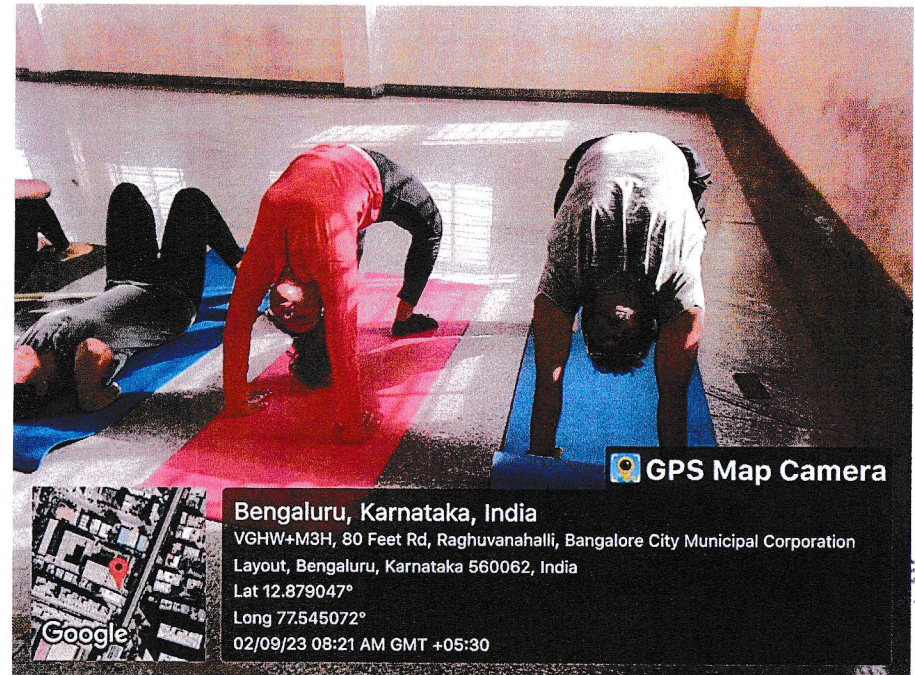
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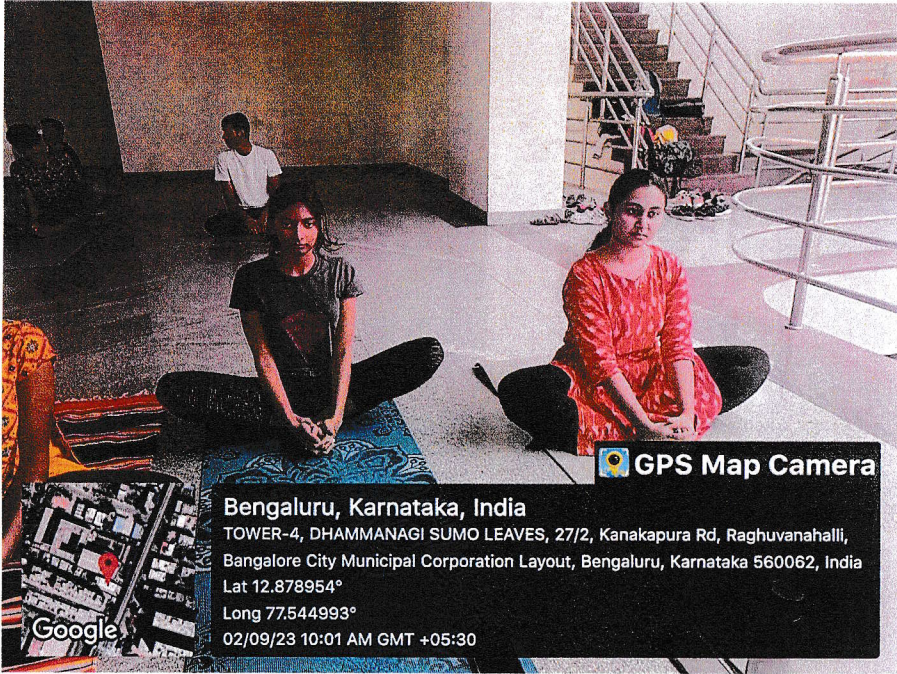
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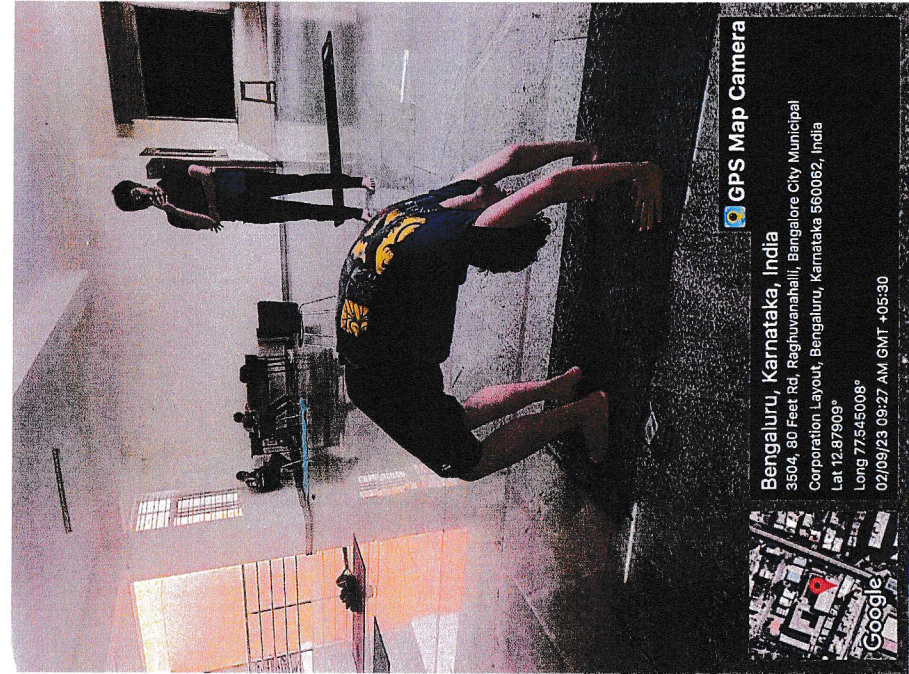
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