

# Moodlakatte Institute of Technology

(A Unit of Moodlakatte Nagarathna Bhujanga Shetty Trust(R.))

(Approved by AICTE, New Delhi & Affiliated to VTU, Belagavi)

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

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## NSS and YRC unit

**Date: 24.06.23**

- Topic** : Yoga for Vasudhaiva Kutumbakam
- Organized On** : 21.06.23
- Resource Person** : 1. Kumari Tanushree Pitrodi  
2. Manujunath S Bijoor,  
Shanthivana Dharmasthala yoga Teacher
- Participants** : Second year students from CSE, AI&ML, ECE  
No. of students – 70.

## Preamble

On the occasion of International yoga day NSS and YRC unit of MITK organized a program called “Yoga for vasudhaiva Kutumbakam”, to emphasize the students about the importance of Yoga .Yoga is not just a physical exercise, it is a path to holistic well-being, a journey towards inner peace, and a bridge to connect with our inner selves. Through this session students learnt various asanas, pranayama, and meditation techniques.



## **BRIEF PROFILE OF THE CHIEF GUEST**

1. Kumari Tanushree Pitrodi.

Standrad:9<sup>th</sup>

School: Saint cicily high school Udupi

DOB: 15-03-2009

Father Name: Uday Kumar

Mother Name: Sandhya

Yoga Teacher: Hariraj Kinnigoli, Sudarshan Karkala.

She has achieved a remarkable feat by performing 108 yoga asanas in just 3.29 minutes, earning herself a place in the Golden Book of World Records and 1 Guinness record.

Manujunath S Bijoor is a Yoga organizer. State Yoga Resource Person. State Yoga Referee.

Shanthivana Dharmasthala yoga Teacher.

## **REPORT**

International Yoga Day celebration was held at MITK on 21<sup>st</sup> June 2023 organized by NSS unit. The celebration began with felicitating kumari Tanushree pitrodi and she performed yoga in front of the gathering and students followed her. The one more resource person, a senior yoga teacher, spoke about the importance of yoga such as how it calms the mind, reduces stress, and increases mental clarity. They highlighted the crucial role that yoga plays in maintaining and improving our overall well-being. In these times of uncertainty and change, the practice of yoga can serve as a powerful tool for enhancing our resilience and promoting inner and outer harmony. The program was hosted by Sookshma Adiga, Staff and Students were present.



# ORGANIZING COMMITTEE

## Staff co-coordinators

Mr. Balanageshwar S- NSS officer

Mr. Varun Kumar - Youth Red Cross coordinator

## Student Coordinators:

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

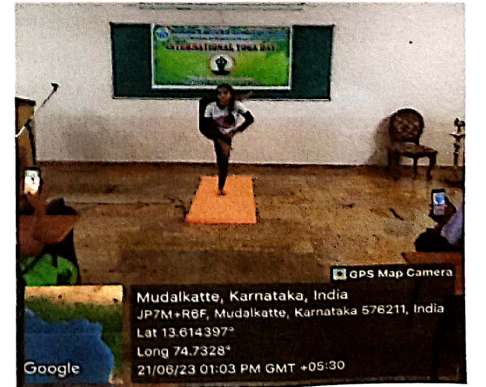
Mr. Rajath Achar -3<sup>rd</sup> Sem ECE

## Feedback:

**Resource Persons:** The environment is supportive. Students were very passionate. Students participated actively and tried their best to perform all asanas.

**Students:** Tanushree was very energetic and we are inspired by her, and will continue to practice yoga in our life. Yoga teacher Manjunath sir taught about basic asanas and explained about its importance. The yoga session was really well organized and it is very beneficial to us.

