



International Yoga Day

Yoga Competition

On 21/06/2023

Venue: 512A

Time: 9.35 am

Yoga Competition

Rules:

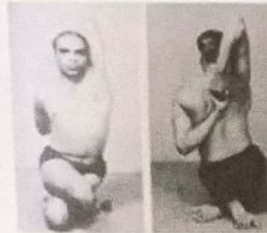
- Compulsory asanas 3 out of 5 given asanas
- 2 Asanas of own choice (only asanas)
- Total 5 asanas
- Each asana is to be held for 10 seconds after reaching the final pose

Prof. Arundhati K L
Co- Ordinator

COMPULSORY ASANAS

GOMUKHASANA

Stretches your entire body your shoulders and arms, your ankles, hips, thighs and back



NATARAJASANA

Shift your body weight on one leg and lift the other leg up with your hand to form an arc



Dr. Shekar H S
HOD- MBA

BHUJANGASANA

Come into a gentle backbend by pressing your chest forward and lifting your chin slightly



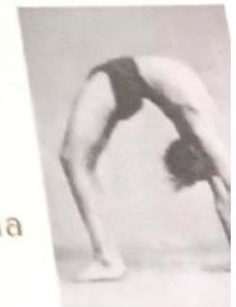
USTRASANA

Freely swing the arms, held straight, upward, and backward until they come to a vertical position.



CHAKRASANA

Simultaneously, arch your back and slide your palms over your feet till the arms are straight



Dr. K Rama Narasimha
Principal/Director



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www.kssem.edu.in

Celebration of Yoga Day

On

21st June 2023

by



National Service Scheme (NSS)

K.S. School of Engineering and Management

Bengaluru - 560109



NSS cell and Department of Management Studies, KSSEM celebrated 9th INTERNATIONAL YOGA DAY on 21/6/2023 (Wednesday). Fitness and Yoga Club conducted various activities in order to observe International Yoga Day - 2023 for IV Semester MBA students. Every year International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being. The concept of International Yoga Day was introduced by Prime Minister Narendra Modi during his 2014 address to the United Nations General Assembly. This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

Various Activities Conducted to observe International Yoga Day:

1. Yoga and Pranayama Exercises.
2. Yoga competition-3 Mandatory Asanas and 2 Asanas of their own choice.
3. Yoga Quiz in google form for 15 minutes.

Yoga and Pranayama Exercises

Venue: 5th Floor, A-Block, KSSEM at 9.35 am to 10.30 am.

Student Coordinator: Ms. Amrutha and Yashavant V M, IV Sem, MBA

To observe International Yoga Day - 2023 and create awareness among the young generation, the department of management studies celebrated International Yoga Day with the 2023's theme 'Yoga for Vasudhaiva Kutumbakam', i.e., 'One Earth, One Family, and One Future'.

Maintaining a good level of physical and Mental fitness is highly important. Hence our students performed Yoga for 1.5 hours long where Ms. Amrutha and Yashavant V M of IV semester MBA



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Fitness and Yoga Club Coordinators were instructors and Demonstrators for the Yoga and Pranayama Exercises. Other Coordinators supported all students to perform yoga in the right postures.

The activities followed during the yoga session were:

1. Shanti Mantra/ Shloka
2. Warm-up Exercises
3. Mandatory 21 Surya Namaskaras for all the students
4. Asanas
5. Relaxing Exercises
6. Pranayama
7. Meditation

Yoga competition

Venue: 512A A-Block, KSSEM at 9.35 am

Student Coordinator: Mr. Chinmay Adithya, IV Sem, MBA

Yoga competition was organized for students. Students were given 5 asanas, out of 5 asanas 3 mandatory Asanas and 2 Asanas of their own choice. Students were Evaluated for all the Asanas based on different parameters mentioned below:

1. Complexity
2. Final Pose
3. Stability
4. Perfection





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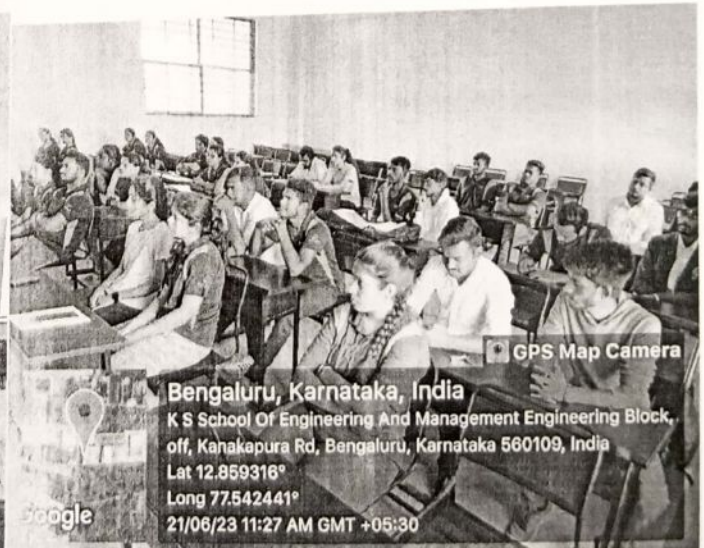
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Participants Names and Scores:

1. Greeshma - 120
2. Priyanka - 132
3. Thanusha - 103
4. Hemanth - 122
5. Pavana - 92
6. Rohith - 99
7. Bhargav - 106
8. Premalatha - 121
9. Anjan - 107

Top three performers:

1. Priyanka - 132
2. Hemanth - 122
3. Premalatha - 121





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Yoga Quiz in google form for 15 minutes

Venue: 513A, A-Block, KSSEM at 10.50 am

Student Coordinator: Mr. Guru Prasad, IV Sem, MBA

Online Yoga Quiz for students to check their awareness about this ancient tradition by taking this yoga quiz. The objective was to create awareness and importance of Physical and Mental fitness. There were 25 questions that had to be answered in 10 Minutes duration.

Link of the quiz:

<https://addonforge.com/timer/1FAIpQLScbXPrISCY-astivFlgSgiv4WgNtwBifwhSs3N39zXrgsYCSw>

NSS Program Officer

MANOHARKUMAR K N

NSS Program Officer

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Principal/Director

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