



## **Moodlakatte Institute of Technology**

**(A Unit of MoodlakatteNagarathnaBhujanga Shetty Trust(R.))  
(Approved by AICTE, New Delhi & Affiliated to VTU, Belagavi)**

**Moodlakatte – 576 217, Kundapura Taluk, Udupi District,  
Karnataka**

**NSS and YRC unit**

**Date: 27.06.2022**

**Topic** : Yoga for Humanity  
**Organized On** : 21/06/2022  
**Resource Person** : Mr. Praveen, Yoga teacher  
**Participants** : First year and second year students

### **PREAMBLE**

On the occasion of International yoga day NSS and YRC unit of MITK organized a program called “Yoga for Humanity”, where the resource person Praveen addressed the gathering by saying that yoga is not just an exercise or a way to achieve physical fitness, is a profound science that unites our body, mind, and soul. It is a journey towards self-discovery and holistic well-being. MITK students participated in yoga session.

## REPORT

International Yoga Day celebration was held at MITK on 21<sup>st</sup> July 2022 organized by NSS unit. The resource person mentioned some of the key aspects of yoga such as, Yoga helps us maintain good physical health. The various asanas and pranayamas which enhance flexibility, strength, and balance. Regular practice can alleviate a wide range of physical ailments, from back pain to hypertension, providing us with a strong and resilient body. He also emphasized that, Yoga encourages emotional stability. Through self-awareness and control, we learn to respond to life's challenges with equanimity. It enables us to manage our emotions, fostering harmony in our relationships and inner peace. He concluded the speech by saying that Yoga has the power to unite people worldwide in the pursuit of health, happiness, and harmony. Later Mr. Praveen started with the yoga session and the MITK students participated.

### ORGANIZING COMMITTEE

#### Staff Coordinators

Mr. Balanageshwar S- NSS officer

Mr. Varun Kumar - Youth Red Cross coordinator

#### Student Coordinators:

Ms. Sinchana devadiga- 3<sup>rd</sup> Sem ECE

Mr. Rajath Achar -3<sup>rd</sup> Sem ECE

#### Feedback:

**Resource Persons:** The program arrangement was very good. Students were enthusiastic.

**Student:** Participants found the Yoga Day celebration to be a valuable and enriching experience. They appreciated the opportunity to learn and practice yoga in a structured setting. Students mentioned that the event helped them recognize the numerous benefits of yoga, including improved flexibility, reduced stress, and increased mindfulness. Several students expressed their interest in having more regular yoga sessions or workshops as part of the regular curriculum or extracurricular activities.

**PHOTOS:**



**MOODLAKATTE INSTITUTE OF TECHNOLOGY, KUNDAPURA**  
[A Unit of Moodlakatte Nagarathna Bhujanga Shetty Trust (R.)]

In association with

**MIT** **MOODLAKATTE COLLEGE OF NURSING** **MCN**  
(A Unit of Moodlakatte Nagarathna Bhujanga Shetty Trust (R.))  
Moodlakatte-576217, Udupi, Karnataka

We cordially invite you to the

# International Yoga Day

Date: 21-06-2022 Time: 11.00 AM  
Venue: AC auditorium MITK

**Chief Guest**  
**Shri. Praveen**  
Spiritual yoga teacher

Prof. Melwin D'Souza    Dr. Chandra Rao Madane    Mrs. Jennifer Freeda Menezes  
Vice-Principal-MITK    Principal-MITK    Principal-MCN