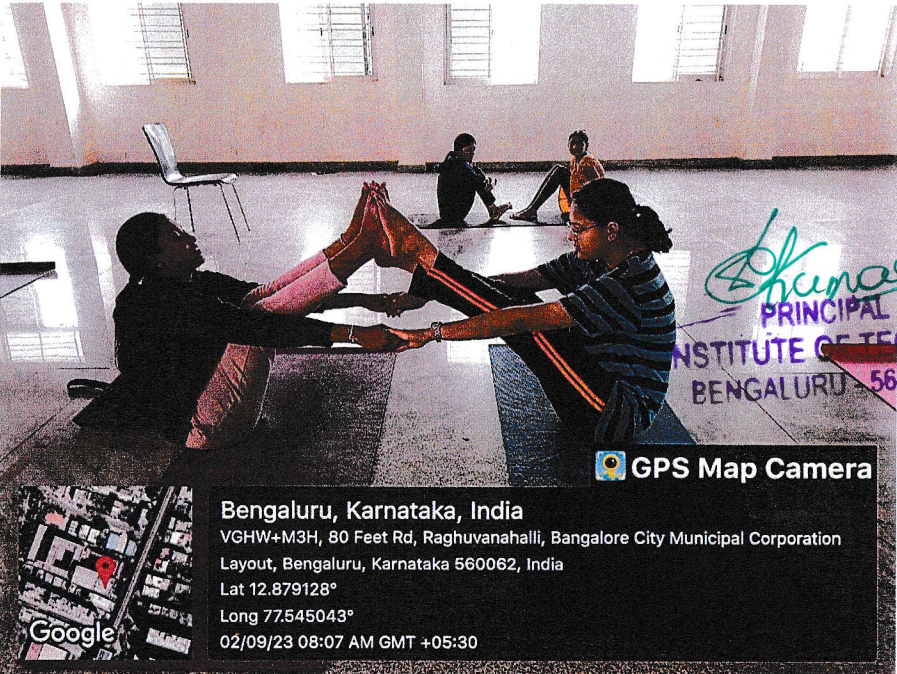
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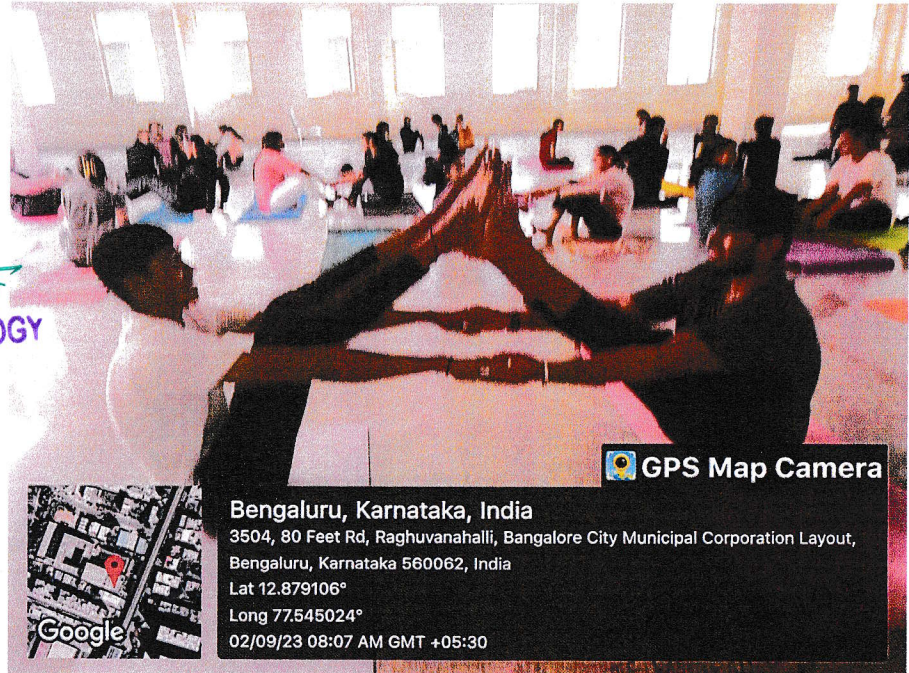
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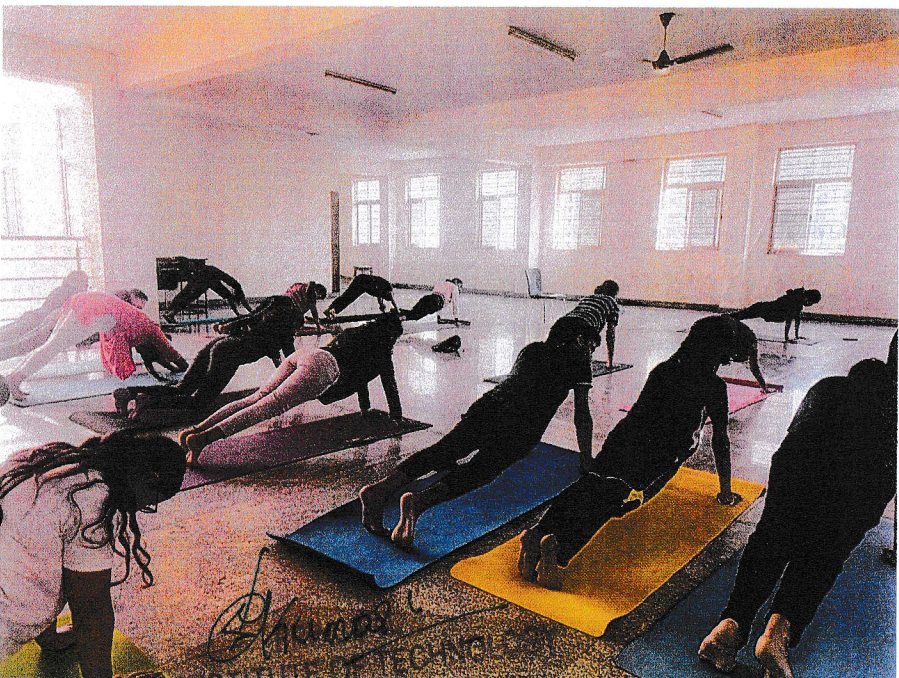
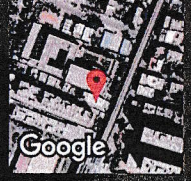



