

NAME OF THE EXTENTION ACTIVITY:

Celebrating international yoga day

DESCRIPTION:

Date: 21/6/2018

The Dept. of Information Science & Engineering students actively involved in the 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 International Yoga day

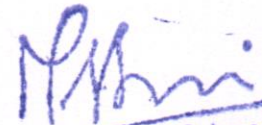
The Details of the Program

Participated Place	Bangalore
Coordinators	Lavanya B, Karan S Gowda, Moulya C
Participants	All 3 rd sem Students

All the 3rd sem ISE students have celebrated International yoga day on 21/6/2018 Thursday at EWIT campus, Bangalore. The details are as follows:


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International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga 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.

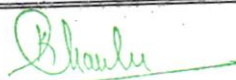
Today, it is used by all, mostly by those who are suffering from stress and back pain. Usually yoga is thought to be something related to the exercises of the body, but yoga isn't just exercise. Yoga also makes one's mind stronger and healthier and leads him towards a better way of living. The best yoga 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 21, 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.

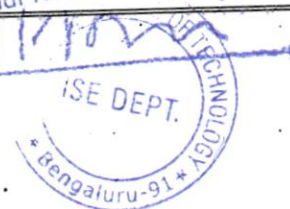
That way, yoga can support the healing process and help the person experience symptoms with more centered and less distress.

- Yoga improves strength, balance and flexibility.



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- Yoga helps with back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga benefits heart health.
- Yoga relaxes you, helps you sleep better.

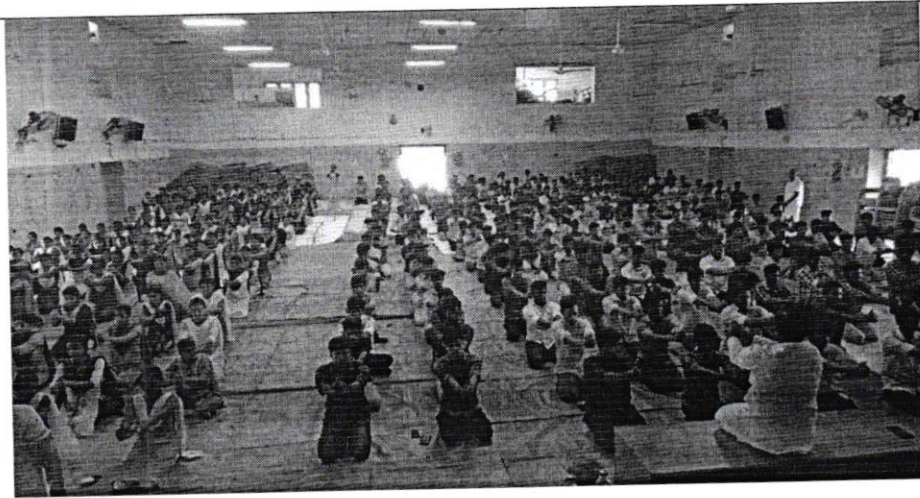
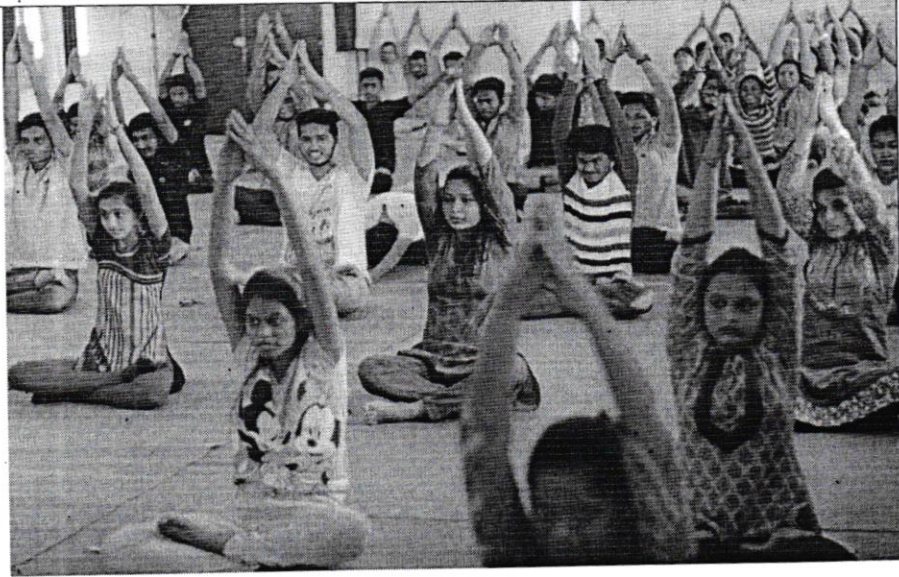
Yoga is very useful because it helps us to control our mind, contributes to health and works as a stress-reducer. The term Yoga means union. A Yogi's ultimate aim is to attain this union with the eternal self with the help of mental and physical exercise.


