

Yoga Club



Introduction

The Yoga Health and Nutrition Club at K.S.R College of Engineering is dedicated to promoting a holistic approach to wellness among students. Recognizing the importance of balanced health in academic and personal life, the club combines the benefits of yoga, nutrition education, and wellness practices to support physical, mental, and emotional well-being. Through engaging activities and workshops, the club aims to create a positive environment where students can learn about healthy living, manage stress, and develop sustainable habits.

Vision

The vision of the Yoga Health and Nutrition Club at K.S.R College of Engineering is to cultivate a culture of holistic well-being, empowering students to embrace healthy lifestyles through mindful practices, balanced nutrition, and physical fitness. The club aspires to foster lifelong wellness habits that support academic success, personal growth, and overall vitality.

Objectives

- Promote awareness of holistic health practices, including yoga, nutrition, and mental wellness.
- Encourage students to adopt healthy lifestyle habits for long-term physical and mental well-being.

- Provide opportunities for physical fitness and stress relief through regular yoga sessions and mindfulness activities.
- Educate students on the importance of balanced nutrition and its impact on health and academic performance.
- Support students in developing a positive attitude toward wellness, enabling them to lead balanced and fulfilling lives.

Members of Yoga Club @ KSRCE

S.No	Name of Faculty & Designation	Position
1	Dr M Venkatesan, Principal	Convener
2	Dr R Nandakumar, Vice Principal	Co-Convener
3	Mr B B Sangameswaran AP / BME	Faculty Coordinator

Event - 1: International Yoga Day Celebration

Date: 21.06.2024

Time: 10.00 am

Venue: Yoga Hall

KSR
College of Engineering

NAAC GRADE **A++** | NBA ACCREDITED COURSES
● AICTE Approved

YOGA CLUB & NATIONAL CADET CORPS
3 TN AIR SQN (TECH) NCC, SALEM-16
IN COLLABORATION WITH NCC UNIT, KSRIET

Join us in celebrating
INTERNATIONAL YOGA DAY

SESSION BY
A.J. KAVITHA,
Yoga Instructor,
Manavalkalai Mandram,
Tiruchengode.

EVENTS
▲ SHORT TALKS
▲ DEMONSTRATION
▲ MEDITATION

ON FRIDAY
21 JUNE 2024

START AT
10.00 AM

DISPLAY HALL
A-301 RAMANUJAM BLOCK

✕ @ in /ksrce | www.ksrce.org #weloveksr #ksrce

K.S.R College of Engineering celebrated International Yoga Day with an inspiring event organized by the Yoga Health and Nutrition Club. The day featured a rejuvenating morning yoga session, an enlightening guest talk on the benefits of yoga, and an interactive workshop on advanced techniques like Pranayama. Participants enjoyed healthy refreshments, took part in a fun yoga pose challenge, and concluded with a calming meditation. The event fostered a sense of unity and well-being, encouraging the college community to embrace the physical and mental benefits of yoga.





Events - 2: Life Skills - Yoga, Physical Fitness and Health

Date: 10.08.2024

Time: 11.30 am

Venue: Block A Corridor

Yoga offers a wealth of benefits for both the body and mind. Regular practice improves flexibility, strength, and posture while promoting relaxation and reducing stress. Through mindful breathing and gentle movements, yoga enhances focus, boosts mental clarity, and supports emotional resilience. It's a holistic practice that encourages overall wellness, helping individuals find balance and inner peace in their daily lives.



