



KSSEM

K.S. School of Engineering and Management

#15/1, Mallasandra, Off. Kanakapura Main Road, Bengaluru-560109

Yoga Day Celebration

by

KSSEM, Bengaluru - 560109

Association with



National Service Scheme (NSS)

KSSEM, Bengaluru - 560109

&

IEEE Student Branch

KSSEM, Bengaluru - 560109

The NSS Unit has conducted International Yoga day association with IEEE student branch KSSEM.

The Yoga Day was celebrated by the Staff (teaching and non-teaching) of K.S. School of Engineering and Management on **21st June 2022** with great enthusiasm.

Principal Dr. K. Rama Narasimha, Heads, teaching and non-teaching staff were participated in the Yoga day celebration.

The function began with a brief introduction of Yoga Day and the guest Ms.Chandana was introduced by Prof. Shreedhar N. Yoga Day is celebrated among the staff to make them understand the importance of Yoga in their life. It helps all to understand how to maintain harmony between body and mind.

Ms. Chandana explained the importance of Yoga in the life. She explained that regular practice of Yoga will help all to achieve better mental and physical health.

Then she started Yoga demonstrations. After which a few warm up and simple Asanas were performed by the staff enthusiastically and the importance of these Asanas was explained simultaneously by Ms.Chandana.

She spoke about 'The Positive Framework of Meditation'. She began by explaining how negative thoughts disturb a person. Negativity She said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. She also explained about her experience. She emphasized the fact that purity of thought increases positivity in a person spoke. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. She emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students.