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Photos of celebrating international yoga day
activity conducted



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DEPARTMENT OF INFORMATION SCIENCE ENGINEERING

EXTENSION ACTIVITY REPORT - 2017-18



InfoSEA

Students Participated in International Yoga Day Extension Activity

S.N	USN	Name	Signature
1	1EW16IS001	ABHISHEK R	<i>Abhishek R</i>
2	1EW16IS002	ADHISHEKAR R	<i>Adhishekar R</i>
3	1EW16IS003	ADITYA P	<i>Aditya P</i>
4	1EW16IS004	AKSHATHA P R	<i>Akshatha P R</i>
5	1EW16IS005	AKSHAY KUMAR CHAI	<i>Akshay K</i>
6	1EW16IS006	AMBAREESH T N	<i>Ambareesh T N</i>
7	1EW16IS007	AMULYA H	<i>Amulya H</i>
8	1EW16IS008	ANJUSAGARA T A	<i>Anjusagara T A</i>
9	1EW16IS010	ARBINA FATHIMA	<i>Arbina F</i>
10	1EW16IS011	ARCHANA B R	<i>Archana B R</i>
11	1EW16IS012	ARPITHA G	<i>Arpitha G</i>
12	1EW16IS013	ARPITHA S B	<i>Arpitha S B</i>
13	1EW16IS014	BHAGYA K M	<i>Bhagya K M</i>
14	1EW16IS015	BHARGAVI	<i>Bhargavi</i>
15	1EW16IS016	BHAVANA	<i>Bhavana</i>

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16	IEW16IS017	BIJAY GHARTI MAGAR	<u>Bijay Gharti Magar</u>
17	IEW16IS018	BINDU B G	
18	IEW16IS019	CHAITHRA K C	<u>Chaithra K C</u>
19	IEW16IS020	CHAITRA N P	<u>N. Chaitra</u>
20	IEW16IS021	CHANDANA B H	<u>Chandana</u>
21	IEW16IS022	DARSHINI H K	<u>Darshini</u>
22	IEW16IS023	DEEKSHITHA R	<u>Deekshitha</u>
23	IEW16IS024	DIVYA M H	<u>Divya</u>
24	IEW16IS025	DIVYASHREE R	<u>Divyashree</u>
25	IEW16IS026	DIVYASHREE S	<u>Divyashree</u>
26	IEW16IS029	GAYATHRI K S	<u>Gayathri K S</u>
27	IEW16IS031	HARSHA V	<u>V. Harsha</u>
28	IEW16IS032	HEMANTH V	<u>Hemant</u>
29	IEW16IS033	HUDA SAHAR	<u>Huda Sahar</u>
30	IEW16IS034	JAIPRIYA V M	<u>Priya V</u>
31	IEW16IS035	JAYA PAVEETHRA K P	<u>Jaya</u>
32	IEW16IS036	KARAN S GOWDA	<u>Karan Gowda</u>
33	IEW16IS039	KAVYASHREE S G	<u>Kavyashree S G</u>
34	IEW16IS041	KUSHALA D	<u>Kushala D</u>
35	IEW16IS042	LATHA C	<u>Latha C</u>
36	IEW16IS043	LAVANYA B	
37	IEW16IS044	MADHAVI NAGARAJ JADE	<u>Madhavi</u>
38	IEW16IS045	MANASA U B	<u>Manasa U.B.</u>
39	IEW16IS046	MAVINDER SINGH NAMDHARI	
40	IEW16IS047	MEGHA P	<u>Megha P</u>
41	IEW16IS048	MEGHA S	<u>Megha S</u>
42	IEW16IS050	MOKSHA B N	<u>Moksha B N</u>



