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Criteria 3- Research, Innovations and Extension

Key Indicator: 3.2- Innovation Ecosystem

Metric Number: 3.2.1 QIM.

Institution has created an ecosystem for innovations, Indian Knowledge System (IKS), including awareness about IPR, establishment of IPR cell, Incubation center and other initiatives for the creation and transfer of knowledge/technology and the outcomes of the same are evident.

ACTIVITIES TO PROMOTE INDIAN KNOWLEDGE SYSTEM (IKS)

- Amrit kaal Vimarsh Viksit bharat@2047 On 26-12-2023 Under Government of India Initiative, aimed to envision the developed India by 2047 (the centenary year of India's independence).
- Awareness Programs on **IKS and UHV** to explore traditional Indian knowledge System and Universal Human Values (UHV).
- **Mathematics Week Celebration** to raise awareness among students about the life and achievements of Sri Ramanujan, the renowned Indian mathematician, on December 13, 2023.
- CEC encourages the integration of yoga practices into daily life, aiming to improve both physical and mental well-being. By organizing events like **International Yoga Day**, the college promotes the numerous benefits of yoga, including stress reduction, increased flexibility, and better focus.
- Strengthening Minds: Mental Health Support Initiatives During the COVID-19 Pandemic - A Health Awareness Programme was conducted, which included a session on Yoga and Meditation led by the resource persons from Sri Sri Ayurvedic College, Bangalore on 02-01-2021.



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Ref. No.: CEC/CSE/IQAC/C3.2.2/ACY 2023-24/OR/06

Date: 22/12/2023

CIRCULAR

Subject: Participation in "Amrit Kaal Vimarsh: Vikasit Bharat @ 2047" Initiative

Dear Students,

We are delighted to announce the commencement of the "Amrit Kaal Vimarsh: Vikasit Bharat @ 2047" program. This initiative seeks to engage students in meaningful discussions and activities centered on India's development goals for 2047. We believe that the youth of today are the leaders of tomorrow. Your ideas, enthusiasm, and dedication are crucial for building a developed India by 2047. We encourage all students to actively participate and contribute to this noble cause.

Date : 28/12/2023 Time :10:30 AM Venue : CEC Auditorium

(Dr. Sowmya Naik) HOD





AMRIT KAAL VIMARSH VIKSIT BHARAT@2047

REPORT ON

Amrit Kaal Vimarsh Viksit Bharat@2047: Investment In Environment Towards A Viksit Bharat.

Date: December 28 2023 Venue: City Engineering College, Bangalore Event: A Talk on Investment in Environment Towards a Viksit Bharat@2047



CITY ENGINEERING COLLEGE Kanakapura Main Road, Bangalore-56006



AMRIT KAAL VIMARSH VIKSIT BHARAT@2047

Program Schedule

Date: 28/12/2023 Thursday 10:30am Venue: CEC Auditorium

> 10:30 AM INVOCATION SONG

10:35 AM LIGHTING THE LAMP

10:40 AM WELCOME SPEECH BY PRINCIPAL, Dr .H N THIPPESWAMY

10:50 AM PROFILE READING OF CHAIRMAN BY Prof. VIBHAVI

10:55 AM ADDRESS BY HONOURABLE CHAIRMAN, Dr. K R PARAMAHAMSA

11:10 AM PROFILE READING OF CHIEF GUEST BY Prof. TEJASWINI

> 11:15 AM TALK BY CHIEF GUEST

Mr. PRAVINJITH K P

Managing Director, Ecoparadigm, Technical Committee Member BSWML, Head, Regional Facilities, Solid Waste Management for World Bank, Technical Member WASTE TO WEALTH MISSION, Under Office of Principal Scientific Advisor to The PRIME MINISTER

> 12:15 PM FIRE SIDE CHAT BY STUDENTS

12:35 PM QUESTIONNAIRE BY AUDIENCE

12:50 PM FELICITATION TO THE CHIEF GUEST

1:00 PM VOTE OF THANKS BY VICE PRINCIPAL, Dr. NARAYANASWAMY R

> 1:10 PM NATIONAL ANTHEM

> > PRINCIPAL CITY ENGINEERING COLLEGE Kanakapura Main Road, Bangalere-560061.

Pre- event promotional videos :

Facebook Link	https://www.facebook.com/photo/?fbid=872857058178936&set=pb.1000636 395025642207520000
Twitter Link https://x.com/CityEnggCollege/status/1740020856724795520?s=20	
Instagram Link	https://www.instagram.com/p/C1XDG8fSnc-/?utm_source=ig_web_copy_link
LinkedIn Link	https://www.linkedin.com/posts/city-engineering-college- b082752a6 ideas4viksitbharat-narendramodi-india-activity- 7145785746514219009- ye L?utm source=share&utm medium=member desktop
YouTube Link	https://www.youtube.com/watch?v=vowwC5yJqss

Student Interaction Videos Creating Awareness on Amrit Kaal Vimarsh Viksit Bharat@2047:

Facebook Link	https://www.facebook.com/cityengineeringcollege.ac.in/videos/35874797351 7061/
Twitter Link	https://x.com/CityEnggCollege/status/1740102806680601051?s=20
Instagram Link	https://www.instagram.com/reel/C1U1M0guvDB/?utm_source=ig_web_copy_li nk&igsh=YzZhZTZiNWI3Nw==
LinkedIn Link	https://www.linkedin.com/posts/city-engineering-college- b082752a6 ideas4viksitbharat-narendramodi-india-activity- 7145867751927009280- 4MwE?utm source=share&utm medium=member desktop
YouTube Link	https://youtu.be/00Er sYtr3U?si=BtJRxzhR4o3NlJBJ

Number of participants for the Event:

No. of Students	700
No. of Faculty	100
No. of External Participants (students + faculty)	20

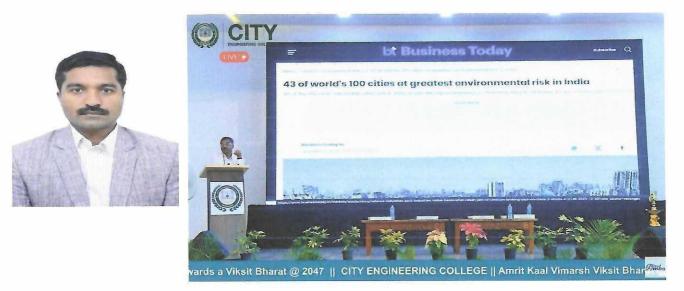
About the event:

Aiming to achieve the vision of honorable Prime Minister of India Shri Narendra Modi Ji and the initiative of Ministry of Education, Government of India in collaboration with AICTE, a series of seminars are organizing across the country to discuss the transformation changes that has laid to the foundation of Viksit Bharat by 2047. In Continuation to this series, City Engineering College, Bengaluru- organized a Development Dialogue on 28th December 2023 at 10:30am on Investment in Environment Towards A Viksit Bharat. Mr. PRAVINJITH K P, Managing Director, Ecoparadigm, Technical Committee Member BSWML, Head, Regional Facilities, Solid Waste Management for World Bank, Technical Member WASTE TO WEALTH MISSION, Under Office of Principal Scientific Advisor to The PRIME MINISTER was invited as a guest speaker in this session. It was followed by an inquisitive Question and Answer session. Around 900 participants including students and Faculty attended the event.

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SPEAKER'S PROFILE:



Mr. Pravinjith K P is a highly experienced professional with over 30 years of expertise in environmental infrastructure, waste management, renewable energy, climate change, and related fields. Currently serving as the Managing Director at Ecoparadigm, he also holds advisory roles in various organizations, including Bengaluru Solid Waste Management Ltd and Goa Waste Management Corporation. Mr. Pravinjith's educational background includes a Master's degree in Geotechnical Engineering, an Executive MBA from Commonwealth, and ongoing pursuit of a Ph.D. in Municipal Solid Waste. He is also a Lead Auditor for EMS 14000 and an Internal Quality Auditor for ISO 9000. His extensive project experience covers diverse areas, from recycling and recovery facilities to sewage management, rainwater harvesting, and environmental impact assessment.