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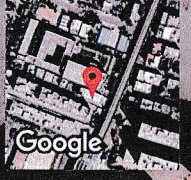


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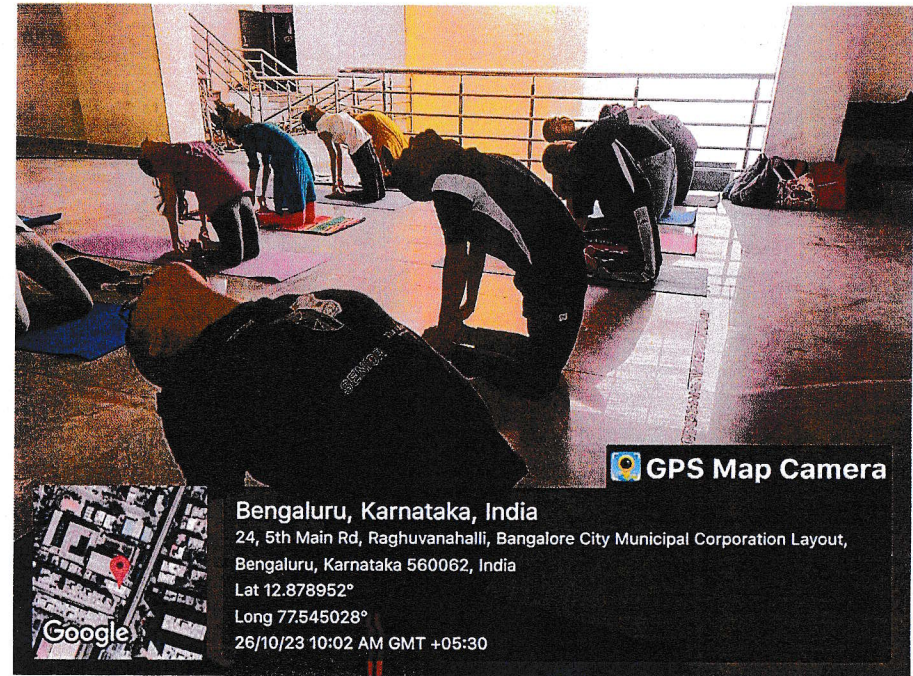


