

NAME OF THE EXTENTION ACTIVITY:

CELEBRATING YOGA DAY

DESCRIPTION:

DATE: 15/10/2018

The Dept. of Information Science & Engineering students are actively involved in several social activities like Swachh Bharat, Plantation, NSS activities and technology transfer to villagers and farmers and also knowledge transfer to needy remote places school children.

One of the activities selected by the following students is:

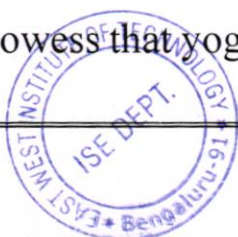
Celebrating Yoga day

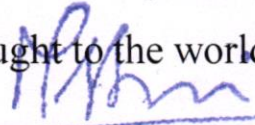
The Details of the Program

Participated Place	Bangalore
Coordinators	Aishwarya L M, Harshith Gowda A R, Divya A
Participants	All 3 rd sem Students

International Yoga Day is observed every year on June 21st. To commemorate this event our students of 3rd sem ISE, have participated in the activity of Yoga Day in our college on 15th October 2018 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga


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is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Yoga is an age-old art, which has helped millions of people all over the world to attain a better state of physical and mental health.

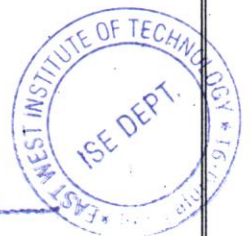
Today, it is used by all, mostly by those who are suffering from stress and back pain. Usually yoga is thought to be something related to the exercises of the body, but yoga isn't just exercise. Yoga also makes one's mind stronger and healthier and leads him towards a better way of living. The best yoga websites will tell you about perfect poses for your body, which will help you improve your health in ways that you haven't imagined before.

The practice of Yoga is increasing throughout the globe. One of the main reasons for its popularity is that even doctors are advising patients on the worth of yoga. Yoga is being intensively studied by scientists and it is proven that yoga calms and relaxes both mind and body and uplifts the spirit. It is an exceptional discipline for getting a good mind and keeping yourself healthy.

In India, Prime Minister Narendra Modi inaugurated the first International Day of Yoga on June 21st in 2015. The event also registered two Guinness World Records, one for 35,985 people practicing in a single yoga session at a single venue and the other for most nationalities participating in a yoga lesson.

That way, yoga can support the healing process and help the person experience symptoms with more centered and less distress.

- Yoga improves strength, balance and flexibility.
- Yoga helps with back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga benefits heart health.



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- Yoga relaxes you, helps you sleep better.

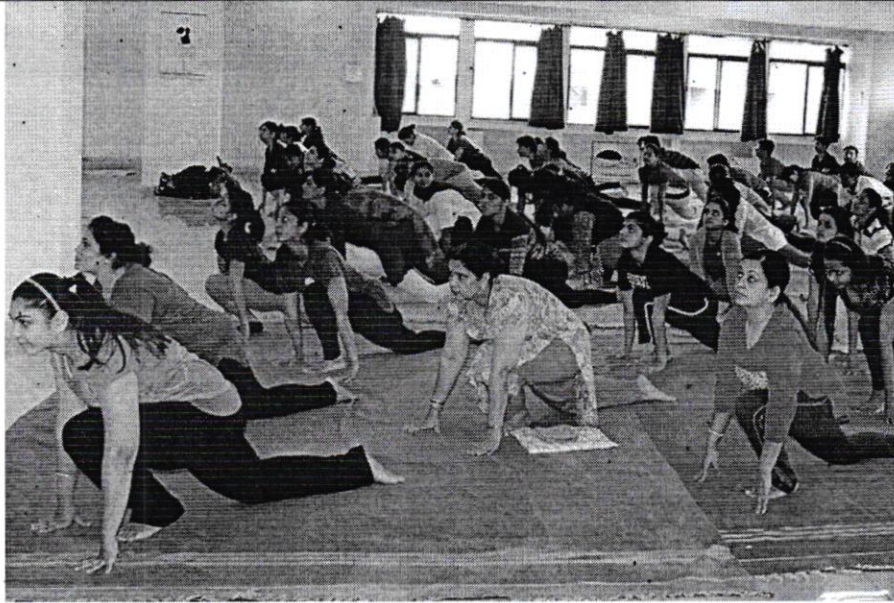
Yoga is very useful because it helps us to control our mind, contributes to health and works as a stress-reducer. The term Yoga means union. A Yogi's ultimate aim is to attain this union with the eternal self with the help of mental and physical exercise