Mr. Pravinjith has been a key figure in waste management projects for over 70 cities in India, showcasing his proficiency from concept to commissioning. His involvement in policy-making for the Government of India and collaboration with international agencies such as World Bank, ADB, GIZ, UNDP, and more highlights his global impact. Notably, he played a crucial role in the development of database frameworks for environmental agencies. Mr. Pravinjith's contributions also extend to policy development, having been a technical consultant for the Municipal Solid Waste Management manual and participating in the formulation of plastic and zero waste management policies. As an expert trainer, he has provided training for Comptroller Auditor General (CAG) of eight countries.

His innovative solutions include the development of decision-making software tools for Solid Waste Management, such as "SWAPT" for Swach Bharat Mission and "ADM" for Agriwaste. Notably, his IoT-based waste weighing system, SEWAC, received recognition from the Ministry of Science and Technology, Govt. of India.

City Engineering College expresses gratitude for Mr. Pravinjith's presence, anticipating valuable insights and wisdom during their interaction with him.

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Event Segments with corresponding timings:

TIME	EVENT SEGMENTS	
10:40AM	Program Started	
10:45 AM	Invocation Song	
10:48 AM	Lightning Of the Lamp	
10:51 AM	Welcome Speech by Principal	
10:58 AM	Chairman Profile	
11:00 AM	Introduction Of Chief Guest	
11:10 AM	Audio Video on Viksit Bharath	
11:15 AM	Chief Guest Insights	
12:15 PM	Fire Side Chat with Students	
12:40 PM	Questionnaire By Audience	
12:55 PM	Felicitation Of Chief Guest	
1:00 PM	Vote Of Thanks	
1:05 PM	National Anthem	
1:08 PM	Feedback Session from Participants	

Key Highlights of the Event:

The Chief guest Mr.Pravinjith K P started his talk by addressing the vision "Investment in Environment Towards a Viksit Bharat@2047".He further added that food, energy and waste is the most strongest weapon that India has to be sustained well.

He explained about the current problems that is been faced such as traffic jams, temperature extremities, fossil fuel sources, sewage treatment, water quality index and e- waste management.

Further he addressed on Environmental risks in India which is "43 cities of India out 100 cities in the world are at the greater risk" that impacts on the submerging of coastal regions. Out of total world's population 20% belongs to India which is leading to water scarcity and decrease in the land mass because of change in climatic conditions. To overcome water scarcity problems, we need some innovative ideas like replacing rice with millets that require less consumption of water to grow and more nutritious than rice when compared.

He mainly focused and presented insight about the solid waste management which requires generally requires electricity for managing it, but he has developed an business model in which waste management plant converts solid waste that produces electricity and biogas that can be converted to LPG that says "Waste to Energy".

Technology changes should focus on fundamentals on not compromising the quality.

The following Thematic were explained:

- 1. Agricultural infrastructure
- 2. Resources- Renewable and Non-Renewable
- 3. Social Vision
- 4. Welfare

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- 5. Finance and Economy
- 6. Commerce and Industry
- 7. Technology
- 8. Governance
- 9. Security and Foreign Affairs
- 10. Rural infrastructure and Urbanization

He finally concludes with explaining the importance of investing in the environment for the better future and to achieve the goal of Vikshitbharath @ 2047 which states a developed nation by 2047.

Fire Side Chat by Students:

The session also featured a panel discussion and question-and-answer session in which questions from the students and faculty members were taken.

Q1. What Progress can we anticipate in skill development and education for youth by 2047? A: Technology Integration, Personalized Learning Paths, Global Collaboration and Green Education and Sustainability were elaborated.

Q2. How will startup companies contribute to the country's progress and development. A: Innovation and Technology Advancement, Economic Growth, Entrepreneurship Ecosystem Development and Social Impact contribute the growth.

Q3. How would the status of smart cities be by 2047.

A: Technological Integration, Urban Mobility Transformation, Sustainability and Green Initiatives and Smart Infrastructure Development would bring up the status of smart cities.

Q4. Can we preserve our cultural values by 2047 because of adaptability to modernization. A: Balancing Globalization, Media and Entertainment, Community Engagement and Cultural Festivals and Events preserve cultural values.

Q5. Is it possible to bring agriculture into main stream profession and how.

A: Yes, it is not only possible but also crucial to bring agriculture into the mainstream as a viable and respected profession. Agriculture is the backbone of many economies, providing food, raw materials, and employment opportunities.

Q6. What is the future of diplomacy trade and international relations over 25 years.

A: Predicting the future of diplomacy, trade, and international relations over a 25-year period is challenging due to the dynamic nature of global affairs. However, we can identify potential trends and shifts based on current geopolitical, economic, and technological trajectories.

Q7. With Swachh Bharat initiative, population can we make India as one of the cleanest country across the world.

A: The campaign has made substantial progress in improving sanitation and cleanliness, achieving the status of one of the cleanest countries in the world involves ongoing efforts and a multi-faceted approach.

Q8. In what way can we use our Increasing population as an asset, for future development of country. A: Harnessing the increasing population as an asset for the future development of a country requires strategic planning, investments in human capital, and the creation of opportunities.PRINCIPAL

Questionnaire By Audience:

Audience was in full enthusiasm and were open for questioning session. Many logical and conceptual questions were raised, the following questions from the audience members were taken.

Q1. How can Institutions Schools, Colleges contribute towards nations development other than traditional education.

A: Addition to providing traditional education, institutions such as schools and colleges can contribute significantly to a nation's development through various non-traditional avenues. Skill Development Programs, Entrepreneurship and Innovation Hubs and Research and Development (R&D) are the few ways for development.

Q2: How do you envision the role and Empowerment of women in India evolving over next 25 Years. A: Envisioning the role and empowerment of women in India over the next 25 years involves considering various factors, including societal attitudes, policy changes, economic dynamics, and cultural shifts.

Q3: Do you think technology will replace traditional teachers in future What are your thoughts on potential impact of this change.

A: The role of technology in education has been evolving, and there are ongoing discussions about the potential impact of technology on traditional teaching methods. While technology can enhance and complement the learning experience, the idea of completely replacing traditional teachers with technology remains a complex and debated topic.

Q4: How does humanity impact on India's development by 2047?

A: Predicting the specific impact of humanity on India's development by 2047 involves various complex factors, and outcomes will be influenced by a myriad of economic, social, political, and environmental dynamics.

GALLERY OF EVENTS



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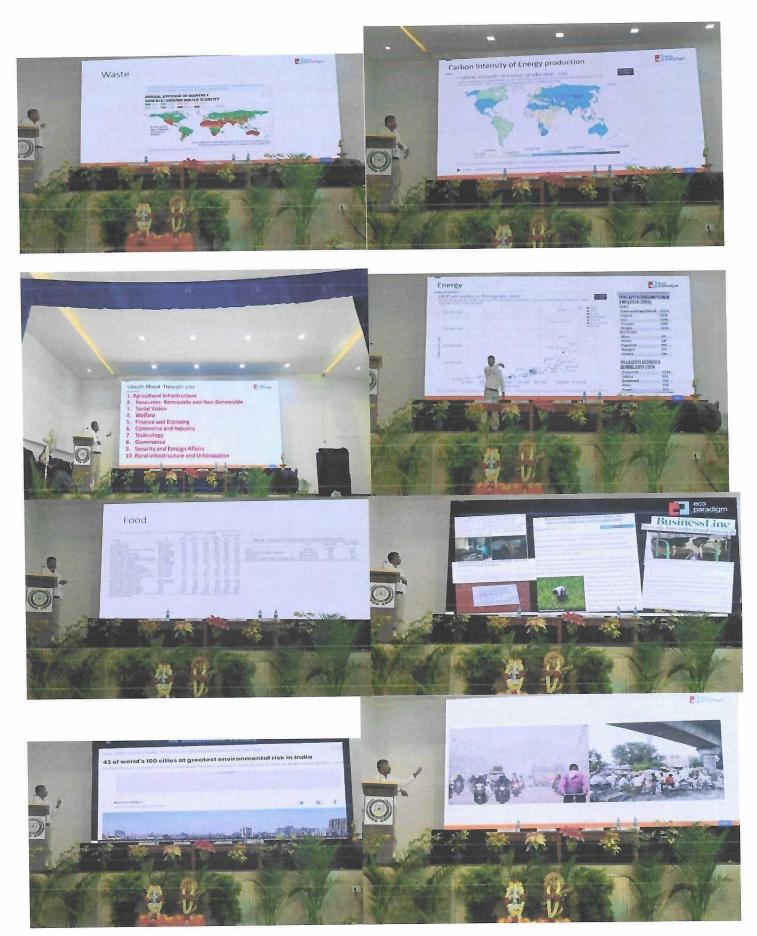