 **KSR** College of Engineering

**DEPARTMENT OF
BIOMEDICAL ENGINEERING**

In association with

PRANAA

Organizes



**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of HEC, Government of India)

**LIFE SKILL
YOGA, PHYSICAL FITNESS
AND
HEALTH**

**NAAC
GRADE A++**

**NBA
ACCREDITED
PROGRAMME**

AN AUTONOMOUS INSTITUTION



Mr.S.KARTHIKEYAN
YOGA INSTRUCTOR
MANAVALAKALAI YOGA MANDRAM
TIRUCHENGODE



**ON SATURDAY
AUGUST 10, 2024**



**STARTS AT
11.30 AM**



**VENUE
A- BLOCK, SEMINAR HALL**

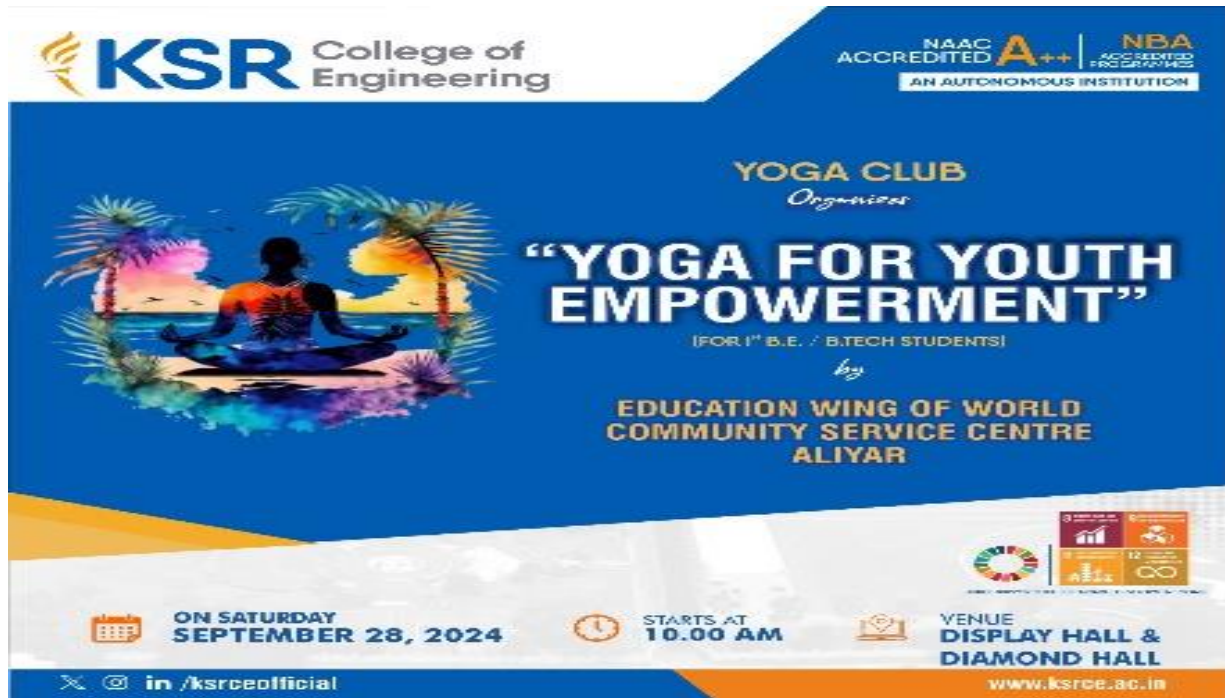


Event - 3: Yoga for Youth Empowerment -1

Date: 28.09.2024

Time: 10.00 am

Venue: Display Hall, Diamond Hall



K.S.R College of Engineering organized a special yoga program for first-year engineering students, aimed at introducing them to the physical and mental benefits of yoga. The program included beginner-friendly yoga sessions, breathing exercises, and relaxation techniques to help students manage academic stress, improve focus, and boost overall well-being. This initiative provided students with valuable tools for achieving balance, resilience, and a positive mindset as they embark on their engineering journey.