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Photos of the celebrating yoga day activity conducted



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HOD of ISE,

HOD of Information Systems
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DEPARTMENT OF INFORMATION SCIENCE ENGINEERING

EXTENSION ACTIVITY REPORT - 2018-19



InfoSEA

Students participated in yoga day extension activity

S.N	USN	Name	Signature
1	1EW19IS001	A M PAVAN	
2	1EW19IS002	AISHWARYA L M	
3	1EW19IS003	AISHWARYA PATEL K M	
4	1EW19IS004	AISHWARYA SHASTRY V	
5	1EW19IS005	ALAIKYA V C	
6	1EW19IS006	ANJAN S	
7	1EW19IS007	ANUP N D	
8	1EW19IS008	ANUSHA S PATIL	
9	1EW19IS009	ASHITHA N S	
10	1EW19IS010	B K ANUSHREE	
11	1EW19IS011	BHAVANA G M	
12	1EW19IS012	BHOOMIKA H M	
13	1EW19IS013	BRUNDHA M R	
14	1EW19IS014	CHAITHRA S M	
15	1EW19IS015	CHANDANA N	
16	1EW19IS016	DARSHAN G B	
17	1EW19IS017	DARSHAN GOWDA B N	
18	1EW19IS018	DEEKSHITH KS	
19	1EW19IS019	DEEPIKA R	
20	1EW19IS020	DEEPTI SUBBARAO KULKARNI	

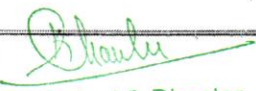
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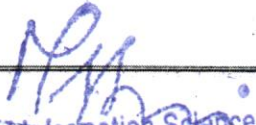


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21	IEW19IS021	DEERAJ C M	Deeraj
22	IEW19IS022	DHARANI DHARAN A	Dh
23	IEW19IS023	DIVYA A	Divya
24	IEW19IS024	ESHWAR S SINDHE	Eshwar
25	IEW19IS025	ESHWARI RAO K P	Eshwari Rao K.P.
26	IEW19IS026	GIRIDHAR S T	Giridhar
27	IEW19IS027	GRUSHA G S	
28	IEW19IS028	HARSHANA D S	
29	IEW19IS029	HARSHITH N	Harshith n.
30	IEW19IS030	HARSHITHA GOWDA A R	Harshitha
31	IEW19IS031	HARSHITHA P	Harshitha
32	IEW19IS032	HARSHITHA P S	Harshitha
33	IEW19IS033	HEMA P PATEL	Hema
34	IEW19IS034	HEMASHREE B M	Hemashree
35	IEW19IS035	IMPAN T S	Impant
36	IEW19IS036	JASHWANTH P V	Jashwanth
37	IEW19IS037	JEEVITHA S	Jeevitha
38	IEW19IS038	JEEVITHA B C	Jeevitha
39	IEW19IS039	JYOTHIKA B	Jyothika
40	IEW19IS040	K K HALL PRAVEEN KUMAR	
41	IEW19IS041	KAVYASHREE A	Kavya
42	IEW19IS042	KEERTAN NRUSIMHA SV	Keertan
43	IEW19IS043	KEERTHANA C	Keerthana
44	IEW19IS044	KHUSHI C K	Khushi
45	IEW19IS045	KIRANMAYEE U	Kiranmayee
46	IEW19IS046	KRUPATEJA S	Krupateja
47	IEW19IS047	M H PALLAVI	Pallavi