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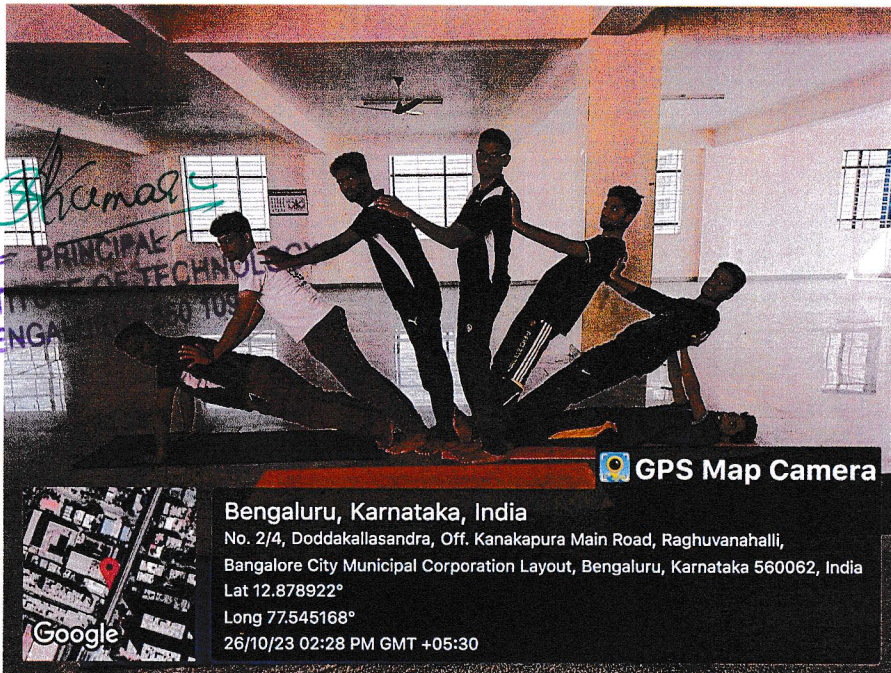
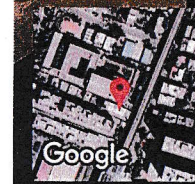
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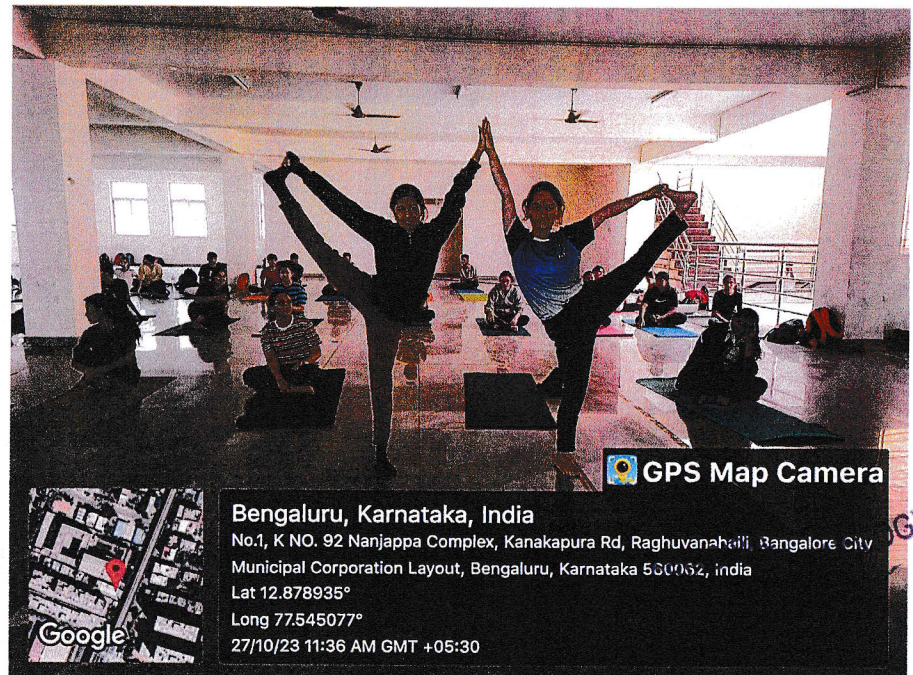
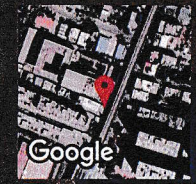
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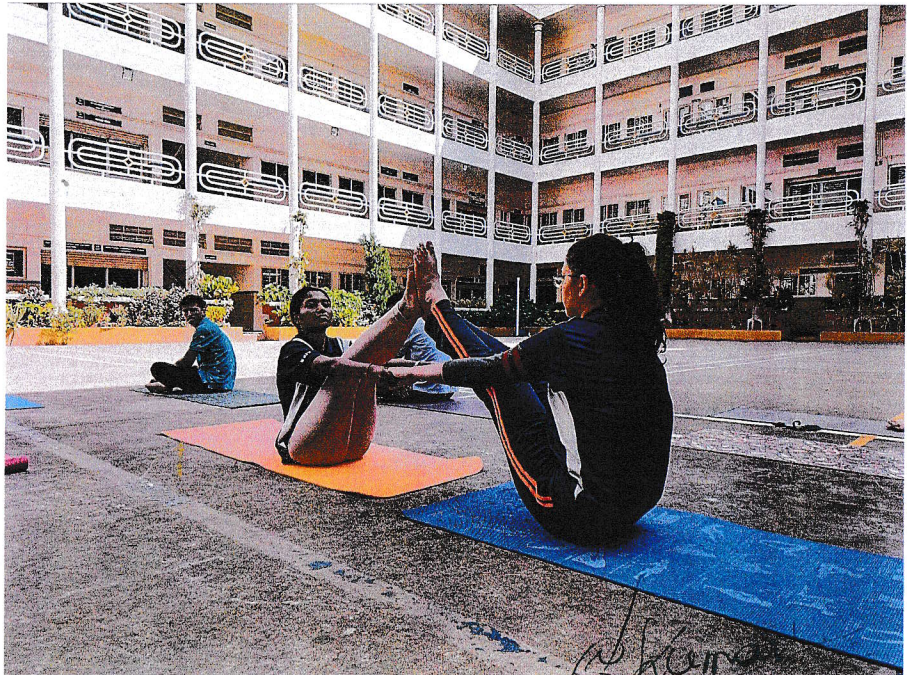
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9 No.14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560109

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KSIT
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K.S.INSTITUTE OF TECHNOLOGY, BANGALORE REPORT ON

ANANYA CULTURAL FEST -20234

DATE:22/05/2024

Ananya, the annual cultural and technical fest hosted by the students of KS Institute of Technology in Bangalore, India, is a vibrant celebration of talent and creativity. This four day extravaganza offers students a dynamic platform to exhibit their skills across a diverse range of activities, including dance, music, drama, sports, and technical competitions. Drawing participants from within the college, Ananya highlights the exceptional abilities of its students and fosters a spirit of camaraderie and excellence.

Announcing the eagerly anticipated return of Ananya 2024, the annual fest hosted by K.S. Institute of Technology. With the theme "Vaibhava," embodying the essence of uniqueness, this event promises to kindle creativity and inspire innovation. Carefully curated to embrace diversity, this theme sets the stage for an unforgettable experience.