Event - 4: Club inauguration

Date: 28.09.2024

Time: 1.30 pm

Venue: Smart Classroom, Block A

KSR College of Engineering

NAAC ACCREDITED **A++** | NBA ACCREDITED PROGRAMMES
 AN AUTONOMOUS INSTITUTION

YOGA, HEALTH & NUTRITION CLUB
Organizer

CLUB INTRODUCTION & MIND GAMES
 (FOR FIRST YEAR B.E. / B.TECH STUDENTS)

ON SATURDAY
SEPTEMBER 28, 2024

STARTS AT
01.30 PM

VENUE
**A-101, SMART CLASS ROOM,
 A - BLOCK, KSRCE**

[in /ksrceofficial](#)

www.ksrce.ac.in

The Yoga Health and Nutrition Club at K.S.R College of Engineering was informally inaugurated with a fun and engaging session for students and staff. The event kicked off with a brief introduction to the club's goals and activities, followed by a light yoga session to kickstart the wellness journey. It was a relaxed gathering, where participants could interact, learn about the club's vision, and enjoy a few minutes of mindfulness and movement. The inauguration set the tone for a vibrant community dedicated to health, fitness, and holistic well-being.

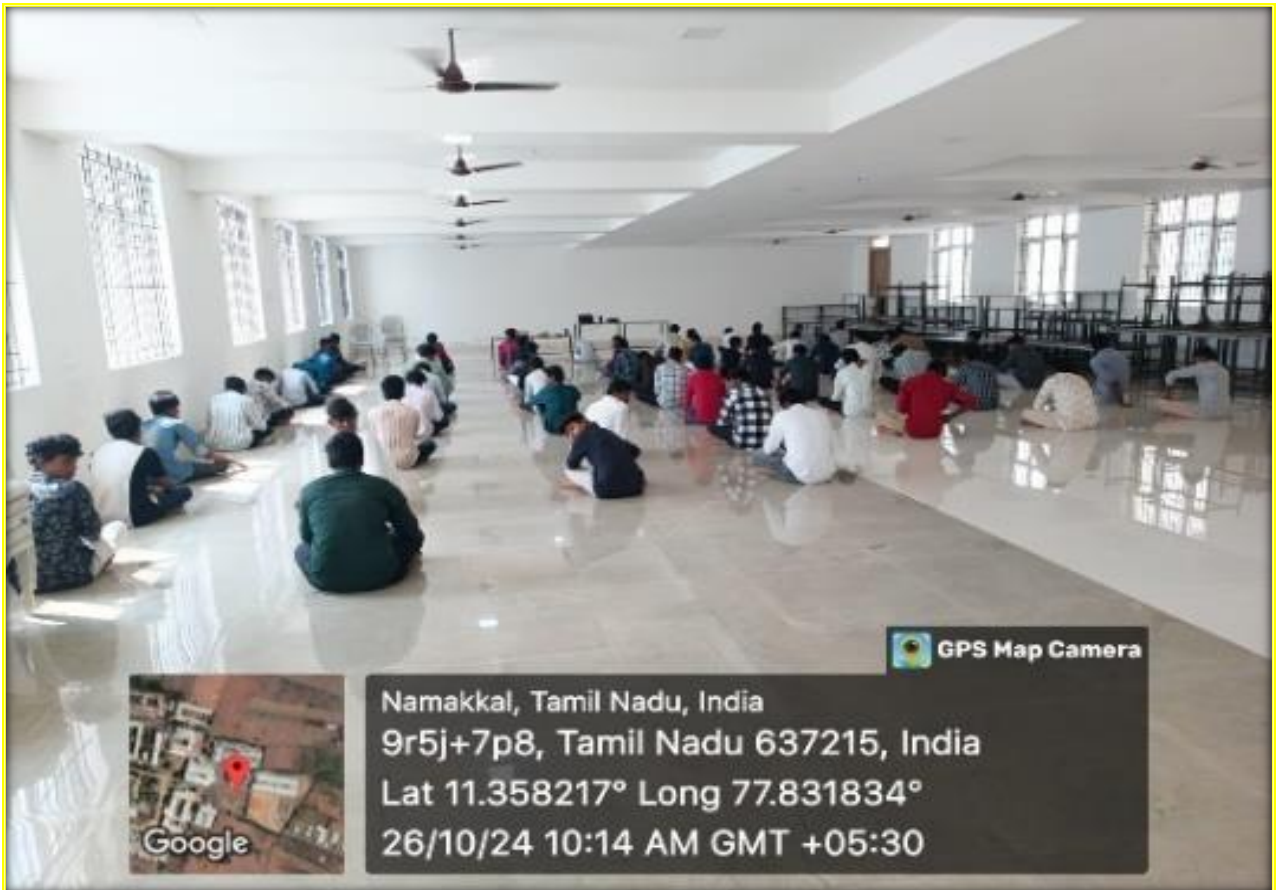


Event - 5: Yoga for Youth Empowerment -2

Date: 26.10.2024 Time: 10.00 am Venue: Display Hall, Diamond Hall & Emerald Hall

The poster features the KSR College of Engineering logo at the top left, with accreditation logos for NAAC A++ and NBA at the top right. The central image shows a person in a yoga pose against a sunset background with palm trees. The text on the poster includes: 'YOGA, HEALTH & NUTRITION CLUB Organized', '“YOGA FOR YOUTH EMPOWERMENT”', '(FOR FIRST YEAR B.E. / B.TECH STUDENTS)', 'In Association with EDUCATION WING OF WORLD COMMUNITY SERVICE CENTRE ALIYAR'. At the bottom, it states 'ON SATURDAY OCTOBER 26, 2024', 'STARTS AT 10.00 AM', and 'VENUE DISPLAY HALL, EMERALD HALL & DIAMOND HALL'. Social media handles and the website www.ksrce.ac.in are also listed.