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Post - event videos:

https://www.instagram.com/reel/C1ZNTe4O-wb/?igsh=MzRlODBiNWFlZA== https://www.instagram.com/reel/C1Yw24yuFJ9/?igsh=MzRlODBiNWFlZA== https://www.instagram.com/reel/C1Yw24yuFJ9/?igsh=MzRlODBiNWFlZA==

YouTube Link <u>https://www.youtube.com/watch?v=vowwC5yIqss</u>

Students Feedback:

The QR code was created to get the feedback from the participants more than 500 feedbacks were

received.



YouTube Link https://www.youtube.com/watch?v=4kuyhEpFlvI		
Instagram Link	https://www.instagram.com/reel/C1ZYm230JGH/?utm_source=ig_web_copy_li nk&igsh=YzZhZTZiNWI3Nw==	
Facebook Link	https://www.facebook.com/cityengineeringcollege.ac.in/videos/68656956690 8784/	

Media and Press Coverage details:

Media Channels:

Few media and Press coverage were present at the event. Channels like Suvarna Kannada new channel ,Bangalore News Network and Visthara etc covered and telecasted the event on same day before 5:00pm.

Link: https://www.youtube.com/watch?v=_-1WNqUESSs



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Newspaper Outlets:

The event was also covered and published by few newspapers like Samyuktha Karnataka Kannada newspaper, ABN Telugu newspaper etc.

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ಎಥೆನಾಲ್ ಇಂಧನ ಬಳಸಿ–ಪರಿಸರ ಉಳಿಸಿ

ಬೆಂಗಳೂರು: ಎಥೆನಾಲ್ ಇಂಧನವನ್ನು ಬಳಸುವ ಮೂಲಕ ಪರಿಸರವನ್ನು ಉಳಿಸಬೇಕೆಂದು ಬಿಎಸ್ಡಬ್ಲ್ಯೂಎಂಎಲ್ನ ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕ ಕೆ.ಪೀ.ಪ್ರವಣಜಿತ್ ತಿಳಿಸಿದರು.

ಸಿಟಿ ಎಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜಿನ ಅಮೃತ ಮಹೋತ್ಸವದ ಅಂಗವಾಗಿ ಆಯೋಜಿಸಲಾಗಿದ್ದ ವಿಚಾರ ಸಂಕಿರಣದಲ್ಲಿ ಮಾತನಾಡಿದ ಅವರು, ದೇಶದಲ್ಲಿ ಇಂಧನ ಕೊರತೆಯಾಗುತ್ತಿದ್ದು ಈ ವೇಳೆ ಎಥೆನಾಲ್ ಇಂಧನವನ್ನು ಹೆಚ್ಚುಹೆಚ್ಚು ಬಳಸುವ ಮೂಲಕ ಇಂಧನದ ಮೇಲಿನ ಅವಲಂಬನೆ ಕಡಿಮೆಯಾಗಲಿದೆ ಎಂದು ತಿಳಿಸಿದರು.

ವಿದ್ಯಾರ್ಥಿಗಳು ನಮ್ಮಲ್ಲಿ ಇಂಧನ ಮಾತ್ರವಲ್ಲದೆ ಘನತ್ಯಾಜ್ಯ ವಿಲೇವಾರಿ ಬಗ್ಗೆ ಯೋಚಿಸಬೇಕು. ಇಂದು ಕರ್ನಾಟಕದಲ್ಲಿ ಘನತ್ಯಾಜ್ಯ ವಿಲೇವಾರಿ ದೊಡ್ಡ ಸಮಸ್ಯೆಯಾಗಿದ್ದು ವಿದ್ಯಾರ್ಥಿಗಳು ಇದಕ್ಕೆ ಪರಿಹಾರ ಕಂಡುಕೊಳ್ಳಬೇಕೆಂದು ತಿಳಿಸಿದರು.

ಈ ವೇಳೆ ಸಿಟಿ ಕಾಲೇಜಿನ ಅಧ್ಯಕ್ಷ ಡಾ.ಕೆ. ಆರ್.ಪರಮಹಂಸ, ಪ್ರಾಂಶುಪಾಲ ಡಾ.ತಿಪ್ಪೇಸ್ವಾಮಿ, ಎಚ್ಓಡಿ ಡಾ.ಸೌಮ್ಯ, ಉಪಪ್ರಾಂಶುಪಾಲ ಡಾ.ನಾರಾಯಣಸ್ವಾಮಿ ಮತ್ತಿತರರಿದ್ದರು.



ಕನಕಷುರ ರಸ್ತೆಯಲ್ಲಿರುವ ಸಿಟಿ ಎಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜಿನ ಅಮೃತ ಮಹೋತ್ಸವದ ಅಂಗವಾಗಿ ಆಯೋಜಿಸಲಾಗಿದ್ದ ವಿಚಾರ ಸಂಕಿರಣದಲ್ಲಿ ಪ್ರಾಂಶುಪಾಲ ಡಾ.ತಿಪ್ಪೇಸ್ವಾಮಿ, ಎಚ್ಓಡಿ ಡಾ.ಸೌಮ್ಯ, ಕೆ.ಪೀ ಪ್ರವಣಜಿತ್, ಉಪ ಪ್ರಾಂಶುಪಾಲ ಡಾ.ನಾರಾಯಣಸ್ವಾಮಿ ಮತ್ತಿತರರಿದ್ದರು. Bangalore Edition Dec 29, 2023 Page No. 2 Powered by : eReleGo.com Scource

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సదస్సులో ప్రముఖులకు సన్మానం

పర్యావరణానికి రెన్యూవబుల్ ఎనర్జీ

బెంగళూరు, డిసెంబరు 28 (అంధ్రజ్యోతి): పర్యావరణ సంరక్షణకోసం రెన్యూవబల్ ఎనర్జీ వినియోగించాలని సిటీ కళాశాల అమృత మహోత్సవంలో బీఎస్డబ్ల్యుఎంఎల్ మేనే జింగ్ డైరెక్టర్ ప్రణవ్జిత్ అభిప్రాయపడ్డారు. కళాశాల అమృత మహోత్సవాన్ని పురస్కరించు కుని ప్రత్యేక సదస్సు నిర్వహించగా ప్రదాన ప్రసంగం చేశారు. ఇంధన కొరతను అధిగమించేం దుకు ఎథనాల్ ఉపయోగిస్తున్నారన్నారు. సహజ ఇంధనానికి బదులు ప్రత్యామ్నాయ వనరు లవైపు దృష్టి సారించేలా విద్యార్థులు పరిశోధనలు చేయాలని అభిప్రాయపడ్డారు. కాగా చెత్త సంస్కరణ ప్రధాన సమస్యగా ఉందని ఇటువంటి సామాజిక అంశాల పరిష్కారానికి తగిన పరిశోధనలు చేయడం అభినందనీయమన్నారు. విద్యార్థులను మరింతగా ప్రోత్సహించాలని సూచించారు. సదస్సులో సిటీ కళాశాల అధ్యఓఉడు డాక్టర్ కేఆర్ వరమహంస, ప్రిస్సిపాల్ డాక్టర్ తిప్పేస్పామి, హెచ్ఓడీ డాక్టర్ సౌమ్య, వైస్ ప్రిస్నిపాల్ నారాయణస్వామి పాల్గొన్నారు

