



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 unit

08/05/2021

Topic : History and Limbs of Yoga
Organized On : 06/05/2021
Resource person : Mr. Ajith Kumar
Organized By : NSS Unit
Participants : 1st year Engineering Students

PREAMBLE

The webinar aimed to enlighten the participants about the history and the various limbs of yoga, providing an insightful perspective on this ancient and holistic practice. Mr. Ajith Kumar, a renowned expert in the field, was the keynote speaker for the event.

SPEAKER PROFILE

Mr. Ajith Kumar , B K S Ayyangar Yoga teacher ,Rashtrotthana yoga education & Research center Bangalore is a well-known yoga instructor with many years of experience in the field. He holds a degree in Yoga Philosophy and has been actively involved in spreading awareness about yoga and its benefits. His credentials and expertise made him an ideal choice for this webinar.

REPORT

MITK NSS unit organized a webinar on History and Limbs of Yoga, Mr. Ajith Kumar , B K S Ayyangar Yoga teacher ,Rashtrrothana yoga education & Research center was the resource person. During the webinar Mr. Ajith Kumar covered a wide range of topics related to yoga:

a. History of Yoga: Mr. Kumar delved into the origins of yoga, tracing its history back to ancient India and its evolution over the centuries.

b. Limbs of Yoga: He explained the eight limbs of yoga as described in Patanjali's Yoga Sutras, namely Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. He provided insights into the significance of each limb and how they contribute to a balanced and harmonious life. Mr. Ajith Kumar also shared practical tips on how to incorporate yoga into one's daily routine, emphasizing its physical, mental, and spiritual benefits.

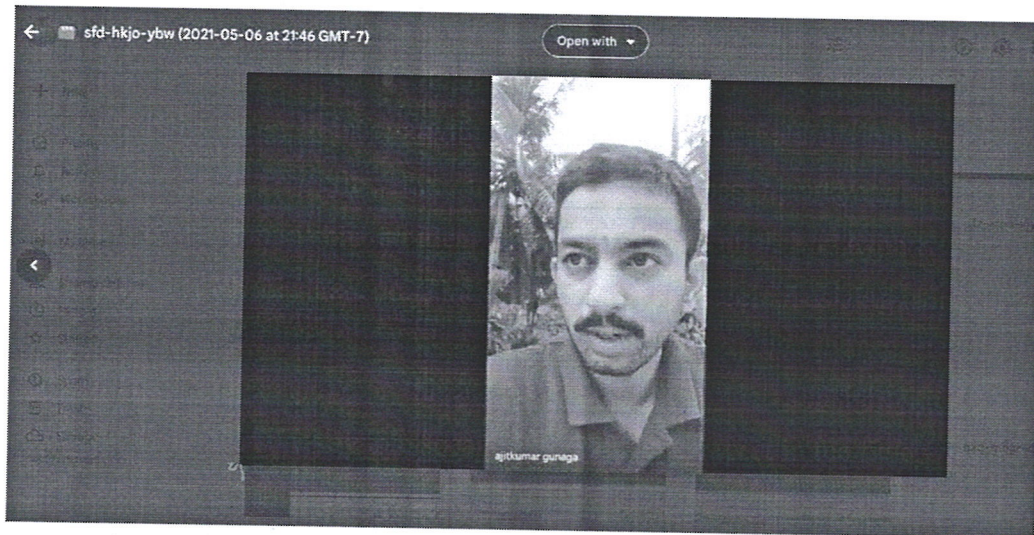
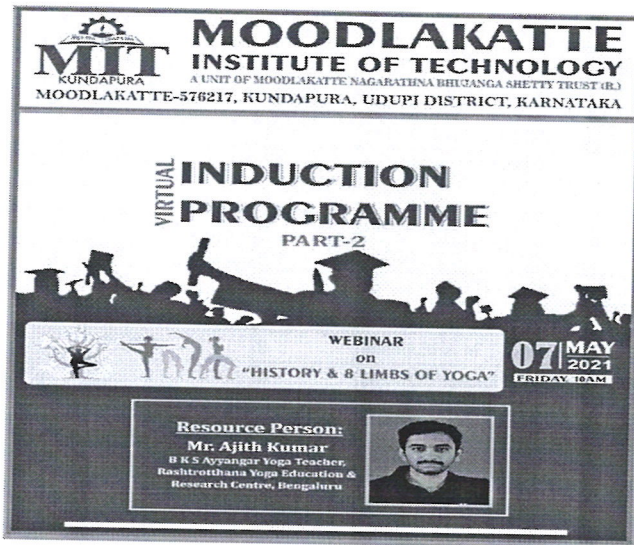
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Interaction and Q&A

The webinar encouraged active participation from the attendees, who had the opportunity to ask questions and seek clarification on various aspects of yoga. Mr. Kumar patiently addressed these queries, fostering a dynamic and engaging discussion.

