



Bearys  
Institute  
of Technology  
MANGALORE



# BEARYS INSTITUTE OF TECHNOLOGY, MANGALORE

## DEPARTMENT OF CIVIL ENGINEERING

### Association of Civil Engineering

### Topic: “Yoga Session”

16 February 2021

|   |  |  |   |
|---|--|--|---|
| <b>Prepared by:</b><br><br>Prof Altamash, | <b>Co-ordinators</b><br>Prof Altamash, Prof<br>Vijay &<br>Prof Mohd<br>Minhajuddin<br>Assistant Professors | <b>Prof. Zaheer<br/>Ahmed</b><br>Head of the<br>Department | <b>Dr. S.I. Manjur<br/>Basha</b><br>Principal |
|---|--|--|---|

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a workshop was organised by Department of Civil Engineering on the 16 February 2021, for the hostel students of Bearys Institute of Technology. The yoga instructor, Mr. Punit Kumar, took yoga session with great dedication. The student participated with full interest, enthusiasm, and eagerness.

The session began by seeking the blessings of the Almighty. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, BhujangAsana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students.

The Prof Altamash motivated the students and conveyed the importance of making yoga an integral part of our daily life. The session concluded with an interactive session between the Prof. Minhaj, Instructor and the students in which the queries of the students were addressed satisfactorily. The session was very refreshing, reviving and relaxing




Pavor, Karnataka, India

RXW3+8F5, Pavor, Karnataka 574199, India

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 GPS Map Camera



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# BEARYS INSTITUTE OF TECHNOLOGY

Bearys Knowledge Campus, Lands End, Innoli,  
Near Mangalore University, Mangalore — 574153



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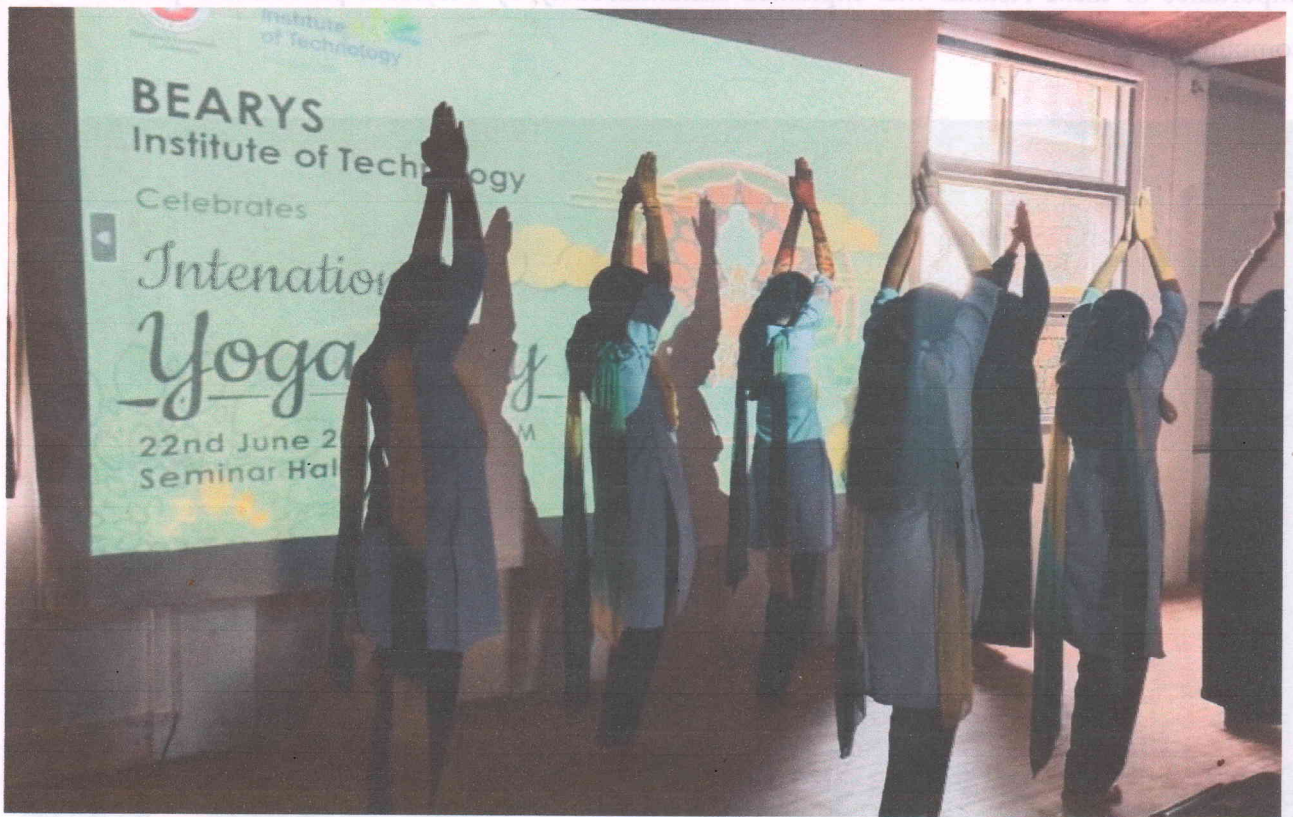
## Department of Computer Science and Engineering

