



**K. S. School of Engineering and Management**  
**Kanakapura Road, Bengaluru -560109**  
**Department of Management Studies (MBA)**  
**Session: 2021-22 (EVEN)**

**REPORT ON FITNESS & YOGA CLUB ACTIVITY**

**Event name:** Yoga Activity

**Topic:** CLUB ACTIVITY

**Date and time:** Saturday, 20<sup>th</sup> August 2022, 8:45 am

**Targeted audience:** II Semester MBA students. Batch: 2021-23  
& Faculty members

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

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

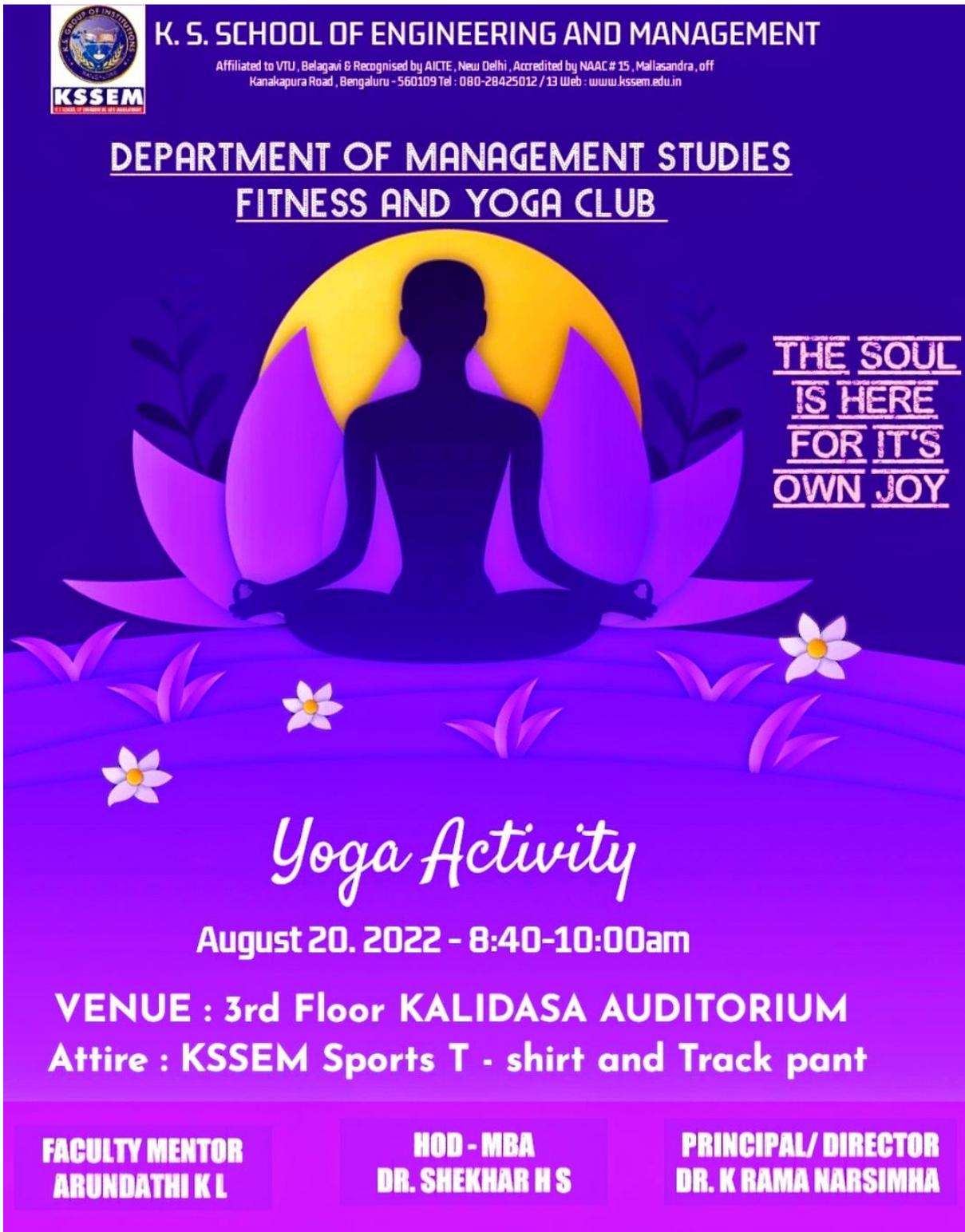
Fitness and Yoga Club conducted Yoga for II Semester students to create awareness and importance of Physical and mental fitness. This will help students in terms of:

- 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.

**FLOW OF EVENTS:**

08.45 am – 09.00 am:	1.0 Warm-up
09.00 am – 09.30 am:	1.1 Asanas
09.30 am – 09.40 am:	1.2 Surya Namaskara
09.40 am - 09.50 am:	1.3 Pranayama
09.50 am - 10.00 am:	1.4 Shanti Mantra and Group Photo

Poster:



**K. S. SCHOOL OF ENGINEERING AND MANAGEMENT**  
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Kanakapura Road, Bengaluru - 560109 Tel : 080-28425012 / 13 Web : www.kssem.edu.in

**DEPARTMENT OF MANAGEMENT STUDIES**  
**FITNESS AND YOGA CLUB**

**THE SOUL  
IS HERE  
FOR IT'S  
OWN JOY**

*Yoga Activity*

**August 20, 2022 - 8:40-10:00am**

**VENUE : 3rd Floor KALIDASA AUDITORIUM**  
**Attire : KSSEM Sports T - shirt and Track pant**

<b>FACULTY MENTOR</b> <b>ARUNDATHI K L</b>	<b>HOD - MBA</b> <b>DR. SHEKHAR H S</b>	<b>PRINCIPAL/ DIRECTOR</b> <b>DR. K RAMA NARSIMHA</b>
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**Social Media link:**

Department Instagram: @kssem.mba

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

**Photos of the Event:**



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

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

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