



CRITERION 1 – CURRICULAR ASPECTS

KEY INDICATOR: 1.3 Curriculum Enrichment

Metric Number: 1.3.1 Institution integrates crosscutting issues relevant to professional Ethics, Gender Human Values, Environment and Sustainability intrinsically in the curriculum

List of Programs conducted

Academic Year 2022-23

Sl.no	Name of the Activity	Chief Guest for Activity	Date of Activity
1	Blood donation and health check-up camp	NSS	17 March 2023
2	Blood donation and health check-up camp	NSS	22 Dec 2022
3	Talk on Yoga	NSS	17 June 2022
4	Environmental Day	NSS	05 June 2022



Date: 25.02.2022

To

The principal
City Engineering College
Bangalore

Sub: Permission to conduct **BLOOD DONATION AND HEALTH CHECKUP CAMP**

Respected Sir,

We would like to organize **BLOOD DONATION AND HEALTH CHECKUP CAMP** in our college campus on 17th march 2023, which helps the student safe blood and blood products and their transfusion are a critical aspect of care and public health.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to be 'Gopi Kishan', written in a cursive style.

Prof. Gopi Kishan
NSS co-ordinator



CITY
ENGINEERING COLLEGE

Ref no; CEC/IQAC/NSS/C7/ACY22-23/09

CIRCULAR

Date: 16.03.2022

Department of NSS

This is to inform you all the students, teachers and non-teaching staff that NSS unit is organizing “blood donation camp and health checkup camp “ in our college campus on 22nd December 2022.

All are cordially invited



PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr.Thippeswamy.H.N
Principal



CITY
ENGINEERING COLLEGE

Academic Year 2022-2023

**Seminar On: BLOOD DONATION AND HEALTH
CHECKUP CAMP**

Date: 17.03.2023



CITY
ENGINEERING COLLEGE



CITY
ENGINEERING COLLEGE



**NSS wing
Is
Organising
BLOOD DONATION AND
HEALTH CHECKUP CAMP**



**Date: 17.03.2023
Time: 10:30 am
Venue : Admin Block**

**Prof. Gopi Kishan
NSS co-ordinator**

**Dr. Thippeswamy . H N
PRINCIPAL**



Report on BLOOD DONATION AND HEALTH CHECKUP CAMP

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

WHO is calling on people all around the globe to give blood in a gesture of solidarity

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They are key in treating people suffering from a range of diseases and as a result of accidents, natural disasters and armed conflict. The need for blood is universal, but access to it is limited - especially in low- and middle -income countries, where shortages particularly impact women and children as these tend to be the people who need blood most.

NSS of City Engineering College, Bengaluru, organized Blood donation and health check-up camp in our college campus on 17th March 2023 in association with ROTARY CLUB KANAKAPURA road and BANGALORE MEDICAL SERVICE TRUST (BMST).

We heartily express our thanks to the principal of our college Dr. KARUNAKARA for his kind and cooperative support all the time and all the staff and students.

The most important and lifesaving activities of Youth Red Cross-CEC is BLOOD DONATION. Our organization pays much importance and endurance to this part of activity, which saves human lives. Our mission is to save mankind by lending our support to those who are ill or on the verge of death just due to lack of blood. A majority of deaths happening daily around the world are mainly due to accidents. Apart from this, during deliveries, blood cancer, and any form of surgeries requires enormous units of blood. We all know that BLOOD is of great importance and its necessity is so vital that one's life is fully dependent on it. On those difficult circumstances, we pledge to stand by the sides of the needy patients. We organized Blood donation camp on 17/3/2023. Our student enthusiastically participated in the activity and more than 100 students participated and gave the blood which is useful for the society



Rotary
District 3190



IMAGINE
ROTARY



StarWalker

Rotary Bengaluru Kanakapura Road

Cordially Invites You To

FREE HEALTH CHECKUP CAMP

BY
VASAVI HOSPITALS, KUMARASWAMY LAYOUT

Venue
City Engineering College,
Kanakapura Road,
Near METRO Station,
Doddakallasandra,
Bikasipura, Bengaluru,
Karnataka 560062