M. P. Thami

P. Chandra
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43	IEW16IS051	MONIKA R	Monika R
44	IEW16IS052	MONISHA P	Monisha
45	IEW16IS053	MOULYA C	Moulya C
46	IEW16IS055	MRINALINI M KALLAPUR	Mrinalini
47	IEW16IS056	MUTHUKUMAR P	Muthukumar
48	IEW16IS057	NAVYA H	Navya H
49	IEW16IS058	NAVYA P	Navya P
50	IEW16IS059	NEHA S PATIL	Neha S Patil
51	IEW16IS060	NIKHIL BHARADWAJ N	Nikhil
52	IEW16IS061	NIKHILESH R VASHISHT	Nikhilesh R Vashisht
53	IEW16IS063	PAVANKUMAR H M	Pavankumar
54	IEW16IS064	PAVITHRA S	Pavithra S
55	IEW16IS065	POOJA N	Pooja N
56	IEW16IS066	PRAJWAL N	
57	IEW16IS068	PRATHIKA M	Prathika M
58	IEW16IS069	PREETHI T S	preethi.T.S.
59	IEW16IS070	PRITHVIRAJ	Prithviraj
60	IEW16IS071	PRIYA M SANGRAM	Priya M
61	IEW16IS073	RAHUL KUMAR SINGH	
62	IEW16IS074	RAKSHITHA V S	Rakshitha V.S.
63	IEW16IS076	RAMYA V S	Ramya V.S.
64	IEW16IS077	RANJITH M	Ranjitha.T.R
65	IEW16IS078	RANJITHA T K	Ranjitha
66	IEW16IS079	RAVIKIRAN K V	Ravikiran.K.V
67	IEW16IS080	RISHA NIRANJAN	
68	IEW16IS081	ROHIT B	
69	IEW16IS082	RUPESH SAH	



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70	IEW16IS084	SAHANA GAJANAN	<u>Sahana</u>
71	IEW16IS085	MANVINAKURVE SAHANA H K	<u>Manu</u>
72	IEW16IS086	SAHANA M	<u>Sahana M</u>
73	IEW16IS087	SAHANA S HOBLIDAR	<u>Sahana S H</u>
74	IEW16IS088	SAHANA S KOTIAN	<u>Sahana S Kotian</u>
75	IEW16IS089	SAMEEKSHA B S	<u>Sameeksha</u>
76	IEW16IS090	SANCHANA	<u>Sanchana</u>
77	IEW16IS091	SANDIP GUPTA	<u>Sandip</u>
78	IEW16IS093	SANJAY B P	<u>Sanjay B P</u>
79	IEW16IS094	SANJAY P	<u>Sanjay P</u>
80	IEW16IS095	SASHIKA V S	<u>Sashika V S</u>
81	IEW16IS096	SHARATAKUMAR KODEKALL	<u>Sharan</u>
82	IEW16IS097	SHARATH BABU G	<u>Sharath Babu</u>
83	IEW16IS098	SHARMILI S	<u>Sharmili</u>
84	IEW16IS099	SHILPA S	<u>Shilpa S</u>
85	IEW16IS100	SHRADDHA PRAKASH BHAT	<u>Shraddha Prakash</u>
86	IEW16IS101	SHREYA S	<u>Shreya S</u>
87	IEW16IS102	SPANDANA S	<u>Spandana S</u>
88	IEW16IS104	SRIDHAR M	<u>Sridhar</u>
89	IEW16IS105	SRIKANTH V	<u>Srikanth V</u>
90	IEW16IS107	SUMA R	<u>Suma R</u>
91	IEW16IS108	SUMANTH N	<u>Sumanth</u>
92	IEW16IS110	TEJASHREE M	<u>Tejashree M</u>
93	IEW16IS111	TEJASWINI B V	<u>Tejaswini B V</u>
94	IEW16IS112	TEJASWINI R	<u>Tejaswini R</u>
95	IEW16IS113	THEJASHREE J	<u>Thejashree J</u>