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Ref. No: CEC/CSE/C3.4.3/ACY 2023-24/OR/14

CIRCULAR

Date: 20/07/2024

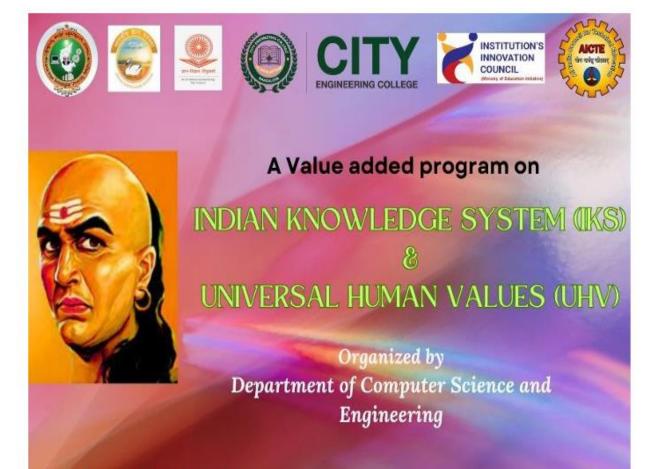
We are happy to inform that Department of Computer Science and Engineering is organizing an **A Value-added program on** "INDIAN KNOWLEDGE SYSTEM(IKS) & UNIVERSAL HUMAN VALUES(UHV)" on 29th December 2023. Request **Dr Y S Kumaraswany and** Prof. Shruti Vijay, to co-ordinate the same.

Principal



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Dr. Raghavendra Prasad S G Prof. Dept. of Information Science, RVCE Topic : Digital Computation Using Pattern based Vedic Mathematical Methods

Dr. Ashwani Sharma, Prof. Dept. Of Biotechnology, RVCE Topic : "IKS-Philosophy and Plethora" Friday | Dec 29, 2023

Time: 11:00am - 1:00pm

Venue: CSE Seminar Hall



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Ref. No:CEC/CSE/C3.4.3/ACY 2023-24/OR/14

ACTIVITY REPORT 2023-2024

NAME OF THE ACTIVITY: A Value-added program on "INDIAN KNOWLEDGE SYSTEM(IKS) & UNIVERSAL HUMAN VALUES(UHV)"

DATE	FACULTY/STUDENT	DEPARTMENT	COORDINATOR NAME
29 th December2023	ALL DEPT	CSE	Dr Y S Kumaraswany
			Mrs Shruthi Vijay
TIME	VENUE	NUMBER OF	NATURE: Outdoor/Indoor
		PARTICIPANTS	
10:30 AM	CSE Seminar	100	Indoor

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/ SUBJECT OF THE	A Value-added program on "INDIAN KNOWLEDGE	
ACTIVITY	SYSTEM(IKS) & UNIVERSAL HUMAN VALUES(UHV)"	
OBJECTIVE	1. The objective was to foster a deeper understanding of IKS	
	and its relevance in contemporary times.	
	2. To enhance computational efficiency by leveraging pattern-	
	based Vedic Mathematical methods, providing quicker and	
	more streamlined solutions for digital computations.	
EVENT DETAILS		
	Session 1: INDIAN KNOWLEDGE SYSTEM(IKS)-	
	Philosophy and Plethora.	
	The program was carried out by the resource person Dr .	
	Ashwani Sharma, Prof. Dept. of Biotechnology, RVCE.	
	The Value-Added Program on the Indian Knowledge	
	System [Topic: Philosophy and Plethora] was conducted	
	in our college with the aim of providing students with a	
	deeper understanding of India's rich intellectual heritage.	
	The program sought to enhance students' awareness and	
	appreciation of traditional knowledge systems while	
	fostering a sense of cultural pride.	
	rostering a sense of cultural pride.	
	Session 2: UHV- Digital Computation Using Pattern based	
	Vedic Mathematical Methods	
	The Value-Added Program on Digital Computation Using	
	Pattern-Based Vedic Mathematical Methods was conducted	





	in our college with the aim of introducing students to the innovative and efficient techniques rooted in Vedic Mathematics. The program focused on leveraging pattern- based approaches for digital computation, providing participants with a unique blend of traditional wisdom and modern applications. The program was carried out by the resource person Dr. Raghavendra Prasad S G, Prof., Dept. of Information Science, RVCE.
OUTCOMES	The event received positive feedback, with participants expressing appreciation for the holistic approach in celebrating Kuvempu's birthday. Attendees acknowledged the seamless integration of literature, philosophy, and values, which provided a comprehensive understanding of Kuvempu's multifaceted legacy. The Kuvempu Birthday Celebration with IKS and UHV Sessions successfully encapsulated the essence of Kuvempu's contributions by intertwining his literary legacy with discussions on Indian Knowledge System and Universal Human Values. The event contributed to a nuanced appreciation of Kuvempu's holistic vision, leaving a lasting impact on the intellectual and cultural landscape of our college.







Fig1. Resource person Dr. Ashwani Sharma, explaining about IKS



Fig2. Resource person Dr. Raghavendra Prasad S G, explaining the importance of Vedic maths







Fig. faculty and students with resource person

HOD Dr. Sowmya Naik P T

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Name of the Event: "Guest lecture on Indian Knowledge system"

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VISVESVARAYA TECHNOLOGICAL UNIVERSITY

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A Report On

"UNIVERSAL HUMAN VALUES-II: UNDERSTANDING HARMONY AND ETHICAL HUMAN CONDUCT"

Submitted in Partial fulfillment of the Requirements for the IV Semester of the Degree of

Bachelor of Engineering

For the Year

2022-2023



CITY ENGINEERING COLLEGE Doddakallasandra, Kanakapura Road, Bengaluru-560061

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1.1 Need for Value Education:

All human beings aspire for a happy, fulfilling life. For a human being, there are two important questions pertaining to this:

- What is my aspiration? (What to do?)
- How to fulfil my aspiration? (How to do?)

1.2 Guidelines for Value Education:

For any input to qualify for Value Education, the following guidelines for the content of the course are important:

Universal: It has to be universally applicable to all human beings for all time and all places. This implies that values should not change according to sect, creed, nationality, gender, etc.

Rational: It has to appeal to reasoning; and not be based on dogmas or blind beliefs. It has to be open to address the related questions. It cannot be a set of sermons or do's and don'ts.

Natural and Verifiable: It has to be 'naturally acceptable' to the human being and there needs to be every provision in nature for its fulfillment. It needs to be experientially verifiable, and not based on dogmas, beliefs or assumptions. It is not merely an intellectual exercise or information transfer. All Encompassing: It needs to cover all dimensions (thought, behaviour, work and understanding) and levels (individual, family, society and nature/existence) of human life

Leading to Harmony: It ultimately needs to promote harmony within the individual, among human beings and with the entire nature.

1.3 Right Understanding, Relationship and Physical Facility:

Human being wants to live with continuous happiness and prosperity and this is possible by ensuring right understanding, fulfilment in relationship and physical facility in the correct priority. This is living with 'human consciousness'.

On the other hand, if one is living for physical facility alone, and not ensuring right understanding and right feeling in relationship, s(he) feels unhappy and makes others unhappy too.