Date : 17.03.2023
Time : 10:00 AM To 2:00 PM

FREE SERVICES

- **CARDIAC** Screening
- **QRISK – Risk** Calculation
- **General Health** Check Up
- **Eye Screening**
- **Random Blood Sugar**
- **BP & BMI** Assessment

Blood Donation Drive & Medical Check In Association With



BMST
Bangalore Medical Services Trust

★  **Rotary Bangalore**  **Blood Centre**



AiSteth
See the Sound



Fig 1: Highlights of blood donation and health checkup



Fig 2: Health checkup being done to the faculties



Fig 3: Health checkup Camp



Student Attendance list for " Blood donation and health checkup camp" 2022-2023

Sl.No	USN	NAME	SIGNATURE
1	ICE21EC011	KRISHNAVENI L	Krishnaveni
2	ICE21EC012	NAGARAJ	Nagaraj
3	ICE21EC013	NIVEDITHA P M	Niveditha
4	ICE21EC015	SINDHU S	Sindhu
5	ICE21EC016	SOUNDARYA P GANAPA	Soundarya
6	ICE21EC017	VAMSHI KASHYAP S	Vamshi
7	ICE22EC400	BHARATH G	Bharath
8	ICE22EC401	HARSHA L	Harsha
9	ICE22EC402	KEERTHI V M	Keerthi
10	ICE22EC403	MOHAN RAJ D	Mohan Raj
11	ICE22EC404	PUNEETH T R	Puneeth
12	ICE22EC405	SATHYANARAYANA R G	Sathya
13	ICE22EC406	SHIVAMANI M R	Shivamani
14	ICE22EC407	SUBIKSHA J IYER	Subiksha
15	ICE22EC408	VARSHINI R	Varshini
16	ICE22EC409	YAKSHITH KUMAR P	Yakshith
17	ICE21IS001	ABHISHEK K	Abhishek
18	ICE21IS002	AKASH KUMAR	Akash
19	ICE21IS003	ANOOP S N	Anoop
20	ICE21IS004	DARSHAN M	Darshan
21	ICE21IS005	DHANUSH N S	Dhanush
22	ICE21IS006	GAGAN P	Gagan
23	ICE21IS007	GOUTHAM S	Goutham
24	ICE21IS008	KANAKALAKSHMI	Kanakalakshmi
25	ICE21IS009	KAVANA U	Kavana



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 17/03/2023

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4: Verygood,5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
		X	X	X	✓	X
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
		X	X	X	✓	X
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
		X	X	X	✓	X
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
		X	X	X	✓	X
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5
		X	X	X	✓	X

Any additional comments or suggestions you wish to share,

no

Name:

Puehkar

USN no:

1CE20CS060



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 17/03/2023

Please provide us with your feedback by completing this feedback form

Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4: Verygood,5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

Name: Raajesh
USN no: 1CE20CS061



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 17/03/2023

Please provide us with your feedback by completing this feedback form

Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4: Verygood,5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

no

Name: Pooja - S
USN no: 1CE2DCS57



CITY
ENGINEERING COLLEGE

Date: 30.11.2022

To

The principal
City Engineering College
Bangalore

Sub: Permission to conduct “ Blood donation and health
Checkup camp”

Respected Sir,

We would like to organize a “Blood donation and health checkup camp’ in our college campus on 22nd december2022, which helps the student safe blood and blood products and their transfusion are a critical aspect of care and public health.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

Prof. Gopi Kishan
NSS co-ordinator



CITY
ENGINEERING COLLEGE

Ref no: CEC/ NSS/C7/ACY 22-23/OR/10

CIRCULAR

Date: 20.12.2022

Department of NSS

This is to inform you all the students, teachers and non-teaching staff that NSS unit is organizing “Blood donation camp and health checkup camp” in our college campus on 22nd December 2022.