The inaugural assembly of Ananya, convened on 02-04-24, marked the commencement of detailed planning and meticulous organization. Each member of the core committee and affiliated clubs was assigned specific roles and responsibilities. Fueled by team goals and enthusiasm this collaborative endeavor propelled the event forward, establishing ambitious deadlines.



ANANYA LOGO 2024

CULTURAL COMMITTEE TEAM 2023-2024

Behind every successful event, there's a group of teachers who consistently support the student committee. Their encouragement and advice guide the core committee and club members, motivating them to move forward with determination. With their support, the event becomes a vibrant display of achievements. The esteemed faculties of the Cultural Committee include:

Mr.Sunil Kumar N

Mrs. Sangeetha V

Mr. Saleem S Tevramani

Mrs.Tejaswini

Mr. Sathish Kumar B

Mrs. Anuradha M V

Mrs. Lakshmi KK

Mrs Sushma

Mrs. Pooja S

Mr. Kushal Kumar B N

Mr. Roopesh Kumar B N

Mr. Raghavendrachar S



THE CORE COMMITTEE

The central squad, aptly tagged for their pivotal role in steering the event, acts as the backbone of the entire operation. After a careful selection process, the team wasted no time and gathered for its inaugural meeting on 18-11-2024. From conceptualization to execution, this squad takes charge of all aspects of event organization.

Their responsibilities span managing finances, coordinating logistics, planning event timelines, ensuring smooth operations, and managing crowds effectively. Their dedication and relentless efforts are vital in bringing ideas to life and ensuring the success of the event.



THE CLUBS

To foster the true success of an event, it relies on individuals overflowing with dedication and endless motivation, offering unwavering support. Countless hours of relentless hard work, burning the midnight oil, are poured into crafting a spectacular showcase.

1. **Singing club:** Mesmerizing the audience with their melodious voices, the Vocal Ensemble presented a diverse array of songs, stirring emotions and crafting unforgettable moments. Their harmonious melodies and captivating performances left a lasting imprint on all attendees.



2. **Dance Club:** Injecting the event with pulsating energy and synchronized movements, the Dance Crew electrified the atmosphere with their captivating performances. Their meticulously choreographed routines and seamless coordination mesmerized the audience, igniting the stage with their sheer talent and fervor.



3. **Creative and Art Club:** Their breathtaking artwork, characterized by graceful strokes and mesmerizing decor, captivated every eye. Working tirelessly, their bold strokes and innovative decor concepts culminated in awe-inspiring masterpieces, prompting attendees to capture every moment with admiration.



4. **Media club:** This dynamic team captured the essence of the event through candid photography, crafted fillers, creatively filmed the proceedings, managed social media channels, and produced captivating VTs (Video Trailers). Under the leadership of Kiran Narayan, they ensured every aspect of media coverage was executed flawlessly.



5.Drama Club:Bringing stories to life with passion and dedication, the Drama Club delivered performances that captivated the hearts and minds of the audience. Their powerful acting and intricate stagecraft showcased their remarkable talent, leaving a lasting impression on all who attended.



6.Fashion club: Setting trends and pushing boundaries, the Fashion Team curated stunning outfits and choreographed runway walks that left the audience in awe. Their creativity and flair for style added a touch of glamour to the event, making it a visual spectacle to behold.



7. Literature Club: Entrusted with anchoring and scriptwriting duties, the Literary Guild's articulate prose and metaphorically rich language embellished every facet of the event. From crafting compelling scripts to refining nuances in delivery, their relentless dedication guaranteed captivating presentations that held the audience spellbound from beginning to end.



PRE ANANYA EVENTS

1.LOGO LAUNCH

On April 29th, at 12:30 PM, Ananya commenced with an electrifying flash mob performance by students. The lively performance not only introduced the event's logo and theme but also captivated the audience, drawing them into the vibrant atmosphere of the quadrangle. Every move was perfectly synchronized with the beats, leaving spectators in awe and creating an unforgettable spectacle. Amidst the energetic performance, two impressive dropdowns revealed the intricately designed Ananya logo. Eminent personalities, including the Principal, core faculties, core committee members, and club heads, left their mark on the occasion by autographing the backdrop, symbolizing their endorsement of the event's launch.



2.THEME LAUNCH

Leading up to Ananya, the excitement soared as the theme "Vaibhava," translating to "UNIQUE," was unveiled in a spectacular fashion. A grand banner descended, revealing the essence of the event, while the principal, esteemed faculty, and core committee members added to the fervor by launching vibrant posters. These posters, adorned with event details such as names, venues, and timings, set the stage for an electrifying experience. On the same day, amidst the excitement of the logo unveiling and team formations, the dedicated members of the core committee were honored with badges, symbolizing their commitment the magnificence of the upcoming celebration.