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48	IEW19IS048	MADHUMITHA V	Madhumitha V.
49	IEW19IS049	MAHIMA MANJUNATH BHAT	Mahima
50	IEW19IS050	MANASA M	Manasa
51	IEW19IS051	MEGHANA N	Meghana N
52	IEW19IS052	MOHAN KATTI	Mohan Katti
53	IEW19IS053	MONIKA M	Monika
54	IEW19IS054	MORABAD SIMRAN SHIVANAND	MSS
55	IEW19IS055	NANDINI D BHARADWAJ	Nandini D Bharadwaj
56	IEW19IS056	NAYANA R	Nayana R.
57	IEW19IS057	NEERAJ Y S	
58	IEW19IS058	NIKHIL M	Nikhil
59	IEW19IS059	NIKITHA RAMPURE	Nikitha Rampure
60	IEW19IS060	NIRIKSHA N	
61	IEW19IS061	NIVEDITHA S	Niveditha S
62	IEW19IS062	NM TILAK GOWDA	NM Tilak Gowda
63	IEW19IS063	PALLAVI S T	Pallavi
64	IEW19IS064	POORNIMA	Poornima
65	IEW19IS065	PRAJWAL GOWDA P R	Prajwal Gowda P R
66	IEW19IS066	PRAJWAL R	Prajwal R
67	IEW19IS067	PRAKRUTHI R	PraKruthi
68	IEW19IS068	PRANATHI T C	Pranathi T C
69	IEW19IS069	PRARTHANA B S	Prarthana B S
70	IEW19IS070	PREETI MAHATO	Preeti
71	IEW19IS071	PRIYA K	Priya K
72	IEW19IS072	PRIYA KUMARI	Priya Kumari
73	IEW19IS073	PRIYANKA G PRABHU	Priyanka G Prabhu



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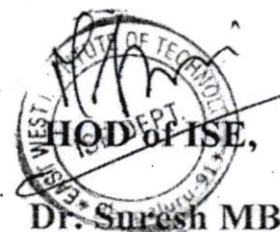
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75	IEW19IS075	PRUTHVI M R	
76	IEW19IS076	PUNITHA M	Punitha
77	IEW19IS078	RACHITH R	Rachitha
78	IEW19IS079	RAKSHITH S	
79	IEW19IS080	RAKSHITHA C	Rakshitha c
80	IEW19IS081	RAKSHITHA L	Rakshitha l
81	IEW19IS082	RANJITHKUMAR E	
82	IEW19IS083	RASHMI N	Rashmi n.
83	IEW19IS084	RONAK D	
84	IEW19IS085	ROSHAN R NADAF	Roshan
85	IEW19IS086	RUPESH CHAUDHARY	
86	IEW19IS087	SAHANA J P	Sahana J
87	IEW19IS088	SAHANA S	Sahana S.
88	IEW19IS089	SAHANA S R	Sahana
89	IEW19IS090	SAMEEKSHA S	
90	IEW19IS091	SANDEEP CHAUHAN	SANDEEP
91	IEW19IS092	SAPTHAMI N K	Sapthami
92	IEW19IS093	SHALINI S N	Shalini
93	IEW19IS094	SHASHANK G S	
94	IEW19IS095	SHASHIKUMAR G B	Shashik
95	IEW19IS096	SHIVAPRIYA T S	Shivapriya
96	IEW19IS097	SHREYA P	Shreya
97	IEW19IS098	SNEHA H S	Sneha
98	IEW19IS099	SNEHA P	Sneha
99	IEW19IS100	SPOORTHY M J	Spoorthy
100	IEW19IS101	SREE VARSHA A E.	Sree Varsha
101	IEW19IS102	SRILAKSHMI H N	Srilakshmi

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102	1EW19IS103	SRUSHTI C	<i>Srushti C</i>
103	1EW19IS104	SURAYA BANU S	<i>Suraya</i>
104	1EW19IS105	SUSHMA A	<i>Sushma A</i>
105	1EW19IS106	SUSHMA E	<i>Sushma E</i>
106	1EW19IS107	TEJASWINI H S	
107	1EW19IS108	THEJASHREE S	<i>Tanj S</i>
108	1EW19IS109	VANASHREE G S	<i>Vanashree</i>
109	1EW19IS110	VIJAYKUMAR RAMACHANDRA HEGDE	<i>Vijaykumar</i>
110	1EW19IS111	YOGANAND P	
111	1EW18IS093	SHIREESHA V	<i>Shireesha</i>
112	1EW18IS112	VRINDA V KULKARNI	<i>Vrinda</i>
113	1EW18IS025	DHRUVASHREE P M	
114	1EW18IS005	AKSHATHA V S	<i>Akshatha</i>
115	1EW18IS023	DHANUSHREE K L	
116	1EW16IS350	ABHISHEK KAMBLE	<i>Abhishek</i>
117	1EW18IS044	KRITHI R S	<i>Krithi</i>
118	1EW18IS038	JEEVAN	<i>Jeevan</i>
119	1EW18IS030	HARISH KUMAR N N	<i>H.K. N.N.</i>
120	1EW18IS075	RAKESH GOWDA N	<i>Rakesh Gowda</i>
121	1EW18IS031	HARSHA S RAO	<i>Harsha Rao</i>