All are cordially invited



PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr.Thippeswamy.H.N
Principal



CITY
ENGINEERING COLLEGE

Academic Year 2022-2023

**Seminar On: BLOOD DONATION AND HEALTH
CHECKUP CAMP**

Date: 22.12.2022



CITY
ENGINEERING COLLEGE



CITY
ENGINEERING COLLEGE



**NSS wing
Is
Organising
BLOOD DONATION AND
HEALTH CHECKUP CAMP**



**Date: 22.12.2022
Time: 10:30 am
Venue : Admin Block**

**Prof. Gopi Kishan
NSS co-ordinator**

**Dr. Thippeswamy . H N
PRINCIPAL**



Date: 22/12/2022

Report on BLOOD DONATION AND HEALTH CHECKUP CAMP

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

WHO is calling on people all around the globe to give blood in a gesture of solidarity.

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They are key in treating people suffering from a range of diseases and as a result of accidents, natural disasters and armed conflict. The need for blood is universal, but access to it is limited - especially in low- and middle -income countries, where shortages particularly impact women and children as these tend to be the people who need blood most.

Youth Red Cross and NSS of City Engineering College, Bengaluru, organized Blood donation, EYE check-up camp and health check-up camp in our college campus on 22nd DECEMBER 2023 in association with INDIAN RED CROSS SOCIETY and Dr. AGARWAL EYE HOSPITAL

Padmanabhanagar Bangalore.

We heartily express our thanks to the principal of our college Dr. THIPPESWAMY H N for his kind and cooperative support all the time and all the staff and students.



Fig 1 :Highlights of Blood Donation camp



Student Attendance list for " Blood donation and health checkup camp" 2022-2023 .

Sl.No	USN	NAME	SIGNATURE
1	1CE21EC011	KRISHNAVENI L	Krishnaveni
2	1CE21EC012	NAGARAJ	Nagaraj
3	1CE21EC013	NIVEDITHA P M	Niveditha
4	1CE21EC015	SINDHU S	Sindhu
5	1CE21EC016	SOUNDARYA P GANAPA	Soundarya
6	1CE21EC017	VAMSHI KASHYAP S	Vamshi
7	1CE22EC400	BHARATH G	Bharath
8	1CE22EC401	HARSHA L	Harsha
9	1CE22EC402	KEERTHI V M	Keerthi
10	1CE22EC403	MOHAN RAJ D	Mohan Raj
11	1CE22EC404	PUNEETH T R	Puneeth
12	1CE22EC405	SATHYANARAYANA R G	Sathe
13	1CE22EC406	SHIVAMANI M R	Shivamani
14	1CE22EC407	SUBIKSHA J IYER	Subiksha
15	1CE22EC408	VARSHINI R	Varshini
16	1CE22EC409	YAKSHITH KUMAR P	Yakshith
17	1CE21IS001	ABHISHEK K	Abhishek
18	1CE21IS002	AKASH KUMAR	Akash
19	1CE21IS003	ANOOP S N	Anoop
20	1CE21IS004	DARSHAN M	Darshan
21	1CE21IS005	DHANUSH N S	Dhanush
22	1CE21IS006	GAGAN P	Gagan
23	1CE21IS007	GOUTHAM S	Goutham
24	1CE21IS008	KANAKALAKSHMI	Kanakalakshmi
25	1CE21IS009	KAVANA U	Kavana



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 22/12/2022

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4:Very good,5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

Name: Manasa P
USN no: 1CE20CSD48



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 22/12/2022

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor, 2: Fair, 3: good, 4: Very good, 5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
		X	X	X	✓	X
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
		X	X	X	✓	X
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
		X	X	X	✓	X
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
		X	X	X	✓	X
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5
		X	X	X	✓	X

Any additional comments or suggestions you wish to share,

no

Name: Lilitha R
USN no: 1CE20CSD41



Feedback Form

On

BLOOD DONATION AND HEALTH CHECKUP CAMP

Date: 22/12/2022

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4:Very good,5: Excellent) by ticking an option below