### REPORT ON YOGA DAY

22<sup>nd</sup> June 2019

Practicing regular yoga has great benefits for keeping our bodies physically and mentally fit. Yoga helps students increase their concentration power. International Yoga Day is a great step to create awareness about yoga among the common folk. International yoga day was celebrated on 22- June 2019 led by Professor poornima (dept of cse) explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. Professor poornima started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students enthusiastically and the importance of these Asanas was explained simultaneously by Professor poornima department of computer science.







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# BEARYS INSTITUTE OF TECHNOLOGY MANGALORE

## Department of Electronics and Communication Engineering

### Program Report

A session on yoga was conducted on 21<sup>st</sup> June 2021 in the college campus for ECE students. It was conducted by Mr. Jeevan who is practicing yoga from 8 years. The resource person briefed about the importance of yoga in student life and how students get benefited out of it. EC students actively participated in this event.



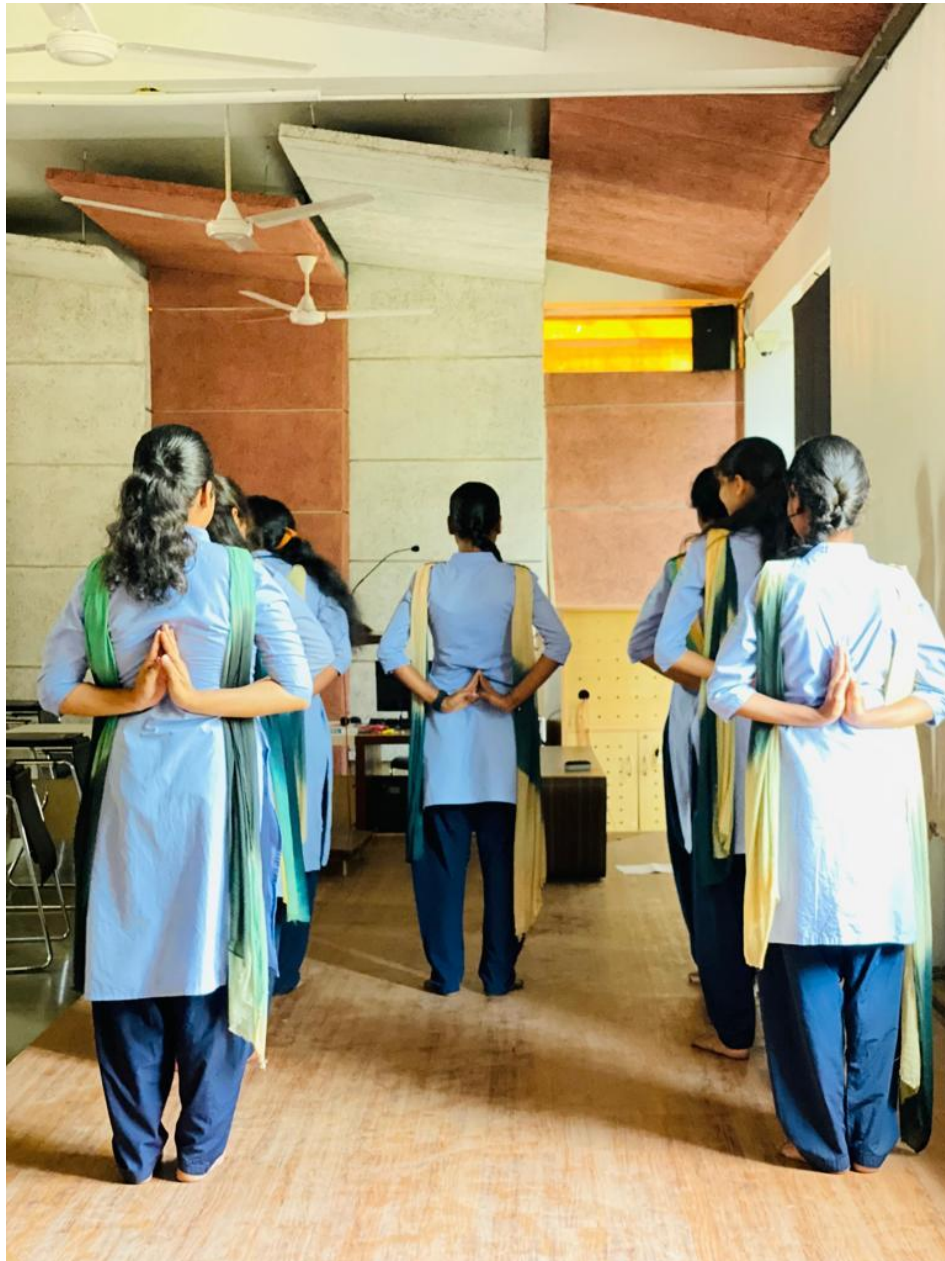




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# BEARYS INSTITUTE OF TECHNOLOGY MANGALORE

## Department of Electronics and Communication Engineering



- Event** : YOGA  