96	IEW16IS114	TULASI M	Tulasi. M.
97	IEW16IS115	VARSHA P	Varsha
98	IEW16IS116	VARSHA P	Varsha
99	IEW16IS117	VARSHINI S	Varshini. S.
100	IEW16IS118	VIDYASHREE B M	Vidya
101	IEW16IS119	VINUTHA S	Vinutha. S.
102	IEW16IS120	VIVEK KAROLLI	Vivek Karolli
103	IEW16IS121	YASHASWINI T G	Yashaswini. T. G.
104	IEW16IS122	YOGALAKSHMI H R	Yogalakshmi
105	IEW16IS124	NANDAN	Nandan
106	IEW16IS125	SAMEER	Sameer
107	IEW17IS400	MEGHA	Megha
108	IEW17IS401	SUKMITH GURANG	Sukmith
109	IEW15IS010	B MADHAN KUMAR	Madhan.
110	IEW15IS011	B R VIKAS	B. R. Vikas
111	IEW15IS012	BABITHA R	Babitha. R
112	IEW15IS019	CHINMAYA S H	Chinmaya
113	IEW15IS024	GAGANA H K	Gagana
114	IEW15IS049	LOKESHWARI T N	Lokeshwari
115	IEW15IS051	MADHU MEGHANA N	Madhu
116	IEW15IS104	SOUNDARYA B R	Soundarya

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Dr. Suresh MB

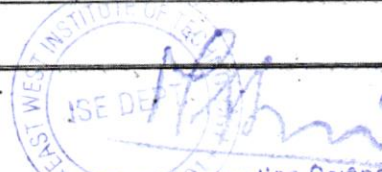


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Students feedback on international yoga day extension activity

S.N	USN	Name	Do you refer this program to your friends?	Quality of the program	Was the topic helpful?	Overall experience
1	1EW16IS001	ABHISHEK R	4	5	5	3
2	1EW16IS002	ADHISHEKAR R	5	3	4	5
3	1EW16IS003	ADITYA P	3	2	5	2
4	1EW16IS004	AKSHATHA P R	4	3	2	5
5	1EW16IS005	AKSHAY KUMAR CHAI				
6	1EW16IS006	AMBAREESH T N	5	3	5	5
7	1EW16IS007	AMULYA H	4	2	4	5
8	1EW16IS008	ANJUSAGARA T A	3	5	4	4
9	1EW16IS010	ARBINA FATHIMA				
10	1EW16IS011	ARCHANA B R	5	4	3	4
11	1EW16IS012	ARPITHA G	3	5	5	3
12	1EW16IS013	ARPITHA S B	2	3	2	4
13	1EW16IS014	BHAGYA K M	4	4	4	4
14	1EW16IS015	BHARGAVI				
15	1EW16IS016	BHAVANA	3	3	5	2
16	1EW16IS017	BIJAY GHARTI MAGAR	5	4	4	4
17	1EW16IS018	BINDU B G				
18	1EW16IS019	CHAITHRA K C	4	3	4	5

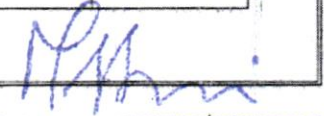

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19	IEW16IS020	CHAITRA N P	4	3	5	4
20	IEW16IS021	CHANDANA B H	5	4	3	5
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22	IEW16IS023	DEEKSHITHA R	4	5	4	5
23	IEW16IS024	DIVYA M H	5	3	4	5
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36	IEW16IS043	LAVANYA B	2	5	3	3
37	IEW16IS044	MADHAVI NAGARAJ JADE	2	2	2	3
38	IEW16IS045	MANASA U B	5	1	3	2
39	IEW16IS046	MAVINDER SINGH NAMDHARI				
40	IEW16IS047	MEGHA P	4	4	3	3
41	IEW16IS048	MEGHA S	3	5	4	5
42	IEW16IS050	MOKSHA B N	4	3	5	5
43	IEW16IS051	MONIKA R	2	2	2	3
44	IEW16IS052	MONISHA P	2	3	4	4