1	How would you rate the overall organization of the camp?	1	2	3	4	5
2	How would you rate the cleanliness and comfort of the facilities used during the camp?	1	2	3	4	5
3	How would you rate the professionalism and friendly-ness of the medical staff?	1	2	3	4	5
4	Were the medical tests and procedures clearly explained to you?	1	2	3	4	5
5	How likely are you to participate in future health check-up camps organized by us?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

no

Name: Monika G
USN no: 1CE20CS051



CITY
ENGINEERING COLLEGE

Date: 25.05.2022

To

The principal
City Engineering College
Bangalore

Sub: Permission to celebrate world environmental day

Respected Sir,

We would like to celebrate world environmental day on 5th June 2022, which helps the student to have an understanding Increase global awareness about environmental issues and their impact on ecosystems and human health

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

Prof. Gopi Kishan
NSS co-ordinator



CITY
ENGINEERING COLLEGE

Ref no: CEC/IQAC /C7/ACY 22-23/OR/11

CIRCULAR

Date: 01.06.2022

Department of NSS

This is to inform you all the students, teachers and non-teaching staff that NSS unit is organizing world environmental day on 5th June 2022 in the college campus.

All are cordially invited



PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr. Thippeswamy. H.N
Principal



CITY
ENGINEERING COLLEGE

Academic Year 2022-2023

World Environmental Day

Date: 05.06.2022



CITY
ENGINEERING COLLEGE



CITY
ENGINEERING COLLEGE



NSS Wing
Is celebrating

WORLD ENVIRONMENT DAY

Date: 05.06.2022

Time: 11:00

Venue: CEC campus



Prof. Gopikishan
NSS co-ordinator

Dr. Thippeswamy H N
PRINCIPAL

Management, Staff and Students



Date: 5.06.2022

Report on World Environmental Day

Environmental day was celebrated in CEC campus. On June 5th 2022 plantation was held in CEC in view of Environmental day. NSS and YRC volunteers by planting saplings celebrated environmental day and Principal, Administrative Officer, YRC officer participated in this activity. Also wall painting on CEC compound walls were done by our students. Students enthusiastically participated in this activity and shown their talent.

Objectives:

- Increase global awareness about environmental issues and their impact on ecosystems and human health.
- Provide educational resources and tools to help people understand environmental issues and empower them to make informed decisions.

Outcomes:

- Greater public understanding of environmental issues and their global significance. This can lead to more informed and engaged students who are aware of the impacts of their actions on the environment.
- Increased involvement in community-based environmental initiatives and projects, such as clean-up drives, tree planting, and conservation efforts.



Fig1: Students planting the saplings



Fig 2: Highlights of environment day celebration


PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr. Thippeswamy. H.N
Principal



Student Attendance list for "Environmental Day" 2022-2023

Sl.No	USN	NAME	SIGNATURE
1	1CE22CS021	ASHIK K SHETTY	Ashik Shetty
2	1CE22CS022	ASHRITHA S	Ashritha
3	1CE22CS023	B PRASANNA	Prasanna
4	1CE22CS024	B S AKSHATHA	Akshatha
5	1CE22CS025	BALAJI	Balaji
6	1CE22CS026	BANUPRIYA B	Banupriya
7	1CE22CS027	BHAGYAJYOTHI	Jyothi
8	1CE22CS028	BHAVANI M	Bhavani
9	1CE22CS029	BHUVANA N	Bhuvana
10	1CE22CS030	CHAITHANYA	Chaitanya
11	1CE22AI011	DARSHAN M	Darshan
12	1CE22AI012	DEEPAK C S	Deepak
13	1CE22AI013	DEEPAK D S	Deepak
14	1CE22AI014	DHANUSH GOWDA M	Dhanush
15	1CE22AI015	DHANUSHREE C	Dhanushree
16	1CE22AI016	HARINI J C	Harini
17	1CE22AI017	HARSHAVARDHAN G	Harshvardhan
18	1CE22AI018	HARSHITH M	Harshith
19	1CE22AI019	HEMANTH	Hemant
20	1CE22AI020	JANANI S	Janani
21	1CE22AI021	K SHRI HARI	Shri Hari
22	1CE22AI022	KANCHANA N	Kanchana
23	1CE22AI023	KAVYA G	Kavya
24	1CE22AI024	KEERTHAN S	Keertan



Feedback Form
On
World Environmental
Day

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4:Very good,5: Excellent) by ticking an option below