**Date** : 21.06.2019  
**Summary** : Department of Mechanical Engineering organized “YOGA ” for Mechanical Engineering students. Prof.Jeevan D Assistant Professor in Electronics and Communications Engineering Department, KVG College of Engineering Sullia, taught YOGA to mechanical Engineering students. 15 interested students participated and learned YOGA







YOGA

Students Attendance

| Sl.No. | USN        | NAME               | SIGNATURE |
|--------|------------|--------------------|-----------|
| 1      | 4BP15ME061 | RAMESH             |           |
| 2      | 4BP15ME062 | RANJITH T.R        |           |
| 3      | 4BP15ME068 | SUMANTHA R.P       |           |
| 4      | 4BP15ME072 | VINOD KUMAR        |           |
| 5      | 4BP16ME400 | GUNDAPPA           |           |
| 6      | 4BP15ME006 | ABILASH            |           |
| 7      | 4BP15ME015 | CHANDRAKANT        |           |
| 8      | 4BP15ME057 | MUZAMMIL MURTUZA   |           |
| 9      | 4BP16ME005 | AKSHAY KUMAR       |           |
| 10     | 4BP16ME006 | ALTHAMASH K        |           |
| 11     | 4BP16ME037 | NAGENDER           |           |
| 12     | 4BP16ME048 | VEERESH RC         |           |
| 13     | 4BP17ME001 | ABDUL SATTAR       |           |
| 14     | 4BP15ME067 | SHARAFULLA THANZIL |           |
| 15     | 4BP15ME046 | MOHAMMED SIDDIQ    |           |

  
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