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45	IEW16IS053	MOULYA C	5	5	5	5
46	IEW16IS055	MRINALINI M KALLAPUR	5	4	3	5
47	IEW16IS056	MUTHUKUMAR P	5	4	3	2
48	IEW16IS057	NAVYA H	5	4	2	5
49	IEW16IS058	NAVYA P	4	2	5	5
50	IEW16IS059	NEHA S PATIL	4	5	3	4
51	IEW16IS060	NIKHIL BHARADWAJ N	4	4	3	2
52	IEW16IS061	NIKHILESH R VASHISHT	5	4	3	3
53	IEW16IS063	PAVANKUMAR H M	3	2	2	2
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57	IEW16IS068	PRATHIKA M	5	3	2	2
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59	IEW16IS070	PRITHVIRAJ	5	3	2	5
60	IEW16IS071	PRIYA M SANGRAM	4	4	4	4
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67	IEW16IS080	RISHA NIRANJAN				
68	IEW16IS081	ROHIT B				
69	IEW16IS082	RUPESH SAH				
70	IEW16IS084	SAHANA GAJANAN	5	3	2	3
71	IEW16IS085	MANVINAKURVE SAHANA H K	3	4	5	3

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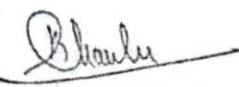
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76	IEW16IS090	SANCHANA	5	3	4	4
77	IEW16IS091	SANDIP GUPTA	4	4	4	5
78	IEW16IS093	SANJAY B P	3	4	4	4
79	IEW16IS094	SANJAY P	4	3	3	4
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84	IEW16IS099	SHILPA S	4	5	4	3
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86	IEW16IS101	SHREYA S	2	2	2	2
87	IEW16IS102	SPANDANA S	4	3	4	5
88	IEW16IS104	SRIDHAR M	4	3	4	4
89	IEW16IS105	SRIKANTH V	3	4	2	4
90	IEW16IS107	SUMA R	2	2	2	2
91	IEW16IS108	SUMANTH N	4	5	3	4
92	IEW16IS110	TEJASHREE M	4	4	4	4
93	IEW16IS111	TEJASWINI B V	5	4	4	5
94	IEW16IS112	TEJASWINI R	4	3	5	4
95	IEW16IS113	THEJASHREE J	3	3	4	4
96	IEW16IS114	TULASI M	5	4	4	5
97	IEW16IS115	VARSHA P	4	5	4	3
98	IEW16IS116	VARSHA P	3	3	4	4

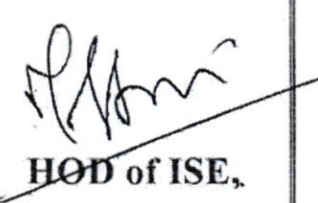
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99	IEW16IS117	VARSHINI S	YES 4	5	4	2
100	IEW16IS118	VIDYASHREE B M	5	4	4	4
101	IEW16IS119	VINUTHA S	5	5	5	3
102	IEW16IS120	VIVEK KAROLLI	4	4	4	4
103	IEW16IS121	YASHASWINI T G	2	2	2	1
104	IEW16IS122	YOGALAKSHMI H R	4	4	3	2
105	IEW16IS124	NANDAN	5	4	3	2
106	IEW16IS125	SAMEER	5	5	5	5
107	IEW17IS400	MEGHA	4	4	3	3
108	IEW17IS401	SUKMITH GURANG	5	2	3	2
109	IEW15IS010	B MADHAN KUMAR	4	3	5	4
110	IEW15IS011	B R VIKAS	3	4	4	3
111	IEW15IS012	BABITHA R	6	5	7	8
112	IEW15IS019	CHINMAYA S H	4	3	5	4
113	IEW15IS024	GAGANA H K	1	2	1	2
114	IEW15IS049	LOKESHWARI T N				
115	IEW15IS051	MADHU MEGHANA N	4	5	3	2
116	IEW15IS104	SOUNDARYA B R	5	4	3	2


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