This is one outcome. The other outcome is that if the right understanding is missing, one is not able to identify the need for physical facility. Now, if we are not able to identify our need for physical facility then regardless of how much physical facility we accumulate, we never feel that we have enough. We keep wanting more. This feeling of not having enough is the feeling of deprivation. As a result, one is deprived, exploiting and depriving others.

While physical facility alone may suffice for animals, it is not adequate for human being to be fulfilled. Under this condition, one is living with 'animal consciousness'.

There are generally two kinds of people today:

1. Those lacking physical facility, unhappy and deprived

2. Those having physical facility, and yet unhappy and deprived.

Try to find out where you are - at 1 or at 2?

Whereas we really want to be is in the following state, i.e.

3. Having physical facility, happy and prosperous.

It is easy to see that we naturally want to be in the state 3, of having more than required physical facility, happy and prosperous. However, today we seem to be at 1 or 2 and our effort is generally for 2. You can see that what is called development today largely takes us from '1' to '2'.

Now, if we are able to ensure all three, i.e. right understanding, relationship and physical facility, in that order of priority, let us see the outcome(fig)

- Through right feeling in relationship, based on right understanding, we can ensure mutual happiness happiness for ourselves as well as happiness for others.
- With right understanding, we can identify the need for physical facility. We can also learn how to produce using a mutually enriching production process. Once we are able to ensure the availability of more than required physical facility, we have a feeling of prosperity; isn't it?

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1.4 Role of Education-Sanskar (Enabling the Transformation to Human Consciousness):

The role of education is essentially to facilitate holistic development, i.e. the individual transformation to human consciousness as well as the societal transformation to a humane society.

For this, the education-sanskar has to ensure:

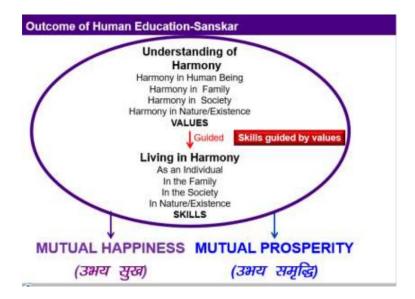
1. Right understanding in every child,

2. The capacity to live in relationship with other human beings, and

3. The capacity to identify the need for physical facility, the skills and practice for sustainable production of more than what is required, leading to the feeling of prosperity.

Education is developing the right understanding (holistic perspective). Sanskar is the commitment, preparation and practice of living with right understanding. The preparation includes learning appropriate skills and technology.

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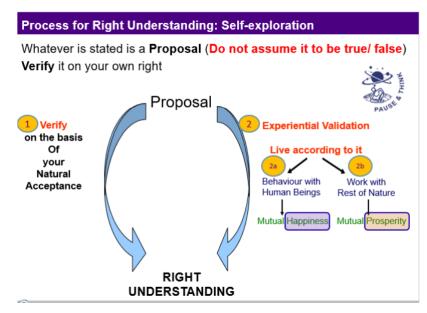


1.5 What is Self-exploration?

It is a process of seeing the reality on our own right, by our own investigation, observation and analysis. Through this process, we are trying to understand the reality that exists and our participation with it; this participation is what we are calling values.

The Process of Self-exploration:

Whatever is stated here is a proposal; do not assume it to be true or false, right or wrong. Verify it – verify it on your own right, on the basis of your natural acceptance. This is the first part of the process.



The second part of self-exploration is experiential validation. It means trying to live according to the proposal. In living, there are two parts – one is the behaviour with other human beings

and the second is work with rest of nature. When we are behaving with human being on the basis of this proposal, we want to verify whether it leads to mutual happiness or not. If it leads to mutual happiness, it is a right proposal; if it does not lead to mutual happiness, it is not a right proposal. Similarly, when we are working with rest of nature on the basis of this proposal, we want to verify whether it leads to mutual prosperity or not. If it leads to mutual prosperity, it is a right proposal; if it does not lead to mutual prosperity, it is not a right proposal.

1.6 Exploring the Meaning of Happiness and Prosperity:

As stated earlier, the proposal for happiness is:

"The state or situation, in which I live, if there is harmony / synergy in it, it is Naturally Acceptable to me to be in that state / situation".

"To be in a state / situation which is Naturally Acceptable is Happiness". i.e.

"To be in a state of Harmony / Synergy is Happiness". i.e.

Happiness = Harmony.

Some exploration will show that when we are in a state of harmony within, we feel happy because that state is naturally acceptable to us. When we are in a situation with the outside world in which there is harmony, we feel happy as the feeling of being in that situation is naturally acceptable to us. This state or situation of being in line with natural acceptance is happiness.

Similarly, "The state or situation, in which I live, if there is disharmony / contradiction in it, it is not Naturally Acceptable to me to be in that state / situation". "To be forced to be in a state / situation which is not Naturally Acceptable is Unhappiness".

i.e. "To be forced to be in a state of Disharmony / Contradiction is Unhappiness".

i.e. Unhappiness = Disharmony.

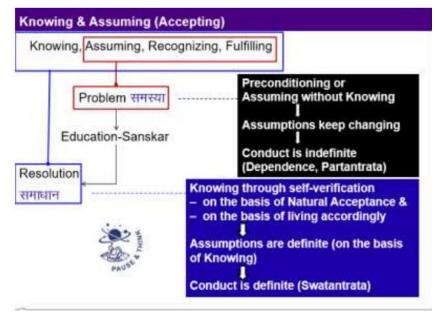
Happiness	Unhappiness
The state or situation, in which I live,	The state or situation, in which I live,
if there is harmony / synergy in it,	if there is disharmony / contradiction in it,
then it is Naturally Acceptable to me to be in that state / situation	then it is not Naturally Acceptable to me to be in that state / situation
To be in a state of Harmony / Synergy is Happiness	To be forced to be in a state of Disharmony / Contradiction is Unhappiness ↓ Unhappiness = Disharmony
Happiness = To be in Harmony	Unnappiness = Disnarmony



1.7 The Response of the Self and the Body

The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling. The recognition and fulfilment of the Body is definite, while that of Self is determined by the activity of assuming. As assumption changes, the recognition and fulfilment by the Self also changes. The conduct of the human being basically depends upon the response of the Self, as all decisions are made by the Self. Only with the assumptions set right, i.e. assuming based on knowing (which is definite), can recognising and fulfilling be set right; and only then, the conduct can become definite.

All the problems of a human being are due to assumptions without knowing, and the solution lies in ensuring the activity of knowing. And this is possible only through education-sanskar.



1.8 The Body as a Self-organised System

The Body is a wonderful self-organised system. It has so many parts. Each part co-exists in harmony with every other part. The eyes are well connected to the brain; the mouth, the stomach and the whole digestive system is synchronized and so it is for every organ, every cell of the Body – and you have to do nothing to make these connections or to synchronize the various parts or to deal with every cell.

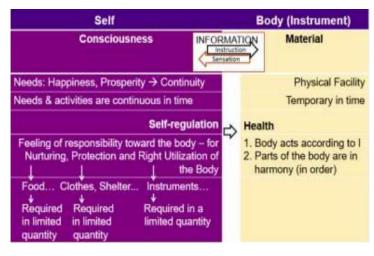
Harmony of the Self with the Body:

Self-regulation and Health As we discussed in lecture 9, the Body is an instrument of the Self. The responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly



utilizing the Body. Nurturing the Body is by providing appropriate air, water, food, sunlight, etc. Protection is to ensure the continuity of the body which includes safeguarding from unfavorable conditions. Right utilization would mean using the Body for the purpose of the Self. This feeling of responsibility towards the Body is called as the feeling of self-regulation, and a natural outcome of it is health.

Feeling of self-regulation = the feeling of responsibility in the self towards the Body – for nurturing, protection and right utilization of the Body.



Indicators of a healthy body:

• The Body is healthy if it is able to perform as per the instructions of the Self.