3.INTERDEPARTMENT TEAMS

In a momentous occasion, interdepartmental teams were formed by clubbing together branches to create four distinct teams:

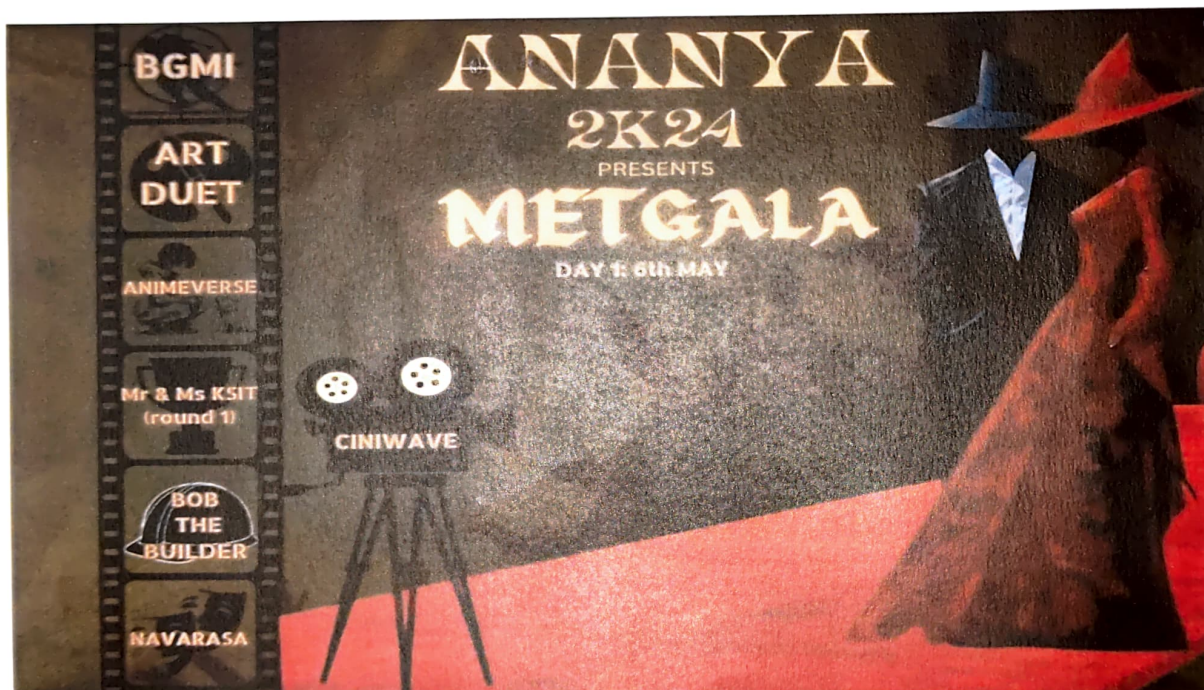
1. AURORA - CSE Department
2. ADVAYA - ECE Department
3. MAAYA- AIML and IOT Department
4. KALYUG- Mechanical, CCE, and CSD Departments



ANANYA WEEK

DAY 1 Metgala

On the enchanting day of May 6th, Day 1 of Ananya unfolded with the theme "Metgala," offering a captivating journey into a realm of mystery and elegance. Inspired by the iconic Met Gala, the event featured attendees in elaborate masks and opulent attire, creating an atmosphere brimming with intrigue and allure. The quadrangle transformed into a dazzling spectacle with grand decorations and shimmering lights, while guests reveled in the spellbinding ambiance, eager to uncover the secrets behind each intricately crafted mask. A glamorous runway show, live music, and dance performances added to the festive spirit, making Day 1 an unforgettable and magical experience.



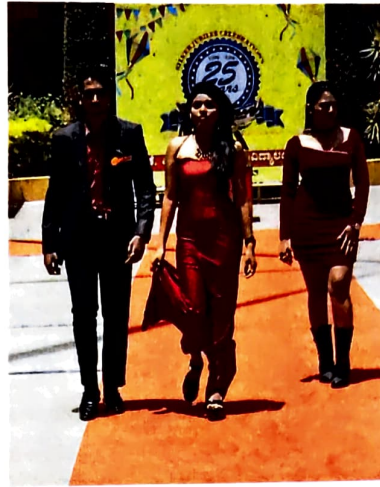
The events on DAY 1 is as follows:

- 1.BGMI
- 2.Art duet
- 3.Animeverse
- 4.Mr and Ms. KSIT
- 5.Bob the builder
- 6.Navarasa
- 7.Ciniwave

One of the highlights of the Metgala was the fashion team's ramp walk, where they showcased their creative vision and style. They set the stage on fire with their innovative designs and confident models. The runway came alive as the models strutted in striking outfits, from glamorous evening gowns to tailored suits, each representing the distinct style of the fashion team.

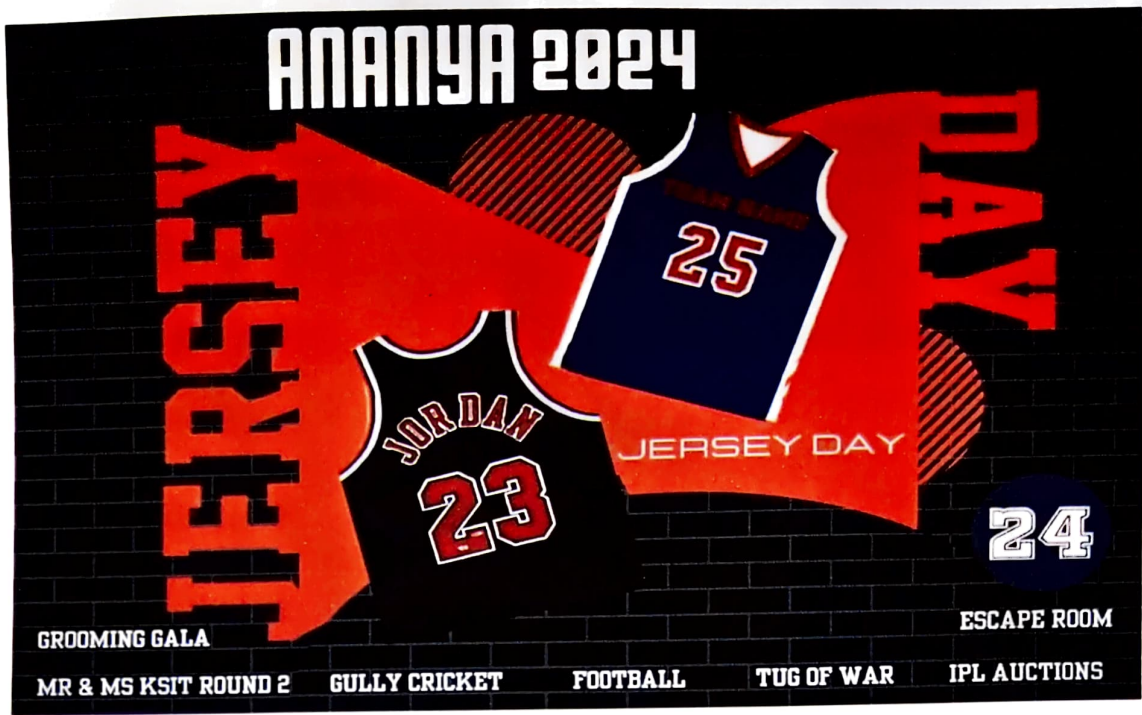
Adding to the excitement, the dance team delivered a captivating performance, energizing the crowd with their synchronized moves and dynamic routines. The music team also took the stage, enchanting the audience with live performances that perfectly complemented the evening's glamorous ambiance. Together, these performances created an unforgettable and magical experience for all attendees.