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Students Feedback on Yoga Day-2018-19

S.N	USN	Name	Do you refer this program to your friends?	Quality of the program	Was the topic helpful?	Overall experience
1	IEW19IS001	A M PAVAN	3	5	4	3
2	IEW19IS002	AISHWARYA L M	4	3	3	3
3	IEW19IS003	AISHWARYA PATEL K M	3	3	3	3
4	IEW19IS004	AISHWARYA SHASTRY V	4	3	4	3
5	IEW19IS005	ALAIKYA V C	4	4	4	4
6	IEW19IS006	ANJAN S	5	4	3	2
7	IEW19IS007	ANUP N D	-			
8	IEW19IS008	ANUSHA S PATIL	2	4	5	3
9	IEW19IS009	ASHITHA N S	-			
10	IEW19IS010	B K ANUSHREE	5	2	4	5
11	IEW19IS011	BHAVANA G M	-			
12	IEW19IS012	BHOOMIKA H M	5	4	3	3
13	IEW19IS013	BRUNDHA M R	5	5	5	5
14	IEW19IS014	CHAITHRA S M	4	4	4	4
15	IEW19IS015	CHANDANA N	4	3	2	2
16	IEW19IS016	DARSHAN G B	2	2	3	2
17	IEW19IS017	DARSHAN GOWDA B N	3	3	3	3
18	IEW19IS018	DEEKSHITH KS	5	5	5	5
19	IEW19IS019	DEEPIKA R	4	4	4	4
20	IEW19IS020	DEEPTI SUBBARAO KULKARNI	2	3	5	4
21	IEW19IS021	DEERAJ C M	5	4	3	2
22	IEW19IS022	DHARANI DHARAN A	3	3	2	2

M. M. M.

Bhaskar

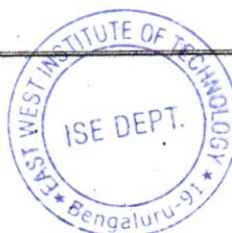
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S.N	USN	Name	Do you refer this program to your friends?	Quality of the program	Was the topic helpful?	Overall experience
47	IEW19IS047	M H PALLAVI	4	4	3	2
48	IEW19IS048	MADHUMITHA V	5	5	5	5
49	IEW19IS049	MAHIMA MANJUNATH BHAT	4	5	3	1
50	IEW19IS050	MANASA M				
51	IEW19IS051	MEGHANA N	4	4	4	4
52	IEW19IS052	MOHAN KATTI	2	3	5	4
53	IEW19IS053	MONIKA M	3	4	5	5
54	IEW19IS054	MORABAD SIMRAN SHIVANAND	4	4	5	4
55	IEW19IS055	NANDINI D BHARADWAJ	4	5	3	2
56	IEW19IS056	NAYANA R	2	3	4	5
57	IEW19IS057	NEERAJ Y S	-			
58	IEW19IS058	NIKHIL M	3	4	4	5
59	IEW19IS059	NIKITHA RAMPURE	2	3	5	4
60	IEW19IS060	NIRIKSHA N	-			
61	IEW19IS061	NIVEDITHA S	3	4	5	4
62	IEW19IS062	NM.TILAK GOWDA	2	4	5	5
63	IEW19IS063	PALLAVI S T	2	4	3	4
64	IEW19IS064	POORNIMA	4	4	5	4
65	IEW19IS065	PRAJWAL GOWDA P R	4	3	4	5
66	IEW19IS066	PRAJWAL R	5	5	4	4
67	IEW19IS067	PRAKRUTHI R	4	4	4	3
68	IEW19IS068	PRANATHI T C	5	5	4	4
69	IEW19IS069	PRARTHANA B S	5	5	4	4