• Different parts of the Body are in harmony amongst each other, they are in order. The feeling of self-regulation in the Self is primary. Health in the Body is a natural consequence.

When the Self has the feeling of self-regulation and there is health in the Body, there is harmony of the Self with the Body.

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1.9 Feeling of Trust:

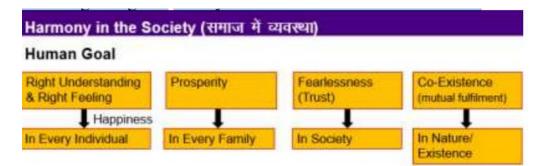
Trust is to be assured that the other intends to make me happy and prosperous. In order to understand trust, examine these eight statements:

About your Natural Acceptance	About your Ability
1a. I want to make myself happy $$	1b. I am able to make myself always happy ?
2a. I <mark>want to</mark> make the other happy√	2b. I am able to make the other always happy ?
3a. The other wants to make herself/himself happy √	3b. The other is able to make herself/himself always happy ?
4a. The other wants to make me happy	4b. The other is able to make me always happy
Intention – Natural Acceptance	Competence
What is Naturally Acceptable to You	What You Are (S D, T, E)

The questions 1a to 4a relate to natural acceptance, the intention. Questions 1b to 4b relate to the competence, the ability. By and large, as far as the statements about the intention, i.e. natural acceptance, are concerned, there is a tick mark in 1a, 2a and 3a, and there is a question mark in 4a. When we look at the competence, at the ability, there is a question mark, right from the beginning – there is a question mark on 1b, 2b, 3b; on 4b there is a big question mark.

2.0 Understanding Human Goal:

The goals of human being living in a society can be articulated as shown below:



We can explore and see what is naturally acceptable?

• Right understanding in every human being or only a few to have right understanding and others to follow them?

• Prosperity in every family or few families to have accumulation, and others to be deprived and dependent on the few?

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• Fearlessness, based on trust and affection, in the society or a state of fear, based on mistrust and jealousy in the society?

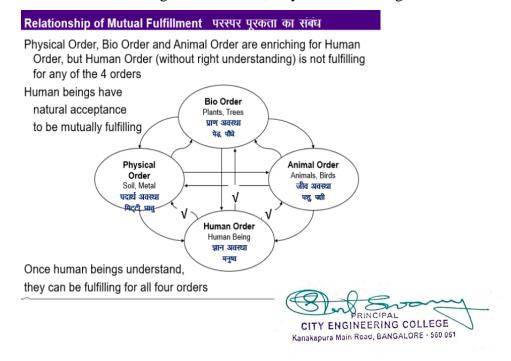
• Co-existence (mutual fulfilment) in nature or exploitation and domination of nature?

2.1 Harmony among the Four Orders:

There is mutual fulfilment among the first three orders in nature. The soil-plant interaction is an example of mutual fulfilment between the physical order and the bio order. Animals and birds (units of the animal order) depend on plants (units of the bio order) for their food. At the same time, animals and birds help to spread the seeds of plants from one place to the other. They protect plants from harmful insects and pests. Similarly, the units of physical order, like air and water, are essential for animals to survive. In turn, animals enrich the soil – their dung and their dead bodies act as very good manure which makes the soil fertile. This is amply visible in the forests. These three orders are enriching for the human being too. This we can see from our day to day life.

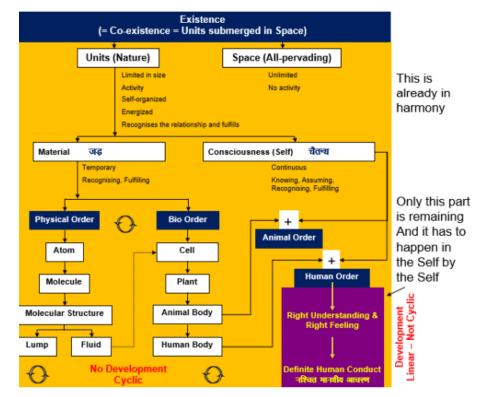
Now, is the human being fulfilling for the other three orders? This is a big question. Human being is not only unfulfilling for the other three orders, rather it is dominating and exploiting them, to the extent of global warming and climate change.

However, when we refer to our natural acceptance, we want to fulfil all the four orders. Ask yourself this question, "what is naturally acceptable to you – to enrich these four orders or to exploit them"? The answer is obvious – to enrich all the four orders. Once human beings understand the mutual fulfilment among the four orders, they can be fulfilling for all the orders.



2.2 The Holistic Perception of Harmony in Existence

At the base of the whole existence is co-existence, which unfolds in terms of units submerged in space.



Units are limited in size; they are activity and are active. Space is unlimited, all-pervading and is no activity. Being submerged in space, units are energised, self-organised and recognise their relationship with every other unit in space and fulfil it.

Units are of two types – material units and consciousness units. Material units are temporary in time, while consciousness units (Self) are continuous. Material units recognise and fulfil their relationship with other units– their conduct is definite. Consciousness units recognise and fulfil their relationship on the basis of assuming without knowing or assuming based on knowing – the conduct of the human being is definite if it is operating on the basis of assuming based on knowing; and it is indefinite if it is operating on the basis of assuming without knowing.

All material units are composed of other (simpler) material units. The smallest or fundamental stable material unit is the atom. An atom may combine with another atom to form a molecule. These molecules further combine to form molecular structure. Molecular structures can exist



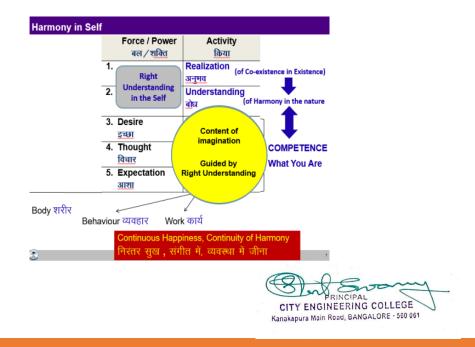
either as lumps, or fluids. Fluids provide nurturing of cells and such cells combine to form plants, the animal body and the human body.

Coming to the domain of consciousness, there is just one type of unit which we have referred to as the Self. We can classify all the units in existence into four orders. Material units can be classified into two orders – physical order and bio order. The animal order is the co-existence of consciousness (Self) and the animal body (material). The human order is also the co-existence of consciousness (Self) and the human body (material).

2.3 Development in the Existential Sense

Now, we can see that everything is in co-existence. Everything that exists is basically the expression of this ever-present co-existence. It is expressing itself in the form of harmony and relationship. This unfolding is something which is happening and has to be completed through human being. Whatever we do with the material world is cyclic. It will keep changing; keep going back to initial state, no matter what we do. In that sense, there is no development here. Only in the human order, there is a potential for development or transformation in the Self which is not cyclic. Development or permanent change is possible only in the domain of consciousness. It is in terms of

 developing right understanding (understanding co-existence) and right feeling (feeling of coexistence) in the Self. It means awakening to the activities of contemplation (of relationship, participation in the larger order), understanding (of self-organisation, harmony) and realisation (of co-existence), as discussed earlier, and



 living on the basis of right understanding and right feeling- part one is updating all our desires, thoughts and expectations in line with right understanding and right feeling; part two is the expression in the form of behaviour, work and participation in the larger order.

This development, this transformation in human being is facilitated by education-sanskar. There is every provision in existence for this development.

2.4 Expression of Co-existence at Different Levels:

Level. Name	Relationship / Potential	Details
4b. Existence	Co-existence	Co-existence Potential for human being to realise
4a. Nature	Mutual Fulfillment	Harmony, Relationship Potential for human being to be in harmony
3. Society	Right Understanding, Prosperity, Fearlessness (Trust), Co-existence	Human-Nature relationship Potential, through participation of individuals and families in various societal systems
2. Family		
1b. Individual Human Being	Co-existence of Self and Body	Self-Body relationship Potential for feeling of self-regulation
1a. Self (I)	Continuous happiness = happiness, peace, satisfaction, bliss	Will to live with continuous happiness Potential for right understanding, right feeling and right thought
Universal	Values	→ mutually fulfilling behavior and work

With this background, we can see that all that we discussed about harmony at the level of individual, family, society and nature are basically the systematic reflection (the expressions) of existence as coexistence. The same is shown in figure below. The whole discussion so far can be summed up in a simple chart given below. It can be expressed in one word – 'Coexistence'.