DAY 2: JERSEY DAY

Day 2 of Ananya was celebrated as Jersey Day, where students donned their favorite sports jerseys and enjoyed a day full of excitement and camaraderie. The campus buzzed with energy as everyone showcased their team spirit and love for sports, creating a vibrant and lively atmosphere. Games, activities, and sports competitions filled the day, making it a fun and memorable experience for all.



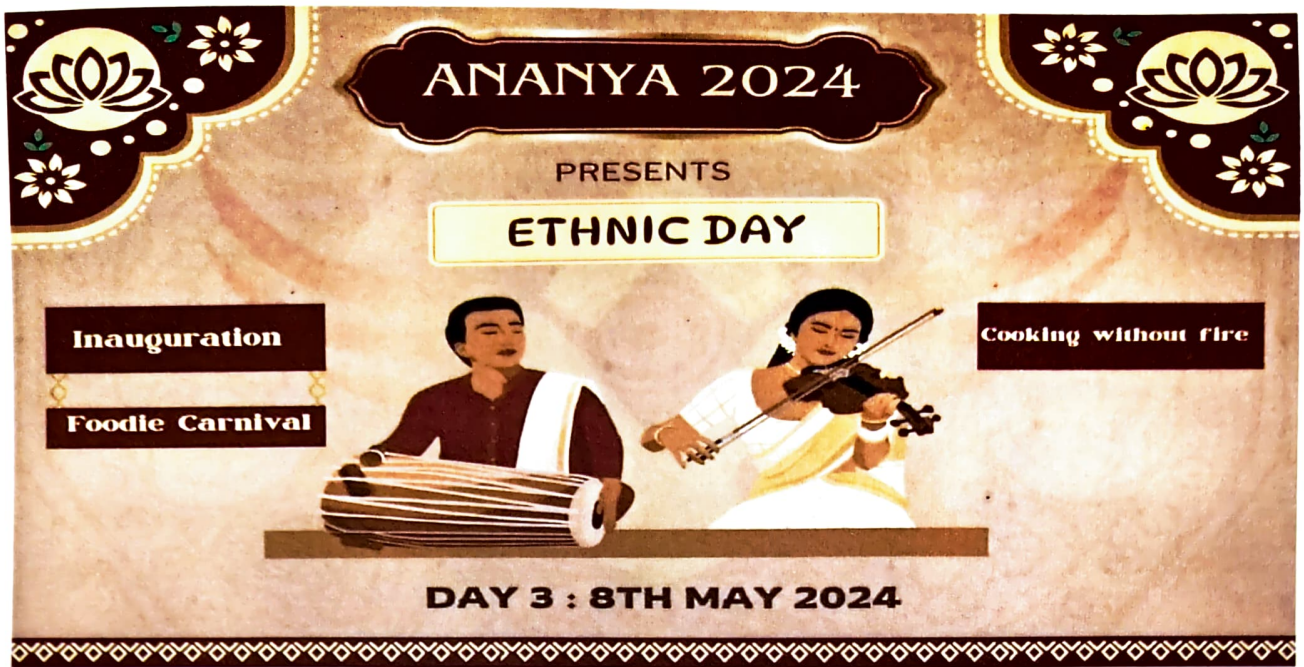
1. Grooming gala
2. Gully Cricket
3. Football
4. Tug of War
5. IPL Auctions
6. Escape room





DAY 3 :ETHNIC DAY

On May 8th, the final day of Ananya, Ethnic Day transformed the campus into a vibrant mosaic of cultures and traditions. Students and faculty adorned themselves in exquisite traditional attire, representing the rich diversity of India's heritage. The day began with a parade showcasing the beautiful array of ethnic costumes, followed by a series of cultural performances that included folk dances, classical music, and storytelling sessions.