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PHOTOS:



Prepared by: Sookshma Adiga


Signature of NSS coordinator

Moodlakatte Institute of Technology Kundapura

NSS UNIT

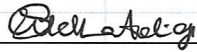
A Webinar on History and Limbs of Yoga

06/05/2021

Participants List

SL. No.	NAME	USN
1	ACHARYA SAMIT SADASHIV	4MK20CS002
2	AMRATH PRASAD	4MK20CS003
3	ANANYA	4MK20CS004
4	ANISHA	4MK20CS005
5	ANKITHA	4MK20CS006
6	ANUSHREE D	4MK20CS007
7	ARPITHA M B	4MK20CS008
8	AVINASHA M	4MK20CS009
9	BHARAT BABU MADIVAL	4MK20CS010
10	BHARATH R	4MK20CS011
11	CHANDINI R	4MK20CS012
12	CHARAN H A	4MK20CS013
13	DEEKSHITH U	4MK20CS014
14	GANESH VISHNU NAIK	4MK20CS015
15	GOPAL L	4MK20CS016
16	JUVENS D ALMEIDA	4MK20CS017
17	KARTHIK KRISHNA NAIK	4MK20CS018
18	LAXMI VAIJANATH PATIL	4MK20CS020
19	LOKESH ISHWAR MARATHI	4MK20CS021
20	NAVEEN DEVADIGA	4MK20CS022
21	P ARYAN SWAMY	4MK20CS023
22	POOJA C SHETTY	4MK20CS024
23	POOJA NAGARAJ KURIKAYAR	4MK20CS025
24	POOJITHA V	4MK20CS026
25	PRAJNA SHETTY	4MK20CS027
26	PRAKASH	4MK20CS028
27	PRAMITHA	4MK20CS030
28	PRATHWIK	4MK20CS031
29	PUNITH	4MK20CS032
30	RAKESH BALU	4MK20CS033
31	ROHAN M	4MK20CS034
32	SAMEEKSHA A SHETTY	4MK20CS035
33	SANJANA	4MK20CS036
34	SATISH GANGU MARATHI	4MK20CS037
35	SHADAF IQBAL SANADI	4MK20CS038
36	SRUJAN K B	4MK20CS040
37	SUHANA	4MK20CS041
38	SUNAINA H S	4MK20CS042
39	SURYANARAYAN ISHWAR KUNABI	4MK20CS043
40	SUSHMITHA G S	4MK20CS044
41	SWATHI P	4MK20CS045
42	TEJAS H V	4MK20CS046
43	TEJESH GANAPATI NAIK	4MK20CS047
44	THILAK	4MK20CS048
45	UTKRISHNA UDESH NAIK	4MK20CS049
46	VACHANA V C	4MK20CS050
47	VAISIRI H T	4MK20CS051
48	VIKAS SHRIDAR BHANDARI	4MK20CS052
49	VISHWAS	4MK20CS053
50	ARCHANA H G	4MK20CV001
51	ASHITHA	4MK20CV002
52	DEEKSHITHA R	4MK20CV004
53	IRAPPA GOPAL KUNDANGAR	4MK20CV005

54	MANJUNATH PAKEER VADDAR	4MK20CV006
55	PALLAVI H	4MK20CV007
56	POOJA TUKARAM LAMANI	4MK20CV008
57	PRAMEELA	4MK20CV009
58	PRATHAM	4MK20CV010
59	RESHMA M E	4MK20CV011
60	ASHRITHA R SHETTY	4MK20EC002
61	CHAITHRA R	4MK20EC003
62	CHANDANA R	4MK20EC004
63	DEELAKSHA V H	4MK20EC005
64	GNANIKA R	4MK20EC006
65	HAFIZ ABUMOHAMMED BYARI	4MK20EC007
66	IRFAN A SHAIKH	4MK20EC010
67	KOUSHIK B S	4MK20EC011
68	MEGHANA	4MK20EC013
69	POOJA V	4MK20EC014
70	PRIYA PATANAKAR	4MK20EC015
71	SANDEEPA D H	4MK20EC016
72	SINCHANA S	4MK20EC017
73	SOWNDARYA S	4MK20EC018
74	VAISHNAVI K	4MK20EC019
75	ANIL SHET	4MK20ME001
76	HEGDE SHABARISH BALAKRISHNA	4MK20ME003
77	MANOJ N SHETTY	4MK20ME004
78	RAKSHITH R PUTHRAN	4MK20ME005
79	ROSHAN RAJU NAYAR	4MK20ME006
80	UMESH BALEENDRA GOND	4MK20ME007



Event coordinator



NSS coordinator