The Yoga Health and Nutrition Club organized an introductory session on basic asanas for first-year students, focusing on simple and effective poses to improve flexibility, strength, and posture. Students practiced foundational asanas such as Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), and Sukhasana (Easy Pose), helping them to relax, enhance concentration, and release stress. The session aimed to provide students with a gentle introduction to yoga, encouraging them to integrate these practices into their daily routine for better physical and mental well-being.



Event - 6: Smart Snacking & Building Balanced Meal

Date: 24.10.2024

Time: 1.30 pm

Venue: Smart Classroom, Block A

The poster features the KSR College of Engineering logo at the top left, with accreditation logos for NAAC A++ and NBA at the top right. The central text reads 'YOGA, HEALTH & NUTRITION CLUB Organized SMART SNACKING & BUILDING A BALANCED MEAL (FOR FIRST YEAR B.E. / B.TECH STUDENTS)'. Below this is an image of hands holding a plate of various healthy snacks including kiwi, oranges, yogurt, and nuts. At the bottom, event details are provided: 'ON SATURDAY OCTOBER 26, 2024', 'STARTS AT 01.30 PM', and 'VENUE A-101, SMART CLASS ROOM, A - BLOCK, KSRCE'. Social media handles and the website URL are also listed.

KSR College of Engineering
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AN AUTONOMOUS INSTITUTION

YOGA, HEALTH & NUTRITION CLUB
Organized
SMART SNACKING & BUILDING A BALANCED MEAL
(FOR FIRST YEAR B.E. / B.TECH STUDENTS)

ON SATURDAY
OCTOBER 26, 2024

STARTS AT
01.30 PM

VENUE
**A-101, SMART CLASS ROOM,
A - BLOCK, KSRCE**

[/ksrceofficial](#) [www.ksrce.ac.in](#)

The Yoga Health and Nutrition Club hosted a session on "Smart Snacking and Building a Balanced Meal," guiding students on how to make healthier food choices. The session emphasized the importance of nutrient-dense snacks like fruits, nuts, and yogurt to maintain energy levels, while also teaching students how to create balanced meals that include a variety of proteins, carbohydrates, and healthy fats. The goal was to empower students to adopt practical, wholesome eating habits that support both their academic performance and overall well-being.



