



# **K.S. School of Engineering and Management**

**Kanakapura Road, Bengaluru -560109**

**Department of Management Studies (MBA)**

**Session: 2021-22 (ODD)**

**I Semester, MBA. Batch: 2020-22**

## **REPORT ON CLUB ACTIVITY**

**Event name: Club Activity**

**Topic: FITNESS & YOGA CLUB**

**Date and time:** Saturday, May 07, 2022, 8:45 am

**Targeted audience:** I semester MBA students & Faculty members

**Resource Person:** Mr. Chaitanya(MBA Student, Level-1 Yoga certified).

**Venue:** Kalidaasa Auditorium, 3<sup>rd</sup> Floor, A-block, KSSEM

**Event Coordinator:** Arundathi K L and Fitness and Yoga Club coordinators

Fitness and Yoga Club conducted Yoga for I Semester atudents to create awareness and importance of Physical and mental fitness. This will help students in terms of:

- Maintaining good physical fitness can help prevent some conditions.
- With exercise, body composition can change without changing weight.
- Athletes' hearts show different changes depending on their chosen sport.
- Muscle strength increases due to fiber hypertrophy and neural changes.
- Stretching to increase flexibility can ease a number of medical complaints.

**YOGA:**

The more you practice yoga, the more you're building awareness in your body, The biggest thing to do as a beginner is to start and then stay consistent with your practice,remember that practice makes progress.

**PRANAYAMA:**

Pranayama is an ancient breath technique that originates from yogic practices in India. It involves controlling your breath in different styles and lengths. It has more recently gained popularity in the western world because of the many health benefits that come from a pranayama practice.

1.0 Warm-up

- 1.1 Asanas
- 1.2 Pranayama
- 1.3 Shanti Mantra

Maintaining a good level of physical fitness is important.

**Poster:**

ENJOY WORKING OUT

**K S SCHOOL OF ENGINEERING AND MANAGEMENT**

DEPARTMENT OF MANAGEMENT STUDIES

**FITNESS AND YOGA CLUB ACTIVITY**

FACULTY MENTOR: ARUNDATHI K L

CO-ORDINATORS: AMRUTHA T R  
YASHASWINI N  
BHARGAV R  
DURGA PRASAD K C  
NANDEESH B  
YASHAVANTHA V M

TRY HARDER THAN YESTERDAY

MORE STRETCHING LESS STRESSING

HOD - MBA  
DR SHEKAR H S

PRINCIPAL/ DIRECTOR  
DR. K RAMANARSIMHA

**VENUE: 4TH FLOOR KALIDAASA AUDITORIUM**  
ON MAY 7TH 2022, 8:45AM - 10:30AM

ATTIRE-  T-SHIRT WITH ROUND NECK AND TRACK PANTS, KINDLY CARRY THE YOGA MAT.

**Social Media link:**

Department Instagram: @kssem.mba

Department LinkedIn page: <https://www.linkedin.com/in/kssem-mba-department-394b50211>

**Photos of the Event:**



**FLOW OF EVENTS:**

08.45 am – 09.00 am: 1.0 Warm-up

09.00 am – 09.45 am: 1.1 Asanas

09.45 am – 10.15 am: 1.2 Pranayama

10.15 am - 10.30 am: 1.3 Shanti Mantra and Group Photo

**CO-ORDINATOR**  
**Mrs. Arundathi K L**

**HOD-MBA**  
**Dr. Shekar H S**

**PRINCIPAL/DIRECTOR**  
**Dr. K Rama Narasimha**