



## **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.J)]

In association with

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

We cordially invite you to the

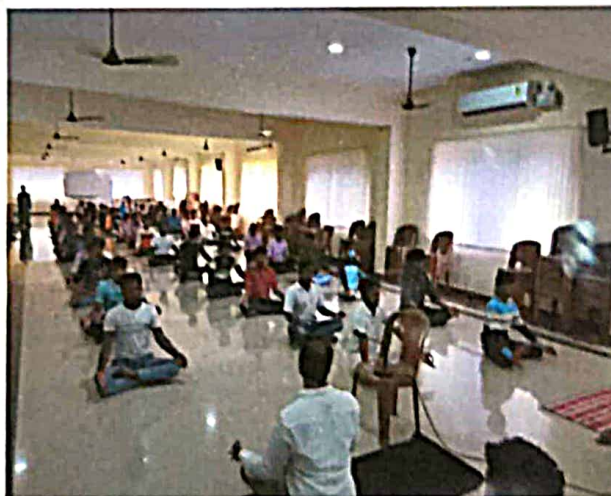
# International Yoga Day

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

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

Prof. Mevra D'Souza    Dr. Chandu Rao Malase    Ms. Jennifer Freida Meneses  
Principal MITK    Principal MCN    Principal MCN

All Deans, HODs, Staff & Students



*BSP 07/06/2022*  
Prepared by: Prof. Balanageshwar S

*[Signature]*  
Signature/Seal of the Principal