

National Institute of Technology Karnataka, Surathkal



Annual Report 2022-23 Yoga Club, NITK



YOGA CLUB
where mind, body, and soul meet

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Introduction

Yoga Club of NITK is a place to practice yoga and improve our overall physical, mental, and emotional well-being. Yoga involves a series of physical postures, breathing exercises, meditation, and relaxation techniques. We focus on building strength, and balance as well as calming the mind and reducing stress.

We provide a supportive environment where members can learn and practice yoga, meet new people, socialize, and also improve their fitness. Our club members range from beginner to experienced yogis, we can offer something to everyone. In addition to regular classes, we also organize workshops, special events, and yoga talks to deepen our practice and connect with like-minded individuals.

Yoga Club organizes events throughout the year. This report is an overview of some of the main events conducted by the yoga club in the 2022-23.

7 Days Yoga Camp

Date: June 1 to 7, 2022

Description:

Yoga camp was a program conducted by the YOGA club which focused on practicing and learning yoga in 7 days. All the enrolled participants gathered in the yoga hall every day around 5 pm, they were encouraged to engage in the practice and experience an opportunity to connect with themselves and feel re-energized. The camp was led by Guru Raghavendra, an experienced yoga teacher, who taught asanas, pranayama, and meditation from a basic level by engaging the participants in his spiritual talks and motivating them to do their best. The students were also introduced to different styles of yoga and philosophy. All the participants who completed the yoga camp were awarded a participation certificate.

Number of Participants: 300



An excerpt from the 7 Days Yoga Camp conducted by Yoga Club

Daily Yoga Sessions

Date: Month of October, 2022

Description:

Yoga Club conducted daily yoga sessions for interested people in the month of October. Faculties, students from different courses, branches came together and practice yoga. *Suryanamaskara*, and a few other basic asanas were practiced. Other than that, people also practiced *Pranayams* such as *Kapal bhati* and *Anulom Vilom*.

No. of participants: 30

Yoga 101

Date: Jan 8, 2023

Description:

Yoga 101 was a yoga session mainly focused on teaching basic yoga postures to complete beginners. Participants also discussed the importance of yoga in their daily life. It was an informative and fun event. Other than asanas, some *pranayamas* and *surya namaskara* were also taught to the participants.

Number of participants: 30



Students learning about yoga and different yoga postures early morning

Yoga Competition

DATE: Feb 2, 2023

DESCRIPTION:

The event started with the introduction of new members of the yoga club, majorly 1st years, the club faculty and the convenor provided information about the club and its various activities. This was followed by doing warm up, group meditation, and a few yoga asanas like *surya namaskara*, *vrikshasana* (tree pose), etc. New members demonstrated their yoga skills and shared their previous experiences. Based on their performance we grouped them into teams and the participant had to perform the yogic postures (body postures) with proper technique and sequence and maintain the posture for a longer time with breath synchronicity and breath retention wherever it is required.

No. of participants: 40

Image(s):





Students participating in Yoga Competition

Coastal Calming

Date: Feb 19, 2023

Description:

The Yoga club of NITK Surathkal organized '*Coastal Calming*' a yoga session at NITK beach today (19.02.2023) from 7.00 AM-8.30 AM at the backdrop of the Arabian sea.

NITK Director (additional charge), Prof. Prasad Krishna presided over the session. More than 200 participants including the staff and students of NITK participated in the yoga session. Ms. Venilla Manikandan, a Hatha Yoga Trainer, who is also a Black belt in Judo provided by Judo federation of India and ministry of sports, Black belt in taekwondo, karate, Mixed Martial arts woman to get the Black belt in dakshina kannada district in judo-by-Judo federation of India, pursuing MTech at Civil Engineering department, NITK Surathkal was the instructor for the session.

Prof. Prasad Krishna, the director and a yoga instructor himself, addressed the gathering and emphasized the importance of yoga practice. In addition, he complimented the Prime Minister of India, Shri Narendra Modi, for his contribution to yoga's worldwide popularity. He said that PM Modi's efforts had made yoga valued worldwide, despite cultural differences.

Prof. Prasad Krishna: "Yoga is an excellent way for students to improve their physical and mental wellbeing. Not only does it help to reduce stress and anxiety, but it also increases flexibility, strength, and balance. Practicing yoga can also help an individual to become more mindful and focused, allowing him/her to better manage their time and energy. The beauty of yoga is that it is suitable for all ages. By following the Eightfold Path: Yama (ethical standards), Niyama (self-discipline and spiritual observances), Asana (postures), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana

(meditation) and Samadhi (enlightenment) one can cultivate a greater sense of self-awareness, inner peace, and spiritual connection. With dedication and practice, the Eightfold Path can lead to a life of greater joy, fulfillment, and purpose. Yoga and meditation must be practiced in order to overcome the myriad lifestyle illnesses and rising suicide rates that plague today”.

The director expressed his sincere thanks to Ms. Venilla, the yoga teacher, Dean of Student Welfare: Prof. Narendranath, Dean of Faculty Welfare: Prof. G. C. Mohan Kumar, Yoga Club faculty advisor: Dr. V. Murugan, the organizers, and all the participants.

No of participants: 200

Image(s):



Prof. Prasad Krishna (Director, NITK, Surathkal) practicing Yoga



Students, faculties, and staffs practicing yoga at NITK Beach

Beach Cleaning

Date: Feb 18, 2023

Description:

The yoga club of NITK along with NSS organized a beach cleaning initiative that aims to clean the NITK shorelines to remove trash and non-biodegradable materials like plastics, soda cans, etc. which can harm the marine animals and pollute the water. Members of the club as well as volunteers assembled at the yoga hall, were split into groups, and actively participated in cleaning and creating awareness among the students and general public from 4 pm to 6:30 pm.

Number of participants: 30

Image(s):



Yoga Club members and faculty advisor during NITK beach cleaning



Yoga club members cleaning NITK beach

Discussion on Yoga

Date: March 2, 2023

Description:

The yoga club recently conducted an interaction session among students on the topic of yoga, which proved to be a highly informative and engaging experience for everyone involved. During the session, students had the opportunity to learn about the various benefits of practicing yoga, including improved flexibility, strength, balance, and overall wellness. They also had the chance to ask questions and share their own experiences with yoga, creating a lively and collaborative atmosphere. Overall, the interaction session was a valuable opportunity for students to deepen their knowledge and appreciation of this ancient and transformative practice.



Participants of Discussion session

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