All Deans, HODs, Staff & Students



*BSP 27/06/2022*  
Prepared by: Prof. Balanageshwar S

*[Signature]*  
Signature/Seal of the Principal



# Moodlakatte Institute of Technology Kundapura

## NSS UNIT

Yoga of Humanity  
21/06/2022

### Participants List

SL. No.	NAME	USN
1	ASHRITHA R SHETTY	4MK20EC002
2	DEELAKSHA V H	4MK20EC005
3	IRFAN A SHAIKH	4MK20EC010
4	KOUSHIK B S	4MK20EC011
5	MEGHANA	4MK20EC013
6	POOJA V	4MK20EC014
7	PRIYA PATANAKAR	4MK20EC015
8	SANDEEPA D H	4MK20EC016
9	SINCHANA S	4MK20EC017
10	SOWNDARYA S	4MK20EC018
11	VAISHNAVI K	4MK20EC019
12	ACHARYA SAMIT SADASHIV	4MK20CS002
13	AMRATH PRASAD	4MK20CS003
14	ANANYA	4MK20CS004
15	ANKITHA	4MK20CS006
16	ANUSHREE D	4MK20CS007
17	ARPITHA M B	4MK20CS008
18	AVINASHA M	4MK20CS009
19	BHARAT BABU MADIVAL	4MK20CS010
20	BHARATH R	4MK20CS011
21	CHANDINI R	4MK20CS012
22	DEEKSHITH U	4MK20CS014
23	GOPAL L	4MK20CS016
24	JUVENS D ALMEIDA	4MK20CS017
25	KARTHIK KRISHNA NAIK	4MK20CS018
26	NAVEEN DEVADIGA	4MK20CS022
27	ANANYA SHETTY	4MK21CS004
28	ARJUN RAJ	4MK21CS005
29	ASHITHA G G	4MK21CS006
30	BHUSHAN SURESH REVANKAR	4MK21CS007
31	CHINMAY SHRIDHAR SHETTY	4MK21CS009
32	DARSHAN G D	4MK21CS010
33	DHANUSH JAYANT NAIK	4MK21CS011
34	GAGAN	4MK21CS013
35	GAGANASHREE S V	4MK21CS014
36	GOPAL PRAKASH VADDAR	4MK21CS015
37	HARSHITHA M	4MK21CS016
38	HRISHIKESH GIRISH PALEKAR	4MK21CS017
39	KARTHIK	4MK21CS018
40	KEERTHI M	4MK21CS019
41	KRUTIK KODIBASAPPA MELLALLI	4MK21CS020
42	KUSHI S	4MK21CS021
43	LIKHITHA JAYANTH GOUDA	4MK21CS022
44	LOKESHA	4MK21CS023
45	MANJUNATH RAVI NAIK	4MK21CS024
46	MANOJA	4MK21CS025

47	MITHUN	4MK21CS026
48	MOHAMMED SHAIKH AZEEM	4MK21CS027
49	MOHAMMED TABREZ	4MK21CS028
50	NAGESHA	4MK21CS029
51	NANDA M P	4MK21CS030
52	NAVEEN NAGESH PRABHU	4MK21CS031
53	NESARA K N	4MK21CS032
54	POOJA	4MK21CS033
55	PRAJWAL KUMAR BANDI	4MK21CS034
56	PRAMOD R	4MK21CS035
57	PRATHIK SHETTY P	4MK21CS038
58	PREETHI P	4MK21CS040
59	RAKSHATH	4MK21CS041
60	RAKSHITH KUMAR S M	4MK21CS042
61	RAKSHITHA B P	4MK21CS043
62	RAMYA GOVIND AMBIG	4MK21CS044
63	SAMARTH M SANKOLII	4MK21CS046
64	SHARADHI N S	4MK21CS047
65	SHARVIL V SHETTY	4MK21CS048
66	SHRINIDHI	4MK21CS049
67	SONALI P	4MK21CS050
68	SUDEEP	4MK21CS051
69	SUHAS RAJU NAIK	4MK21CS052
70	SUNAINA GAJANAN AMBIG	4MK21CS053
71	SURAJ TAKUR V	4MK21CS054
72	THRUPTHI	4MK21CS056
73	VAISHNAVI D S	4MK21CS059
74	VARSHA VINOD PAI	4MK21CS060
75	VINOD R	4MK21CS062
76	ABHISHEK S R	4MK21AI001
77	BHARATH S	4MK21AI004
78	JAIRAJ K	4MK21AI005
79	K DILEEP	4MK21AI006
80	KARTHIK	4MK21AI007
81	LIKITH S	4MK21AI008
82	MEGHANA V	4MK21AI009
83	PRAJWAL NAIK	4MK21AI010
84	PRATHYUSHA	4MK21AI011
85	SINCHANA D K	4MK21AI013
86	SKANDA	4MK21AI014
87	SRAJAN K	4MK21AI015
88	SUJAN B J	4MK21AI016



NSS coordinator