Figure – 1: Welcome address by Prof. Shreedhar N



Figure – 2: Speech by Principal

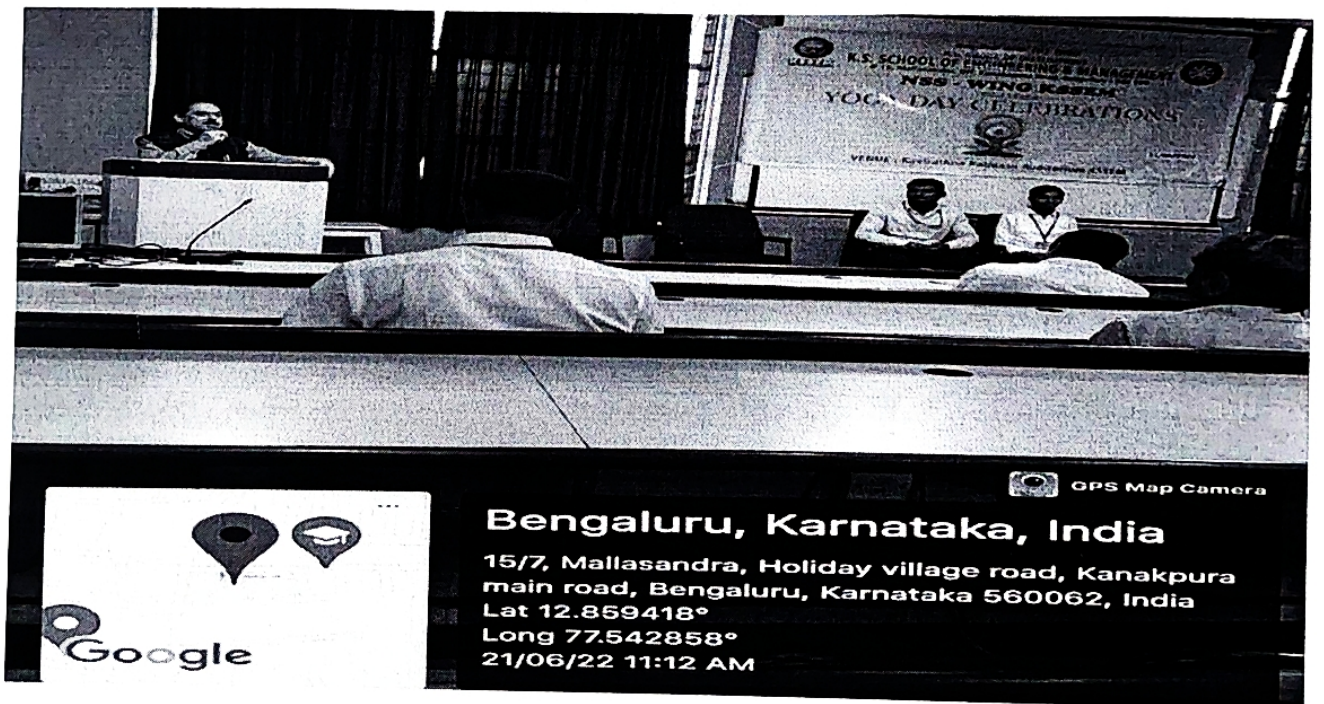
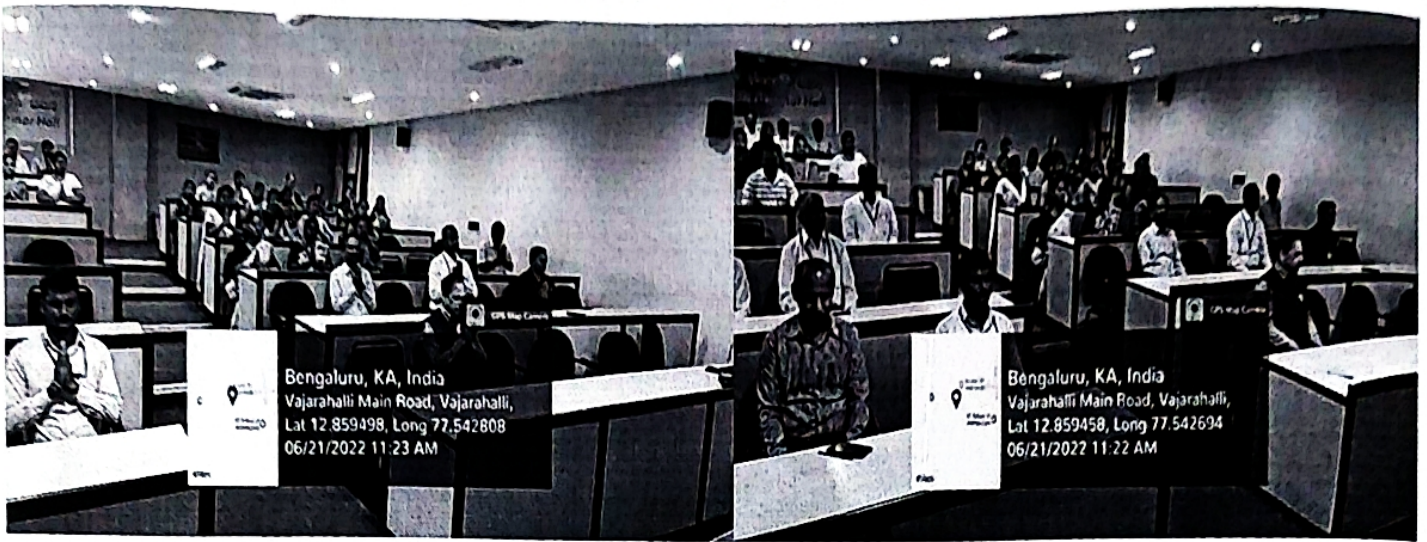


Figure – 3: Giving Awareness about Yoga by Ms.Chandana



Figure – 4: Performing Pranayama.





NSS cell and IEEE Student branch of KSSEM successfully conducted the Celebration of Yoga Day on 21/06/2022

We thank our **Principal and Management** for their support and cooperation to conduct the program.

NSS Program Officer

MANOHARKUMAR K N

NSS Program Officer

**K S School of Engineering and Management
Bengaluru - 560 109**

Principal

**Dr. K. RAMA NARASIMHA
Principal/Director
K S School of Engineering and Management
Bengaluru - 560 109**