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WORKSHOP CONDUCTED ON UNIVERSAL HUMAN VALUES-II UNDERSTANDING HARMONY AND ETHICAL HUMAN CONDUCT

During this session Universal Human Values, Patriotism, Honesty, Privilege and confidence and awareness on Constitution were addressed to all the students . All the students very actively participated and their questions were all answered by the speaker. In this session speaker presented a lecture on Universal Human Values. The presentation was to help and develop a holistic perspective of life. He explained the various topics under Universal Human Values. How to be happy, giving various examples and how to overcome stress. He also discussed the topics covering Honesty, Patriotism etc. He advised our students that discipline is life time activity and he also explained the methods of self-discipline



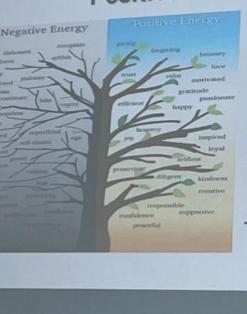
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Positive & Negative Energies



Negative Energies are sadness, jealousy, dishonesty, greed, ego, etc.

Positive Energies are trust, peace, kindness, joy, selfless, etc.













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



Doddakallasandra, off Kanakapura main road, Bangalore-560062

The Project work report submitted in Partial Fulfillment of the Requirements for the course SOCIAL, CONNECT & RESPONSIBILTY (21SCR36)

Submitted By GAGAN DN 1CE21AI009

DEPARTMENT OF HUMANITIES CITY ENGINEERING COLLEGE Bangalore - 560062 2022-23

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



CERTIFICATE

This is to certify that the Project report entitled " SOCIAL, CONNECT & RESPONSIBILTY (21SCR36)" is a bonafide record of project work carried out by GAGAN (1CE21AI009) under my guidance

and supervision in partial fulfillment of the requirements for III Semester, Bachelor of Engineering in Artificial Intelligence & Machine Learning during the academic year 2022-23.

Mr. Manjunath

Asst.Prof, Dept. Of CIVIL.

Dr. S.Vagdevi

Prof.& Head, Dept. of Al&ML

CITY ENGINEERING COLLEGE

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A Report on "Mathematics Week Celebration"

Event: Film Show on Sri Ramanujan **Date:** December 13, 2023 **Organized by:** Department of Applied Science

Event Overview:

As part of the Mathematics Week celebrations, the Department of Applied Science at City Engineering College organized a film show dedicated to the life and achievements of Sri Ramanujan, the renowned Indian mathematician. The event took place on December 13, 2023, in the Seminar Hall and was aimed at providing first-year students with an inspiring and educational experience.

Details of the Event:

- **Film Show:** The centrepiece of the event was the screening of the film "History of Sri Ramanujan," which highlighted the extraordinary contributions of this great mathematician. The film was carefully chosen to showcase Sri Ramanujan's innovative work in mathematics and his remarkable journey from a small village in India to becoming a celebrated figure in the global mathematical community.
- Audience Engagement: The film was well-received by the students, who were visibly engaged and motivated by the portrayal of Ramanujan's life and achievements. The narrative of overcoming challenges and making significant contributions despite numerous obstacles resonated with the audience.
- Educational Impact: The film served as an effective educational tool, providing students with valuable insights into the history of mathematics and the life of one of its most illustrious figures. It aimed to foster a deeper appreciation for the subject and inspire students to pursue their own interests in mathematics with passion and dedication.
- **Interactive Session:** Following the film, a Question-and-Answer session was organized to encourage students to discuss their thoughts and queries about Sri Ramanujan and the mathematical concepts covered in the film. This interactive segment allowed students to engage with the subject matter more deeply and gain clarity on any aspects of the film they found particularly intriguing or challenging.

The film show on Sri Ramanujan was a resounding success, achieving its objective of educating and motivating the first-year students. The event was a testament to the Department of Applied Science's commitment to enhancing students' understanding of mathematics and inspiring them through the legacy of one of its greatest minds. The faculty members of the Mathematics Department are commended for organizing such an enriching experience that highlighted the importance of perseverance and intellectual curiosity in the field of mathematics



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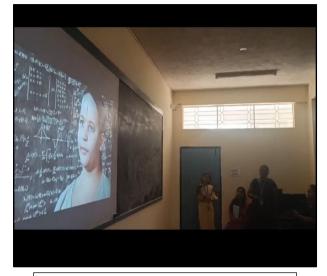


Fig1. screening of the film "History of Sri Ramanujan



Fig2. Interactive session



Fig3. Faculty briefing about Sri Ramanujan's innovative work in mathematics and his remarkable journey

Dr. Jyothi

Dr. Jyothi HOD, Dept. of Mathematics

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Ref. No: CEC/NSS/IQAC/C7.1.4 /ACY2023-24/OR/01

Date: 18.06.2023

<u>Circular</u>

We are very happy to inform all the faculty members that celebration Of International Yoga day is scheduled on 21.06.2023 in Auditorium at 11:30 AM. Yoga mats are mandatory for the participation. Kindly attend without fail.

Coordinator

Mr.Gopikishan

Switcher Principal

Dr. Thippeswamy H N

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FACULTY: All Branches DEPARTMENT: NSS IQAC ACTIVITY No.: CEC/IQAC/NSS/C7.1.4/OR/01

	NAME OF THE ACTIVITY: Activity on "International Yoga Day"						
DATE	FACULTY	DEPARTMENT	COORDINATOR NAME				
21-06-2023	All	NSS	Mr.Gopikishan				
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor				
11:30 AM	Auditorium	50	Indoor				
SUPPORT	NSS team						
/ASSISTANCE							

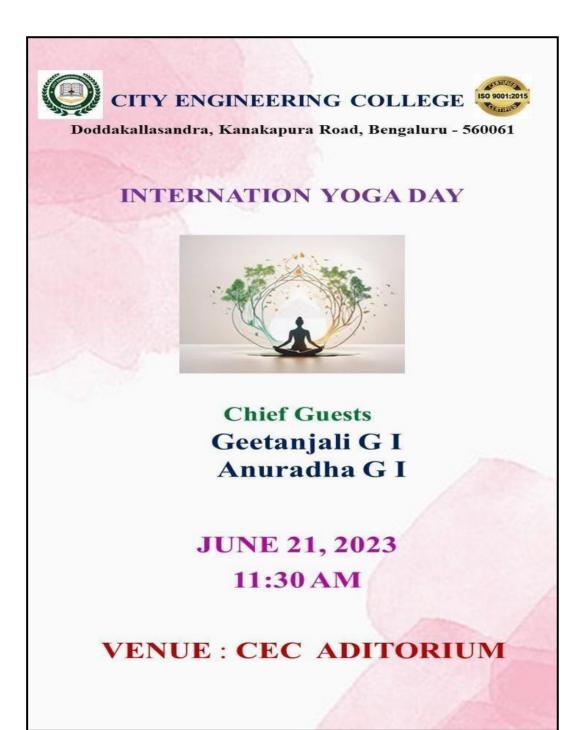
BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/ SUBJECT OF THE ACTIVITY	International Yoga Day
OBJECTIVES	International Yoga Day, celebrated on June 21st each year and the primary objectives of Yoga Day include:
	1. Promote Awareness : To raise global awareness about the benefits of practicing yoga for physical, mental, and emotional well-being.
	2. Encourage Practice: To encourage people from all walks of life to incorporate yoga into their daily routines, recognizing its holistic approach to health and wellness.
OUTCOMES	The celebration of International Yoga Day has yielded several positive outcomes since its inception:
	1. Increased Awareness : There is a greater global awareness of yoga and its benefits, with many people becoming more informed about its physical, mental, and spiritual advantages.
	2. Widespread Participation: The day has seen large-scale participation, with events and yoga sessions organized worldwide. This includes public demonstrations, workshops, and classes that engage diverse populations.
	3. Enhanced Health and Wellness: Many individuals have integrated yoga into their daily routines, leading to improved physical fitness, reduced stress levels, and better mental health.