1	The event increases your awareness of environmental issues?	1	2	3	4	5
2	Do you feel inspired to take action or make changes in your own life as a result of this event?	1	2	3	4	5
3	How likely are you feel participating in similar environmental events in the future	1	2	3	4	5
4	How effective was event organized on you	1	2	3	4	5
5	did you find these activities most engaging or impactful?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

Name: Lavanya . B . S
USN no: 1CE22CS081



Feedback Form
On
World Environmental
Day

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4:Very good,5: Excellent) by ticking an option below

1	The event increases your awareness of environmental issues?	1	2	3	4	5
2	Do you feel inspired to take action or make changes in your own life as a result of this event?	1	2	3	4	5
3	How likely are you feel participating in similar environmental events in the future	1	2	3	4	5
4	How effective was event organized on you	1	2	3	4	5
5	did you find these activities most engaging or impactful?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

Name: Kushal R
USN no: 1CE22C5079



Feedback Form
On
World Environmental
Day

Please provide us with your feedback by completing this feedback form
Presenter Evaluation: Please rate the form on the following scale (1: poor,2: Fair,3: good,4:Very good,5: Excellent) by ticking an option below

1	The event increases your awareness of environmental issues?	1	2	3	4	5
2	Do you feel inspired to take action or make changes in your own life as a result of this event?	1	2	3	4	5
3	How likely are you feel participating in similar environmental events in the future	1	2	3	4	5
4	How effective was event organized on you	1	2	3	4	5
5	did you find these activities most engaging or impactful?	1	2	3	4	5

Any additional comments or suggestions you wish to share,

Name: Kecathana . A
USN no: 1CE22CS074



CITY
ENGINEERING COLLEGE

Date: 17-06-2022

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to Conduct Seminar for Talk on Yoga for Youth

Respected Sir,

We would like to conduct a seminar on "Talk on Yoga for Youth" on 19th June 2022 This seminar aims to introduce students to the benefits of yoga and how it can positively impact their physical and mental well-being

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

Dr. Gopi Kishan
NSS Coordinator



CITY
ENGINEERING COLLEGE

Ref no: CEC/IQAC/C7/ACY2021-2022/OR/13

Date: 17.06.2022

CIRCULAR

This is to inform all students, teaching, and non-teaching staff We are pleased to announce that our college will be hosting a seminar on "Yoga for Youth" on 19th June 2022 to promote the physical and mental well-being of our students. This seminar is an excellent opportunity for students to learn about the benefits of yoga and how it can positively impact their lives

All are cordially invited



PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr. Thippeswamy. H.N

Principal



CITY
ENGINEERING COLLEGE



NSS Wing

**We are delighted to extend our
Invitation to
Talk On Yoga for Youth**



Date: 19.06.2022

Time: 11:00 AM

Venue: CSE Seminar hall

Prof. Gopikishan
NSS co-ordinator

Dr. Thippeswamy H N
PRINCIPAL

Management, Staff and Students



CITY
ENGINEERING COLLEGE

Academic Year -2022-2023

Seminar

On

Talk on Yoga for Youth

Date-19.06.2022



CITY
ENGINEERING COLLEGE

REPORT ON TALK ON YOGA FOR YOUTH

In City Engineering College, National Service Scheme wing organized **TALK ON YOGA FOR YOUTH** on June 19 2022 and our respected principal of our college **Dr. THIPPESWAMY H N** and all the staff members.

Due to the advance Call Now made by modern medicine there has been an increase in the life span of Indians and also by the recent advancement of YOGA in India. YOGA and its allied therapies like MEDITATION, OMKAR DHYAN are the only way where the normal activity can increase till the last breath with the normal functioning of all the systems and leading a healthy life and thus having an effective increase in the life span.

Dr. S N Omkar is a certified Instructor, as well as an Aerospace Engineer, meshing the need for health and yoga in today's highly technological world. He is a disciple of BKS as well as a published author of the yoga book, Surya namaskar. He also has a strong interest in Sports Dynamics, and he has worked as a yoga teacher for the trophy winning Karnataka State Cricket team, as well at conducting yoga camps for the Indian Cricket Team. His works also include a successful and long running yoga television program, radio talks, and his own instructional CD-ROM. He has given talks on a wide range of topics related to yoga including; Yoga for the Elderly, Yoga and Mental Pressure, and Yoga for Children Growth.