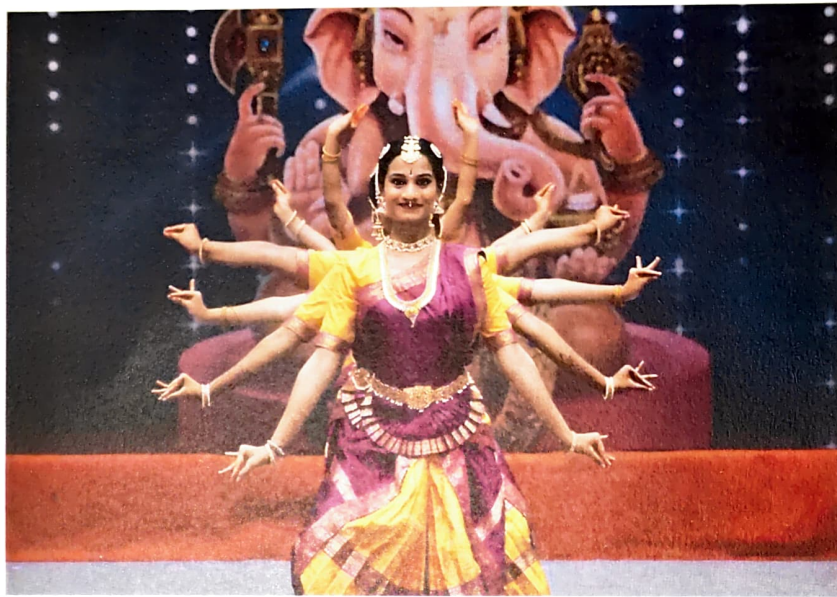
The events on day 3 were as follows:

1. Foodie carnival

2. LUDO

3. Cooking without fire





College Music team

Our college music team stands as the vibrant soul of our campus, uniting gifted musicians and vocalists from various walks of life. We gather to craft enchanting melodies and harmonies that linger long after the final note fades. From spontaneous jam sessions in the rehearsal room to electrifying live performances, music is the essence of our existence. Together, we don't just play music; we forge unforgettable experiences that echo in the hearts of our listeners.





DAY 4: MAIN DAY :ANANYA

The final day of Ananya 2023 was the most anticipated moment for everyone involved. As the entire core committee and clubs converged, excitement and anticipation filled the air, marking the culmination of months of meticulous planning and hard work. The event, now in its full glory, exceeded all expectations and emerged as a grand success, leaving a lasting impression on all attendees.

The atmosphere was electric, with joy and satisfaction evident in every smile. From the vibrant decorations to the lively performances, every aspect contributed to the event's resounding success. The highlight of the day was the moment when the renowned actress, VrushaPatil, graced the occasion as the Chief Guest, adding an extra layer of glamour and excitement.

The inauguration program commenced at 9:00 AM, featuring the esteemed presence of the management, CEO, principal, chief coordinator, and student core coordinators. The air buzzed with anticipation as the program unfolded, each event seamlessly transitioning into the next. Engaging competitions and insightful workshops filled the day, catering to every interest and preference.

In the evening, a grand cultural show marked the climax of the festivities. The stage came alive with dances, songs, and theatrical performances, celebrating the college's diversity and talent. The crowd cheered enthusiastically, creating an unforgettable atmosphere of unity and celebration.

Ananya 2024 concluded on a high note, with a sense of accomplishment and pride resonating among all participants, setting a high standard for future events.

COLLEGE DANCE TEAM

One of the standout performances during the fest revolved around the powerful depiction of Shiva Tandava. It was an electrifying portrayal that immersed everyone in the intense energy and majesty of Lord Shiva. Another remarkable performance was a dynamic showcase of Western dance styles. The performers delivered a high-energy spectacle that highlighted the versatility and creativity of contemporary dance.



COLLEGE DRAMA TEAM

Our college drama team is a dynamic ensemble of gifted individuals, each bringing their unique flair to the stage. From innovative scriptwriters who pen thought-provoking stories to talented actors who embody diverse characters, every member is integral to our success. We come together to explore the full spectrum of human experiences, presenting performances that entertain, challenge, and inspire. Our productions are more than just plays; they are journeys that transport audiences to new worlds, evoke deep emotions, and leave a lasting impact.



COLLEGE FASHION TEAM

It was a spectacular fashion walk showcasing the beauty of diverse cultures through their traditional attires. A group of talented fashion enthusiasts highlighted the richness of our cultural heritage. The college fashion team organized two remarkable shows: one based on a contemporary theme and the other highlighting traditional attire. Both events demonstrated the team's exceptional talent and creativity, leaving the audience in awe of the diverse expressions of fashion.



In the afternoon, the much-anticipated interdepartmental competitions began, setting the stage for an exciting display of talent and teamwork. Each team—Aurora, Maaya, Advaya, and Kalyug—was assigned a specific theme: Present, Time travel, Future, and Illusion. They were tasked with performing dance, music, and drama based on their respective themes, showcasing their creativity and skills in these captivating performances.

1. AURORA - CSE :Time travel
2. ADVAYA - ECE :Future
3. MAAYA- AIML and IOT: Illusion
4. KALYUG- Mech, CCE, and CSD : Present

They embarked on their creative journeys, infusing dance, music, and drama with the essence of their designated themes. Aurora delved into the mysteries of Time Travel, Advaya envisioned the possibilities of a futuristic world, Maaya conjured illusions that blurred the lines between reality and imagination, and Kalyug portrayed the essence of the Present moment with captivating performances.

With meticulous choreography, soul-stirring melodies, and compelling narratives, each team mesmerized the audience, transporting them into realms of wonder and introspection. The stage came alive with a symphony of creativity and passion, as the teams poured their hearts into every move and expression.



1.DANCE



2 MUSIC



3.DRAMA




Cultural coordinator

THANK YOU


Principal