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S.N	USN	Name	Do you refer this program to your friends?	Quality of the program	Was the topic helpful?	Overall experience
70	1EW19IS070	PREETI MAHATO	5	3	5	3
71	1EW19IS071	PRIYA K	4	5	5	4
72	1EW19IS072	PRIYA KUMARI	4	4	4	4
73	1EW19IS073	PRIYANKA G PRABHU	3	4	4	3
74	1EW19IS074	PRIYANKA S K	4	3	4	4
75	1EW19IS075	PRUTHVI M R	-			
76	1EW19IS076	PUNITHA M	4	3	5	3
77	1EW19IS078	RACHITH R	-			
78	1EW19IS079	RAKSHITH S	3	5	3	5
79	1EW19IS080	RAKSHITHA C	3	5	3	5
80	1EW19IS081	RAKSHITHA L	3	3	3	3
81	1EW19IS082	RANJITHKUMAR E	-			
82	1EW19IS083	RASHMI N	4	5	5	5
83	1EW19IS084	RONAK D				
84	1EW19IS085	ROSHAN R NADAF	3	4	5	5
85	1EW19IS086	RUPESH CHAUDHARY				
86	1EW19IS087	SAHANA J P	3	4	4	4
87	1EW19IS088	SAHANA S	5	5	4	3
88	1EW19IS089	SAHANA S R	5	4	4	3
89	1EW19IS090	SAMEEKSHA S	-			
90	1EW19IS091	SANDEEP CHAUHAN	5	4	4	3
91	1EW19IS092	SAPTHAMI N K	4	3	3	4
92	1EW19IS093	SHALINI S N	5	3	3	3
93	1EW19IS094	SHASHANK G S	-			

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S.N	USN	Name	Do you refer this program to your friends?	Quality of the program	Was the topic helpful?	Overall experience
94	IEW19IS095	SHASHIKUMAR G B	4	4	4	5
95	IEW19IS096	SHIVAPRIYA T S	5	5	4	4
96	IEW19IS097	SHREYA P	3	3	4	4
97	IEW19IS098	SNEHA H S	4	4	5	5
98	IEW19IS099	SNEHA P	5	5	4	4
99	IEW19IS100	SPOORTHI M J	5	5	5	5
100	IEW19IS101	SREE VARSHA A E	4	4	5	5
101	IEW19IS102	SRILAKSHMI H N	4	5	4	5
102	IEW19IS103	SRUSHTI C	3	4	5	3
103	IEW19IS104	SURAYA BANU S	4	5	5	5
104	IEW19IS105	SUSHMA A	4	5	3	3
105	IEW19IS106	SUSHMA E	3	3	4	4
106	IEW19IS107	TEJASWINI H S	-			
107	IEW19IS108	THEJASHREE S	5	5	4	4
108	IEW19IS109	VANASHREE G S	4	5	5	4
109	IEW19IS110	VIJAYKUMAR RAMACHANDRA HEGDE	4	5	4	5
110	IEW19IS111	YOGANAND P	-			
111	IEW18IS093	SHIREESHA V	3	3	3	4
112	IEW18IS112	VRINDA V KULKARNI	3	3	3	4
113	IEW18IS025	DHRUVASHREE P M	-			
114	IEW18IS005	AKSHATHA V S	4	4	4	4
115	IEW18IS023	DHANUSHREE K L	-			
116	IEW16IS350	ABHISHEK KAMBLE	5	5	5	5

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S.N	USN	Name	Do you refer this program to your friends	Quality of the program	Was the topic helpful	Overall experience
117	1EW18IS044	KRITHI R S	4	5	5	5
118	1EW18IS038	JEEVAN	5	3	3	5
119	1EW18IS030	HARISH KUMAR N N	4	3	3	5
120	1EW18IS075	RAKESH GOWDA N	4	4	3	3
121	1EW18IS031	HARSHA S RAO	3	5	5	5

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