We heartily express our thanks toward the head of the institute for his kind and cooperative support all the time.



FIG 2: Highlights of the session



Objective:

- The primary objective of the "Seminar on Yoga for Youth" is to introduce students to the fundamental principles and practices of yoga, highlighting its numerous physical and mental health benefits.
- The seminar aims to educate students on how incorporating yoga into their daily routine can enhance their overall well-being, reduce stress, improve concentration, and foster a balanced lifestyle.
- By providing practical demonstrations and interactive sessions, the seminar seeks to empower students with the knowledge and skills to practice yoga effectively, thereby promoting a healthy and holistic approach to life.

Outcome:

- The expected outcome of the "Seminar on Yoga for Youth" is a well-informed and motivated group of students who understand the importance of yoga and are equipped with the basic techniques to practice it regularly.
- Students will gain insight into the history and philosophy of yoga, learn various postures and breathing techniques, and appreciate the profound impact yoga can have on their physical and mental health.
- As a result, students are anticipated to integrate yoga into their daily lives, leading to improved physical fitness, better stress management, enhanced concentration, and overall well-being. This initiative aims to cultivate a healthier and more balanced lifestyle among the youth, contributing to their personal growth and academic success.



PRINCIPAL
CITY ENGINEERING COLLEGE
Kanakapura Main Road, BANGALORE - 560 061

Dr. Thippeswamy. H.N
Principa

Student Attendance list for "Talk on Yoga for youth" 2022-2023

Sl.No	USN	NAME	SIGNATURE
1	1CE22AI001	ABHISHEK GAURAV	Abhishek
2	1CE22AI002	AISHWARYA G	Aishwarya
3	1CE22AI003	AKASH	Aakash
4	1CE22AI004	ANANYA HEGDEKAR	Ananya
5	1CE22AI005	ANVITHA N RAO	Anvitha
6	1CE22AI006	ARFATH PASHA	Arfath
7	1CE22AI007	BALAJI S	Balaji
8	1CE22AI008	BHARATH K	Bharath.K
9	1CE22AI009	BHOOMIKA G	Bhoomika
10	1CE22AI010	C R HEMANTH	Hemant
11	1CE22CS016	AQEEB PASHA	Aqeeb
12	1CE22CS017	ARAVIND SHRIMANTH CHAWAN	Aravind
13	1CE22CS018	ARPITHA M	Arpitha
14	1CE22CS019	ARPITHA A	Arpitha
15	1CE22CS020	ARUNKUMAR D	Arun
16	1CE22CS021	ASHIK K SHETTY	Ashik
17	1CE22CS022	ASHRITHA S	Ashritha
18	1CE22CS023	B PRASANNA	Prasanna
19	1CE22CS024	B S AKSHATHA	Akshatha
20	1CE22CS025	BALAJI	Balaji
21	1CE22CS027	BHAGYAJYOTHI	Jyothi
22	1CE22CS028	BHAVANI M	Bhavani
23	1CE22CS029	BHUVANA N	Bhuvana
24	1CE22CS030	CHAITHANYA	Chaitanya



Date: 19.06.2022

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
			✓			
2.	How would you rate the clarity of the instructions given during the activity?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share

NO

Name: Chetana T-L

USN: 1CE22CS404

Date: 19.06.2022

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
		/				
2.	How would you rate the clarity of the instructions given during the activity?	1	2	3	4	5
			/			
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
			/			
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
		/				

Any additional comments you wish to share

NO

Name: Deepak

USN: 1CE22CS405



Date: 19.06.2022

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
		X	X	X	✓	X
2.	How would you rate the clarity of the instructions given during the activity?	1	2	3	4	5
		X	X	X	✓	X
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
		X	X	X	✓	X
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
		X	X	X	✓	X

Any additional comments you wish to share

NO

Name: Gowriha

USN: 1CE22CS407