## PHOTOS:







**MOODLAKATTE**  
INSTITUTE OF TECHNOLOGY  
(Affiliated to VTU, Belagavi & Approved by AICTE, New delhi)

On the occasion of  
**INTERNATIONAL YOGA DAY**

Felicitation to Kumari Tanushree Pitrodi



Date : 21 June 2023

Time : 11:00 A.M



Prepared by: Prof. Balanageshwar S

*B/S*  
21/06/2023

Signature/Seal of the Principal



# Moodlakatte Institute of Technology Kundapura

## NSS and YRC UNIT


Yoga for vasudhaiva Kutumbakam

21/06/2023

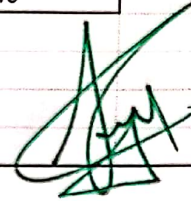
### Participants List

1	ABHISHEK BASAPPA PUJARI	4MK21EC001
2	ADARSH K N	4MK21EC003
3	ASHWINI	4MK21EC004
4	BHUMIKA VENKATESH MOGER	4MK21EC005
5	CHETAN SHRINIVAS NAIK	4MK21EC006
6	CHIDROOP C S	4MK21EC007
7	FATIMA TAHSIR	4MK21EC009
8	GOUTHAMI	4MK21EC011
9	JEEVAN M K	4MK21EC012
10	KAVYA SHIVARAM GOWDA	4MK21EC013
11	N K VAISHNAVI	4MK21EC014
12	NAGESH VISHNUMOORTHY HEBBAR	4MK21EC015
13	NIKHITHA	4MK21EC016
14	NISHA NARAYAN MOGER	4MK21EC017
15	PUSHPA PUNYA	4MK21EC018
16	RAJATH ACHAR	4MK21EC019
17	ROOPA RAJU NAIK	4MK21EC020
18	RUCHITHA KAMATH S	4MK21EC021
19	SHARANYA	4MK21EC022
20	SHASHANKA H D	4MK21EC023
21	SHREERAKSHA R	4MK21EC024
22	SINCHANA B DEVADIGA	4MK21EC026
23	THANUSHREE K G	4MK21EC028
24	TRAPTHI	4MK21EC029
25	VAISHALI SOMANNA GAWADI	4MK21EC030
26	VANDANA S	4MK21EC031
27	VIGNESH	4MK21EC032
28	VINITHA R NAIK	4MK21EC033
29	YASHASWINI JAGADEESH NAIK	4MK21EC034
30	YASHAWANTHA H S	4MK21EC035
31	ALRON CARVALHO	4MK21EC036
32	BHARATH D M	4MK22EC400
33	KISHORA	4MK22EC401
34	MANJUNATHA R	4MK22EC402
35	ANANYA SHETTY	4MK21CS004
36	ARJUN RAJ	4MK21CS005
37	ASHITHA G G	4MK21CS006
38	BHUSHAN SURESH REVANKAR	4MK21CS007
39	CHINMAY SHRIDHAR SHETTY	4MK21CS009
40	DARSHAN G D	4MK21CS010
41	GAGAN	4MK21CS013
42	GAGANASHREE S V	4MK21CS014
43	HARSHITHA M	4MK21CS016
44	HRISHIKESH GIRISH PALEKAR	4MK21CS017
45	KARTHIK	4MK21CS018
46	KEERTHI M	4MK21CS019
47	KUSHI S	4MK21CS021
48	LIKHITHA JAYANTH GOUDA	4MK21CS022
49	LOKESHA	4MK21CS023
50	MANJUNATH RAVI NAIK	4MK21CS024
51	MANOJA	4MK21CS025
52	MITHUN	4MK21CS026
53	MOHAMMED SHAIKH AZEEM	4MK21CS027
54	NAGESHA	4MK21CS029
55	NANDA M P	4MK21CS030
56	NAVEEN NAGESH PRABHU	4MK21CS031

57	SURAJ TAKUR V	4MK21CS054
58	BHARATH S	4MK21AI004
59	JAIRAJ K	4MK21AI005
60	K DILEEP	4MK21AI006
61	KARTHIK	4MK21AI007
62	MEGHANA V	4MK21AI009
63	PRAJWAL NAIK	4MK21AI010
64	PRATHYUSHA	4MK21AI011
65	SINCHANA D K	4MK21AI013
66	SKANDA	4MK21AI014
67	SRAJAN K	4MK21AI015
68	SWASTHIK	4MK21AI017
69	VAISHNAVI S SHANBOG	4MK21AI018
70	VIVEK SHETTY	4MK21AI019

  
21.08.22

NSS/YRC coordinator



Principal