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Fig 1: Inauguration of International Yoga Day





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Fig 3: Students and Faculties doing Asanas



Fig 4: Yoga trainer demonstrating the Asanas



Fig 5: Presenting the token of Appreciation to yogatrainer



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Name of the Event: International Yoga Day

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"Celebration of International Yoga day"

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
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Name: Keer thi R.K.

USN: ICE22CS075

Signature

PRINCIPAL

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Principal Dr. Thippeswamy H N

Coordinator Mr.Gopikishan



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Name: Jeev an

USN: LCE 22CS 066

Signature

Coordinator Mr.Gopikishan

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Principal Dr. Thippeswamy H N



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"Celebration of International Yoga day"

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USN: ICE22ECOII

Signature

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Principal Dr. Thippeswamy H N

Coordinator

Coordinator Mr.Gopikishan



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Report on Talk on "Yoga for Youth"

Date: May 19, 2022

Organizer: National Service Scheme (NSS) Club, City Engineering College **Speaker:** Dr. S N Omkar, Chief Research Scientist at the Indian Institute of Science (IISc) in the Department of Aerospace Engineering, practitioner and teacher of Yoga.

Introduction

The National Service Scheme (NSS) club at City Engineering College organized an enlightening talk on "Yoga for Youth" delivered by Dr. S N Omkar on May 19, 2022,. The event aimed to emphasize the significance of yoga and allied therapies in enhancing overall well-being and increasing life span. The session was attended by our Principal, Dr. Thippeswamy H N, Heads of Departments (HODs), faculty members, and students.

About the Speaker

Dr. S N Omkar is a distinguished individual with expertise in both yoga and aerospace engineering. He is a certified yoga instructor and a disciple of B.K.S. Iyengar. Dr. Omkar is also the author of the yoga book *Suryanamaskara* and has a profound interest in sports dynamics. His experience includes working as a yoga teacher for the Karnataka State Cricket team and the Indian Cricket Team. He has conducted yoga camps, created a successful yoga television program, hosted radio talks, and produced instructional CD-ROMs. His talks cover various aspects of yoga, including its benefits for different age groups and its role in managing mental pressure.

Objective

The primary objective of the talk was to:

- Educate the students about the benefits of yoga and its role in maintaining a healthy lifestyle.
- **Promote** the integration of yoga practices into daily life to improve physical and mental well-being.
- **Inspire** the youth to adopt yoga as a regular practice to enhance longevity and quality of life.
- Highlights of the Talk
- **Benefits of Yoga:** Dr. Omkar discussed how yoga, meditation, and Omkar Dhyan contribute to enhancing physical health, mental clarity, and overall life span. He highlighted the role of yoga in maintaining normal functioning of all bodily systems.
- **Yoga and Modern Life:** He emphasized the relevance of yoga in today's technologically driven world and how it can complement modern medicine to improve quality of life.
- **Yoga Practices:** The speaker demonstrated various yoga poses and techniques that are beneficial for youth. He also shared practical tips on incorporating yoga into daily routines.
- **Personal Experiences:** Dr. Omkar shared his experiences working with sports teams and his success in spreading yoga through television programs and radio talks.
- **Interactive Session:** The session included an interactive Q&A segment where students asked questions about the application of yoga in their daily lives and its benefits.



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Outcome:

- **Increased Awareness:** The talk significantly increased awareness among students about the holistic benefits of yoga and its potential to improve health and longevity.
- Enhanced Interest: There was a notable increase in interest among students to practice yoga regularly and explore its benefits further.
- **Positive Feedback:** Attendees provided positive feedback, appreciating the practical insights and motivational aspects of the talk. The session was seen as an inspiring and informative experience.

Glimse of the event:





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The "Talk on Yoga for Youth" by Dr. S N Omkar was a resounding success. It not only provided valuable information on yoga but also motivated students to adopt healthier lifestyles. The NSS club's efforts in organizing this event have contributed significantly to the holistic development of the students at City Engineering College.

Principal (Dr. Thippeswamy H N)



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Report on International Yoga Day

Date: June 21, 2019 Organized by: City Engineering College Association with: Art of Living, Bengaluru

Introduction

On June 21, 2019, City Engineering College celebrated International Yoga Day in association with Art of Living, Bengaluru. The event aimed to spread awareness about the importance of yoga and encourage students and staff to integrate yoga into their daily lives for a healthier and balanced lifestyle. The event was graced by yoga instructors from the Art of Living organization, who brought their expertise and passion for yoga to the students and staff.

Objective

The main objectives of the event were:

- Promote physical and mental well-being through yoga.
- Raise awareness about the importance of yoga in today's fast-paced world.
- Encourage participation in yoga practices as a regular fitness and relaxation routine.
- Instill discipline and mindfulness among students through yoga.

Highlights of the Event

- **Yoga Session:** The event began with a guided yoga session led by certified instructors from the Art of Living. The instructors introduced various yoga postures (asanas), breathing techniques (pranayama), and meditation practices. The session was structured to cater to beginners as well as those with some experience in yoga.
- **Breathing Techniques:** Special emphasis was placed on breathing exercises such as Sudarshan Kriya and other pranayama techniques, which are known for their positive effects on reducing stress and improving mental clarity.
- **Meditation for Mental Peace:** The session also included a guided meditation, helping participants calm their minds and relieve anxiety, offering them an opportunity to experience the profound mental benefits of yoga.

The celebration of International Yoga Day on June 21, 2019, at City Engineering College, in collaboration with Art of Living, was a resounding success. The event helped foster a sense of well-being and mindfulness among the participants. It also succeeded in bringing the ancient wisdom of yoga to the forefront of students' and staff members' lives, encouraging them to adopt healthier lifestyles. The college looks forward to organizing similar events in the future to promote physical and mental health within the academic community.



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Glimpse of the event:



Rummerignes

Principal City Engineering College, Bangalore-560.061



A Report on Strengthening Minds: Mental Health Support Initiatives During the COVID-19 Pandemic

Date : 02-01-2021

Mode: Online mode through Google meet

Number of participants:120

The COVID-19 pandemic has brought unprecedented challenges to individuals and communities worldwide, not just physically but also mentally. In response to these challenges, a lecture on health tips and awareness was organized and invited Dr. N. Muralidhara, Professor and Head of the Department from Sri Sri Ayurvedic College. This initiative aimed to provide mental health support and promote wellness among students during these trying times.

1. Health Tips and Awareness Lecture: Dr. N. Muralidhara, a respected expert in Ayurvedic medicine, delivered a comprehensive lecture focused on health awareness. He provided valuable insights into maintaining physical and mental health during the pandemic. Dr. Muralidhara emphasized the importance of a balanced lifestyle, proper nutrition, and regular exercise as essential components of overall well-being. He also highlighted the significance of mental health, particularly during the ongoing pandemic, and provided practical tips for managing stress and anxiety.





2. Yoga and Meditation Session: Following the lecture, a Health Awareness Programme was conducted, which included a session on Yoga and Meditation led by the same team from Sri Sri Ayurvedic College. Ms. Suma explained the profound benefits of Yoga and Meditation in managing stress and enhancing mental clarity. She demonstrated various Yoga postures and breathing exercises that students can incorporate into their daily routines to alleviate stress and improve their mental and physical health.

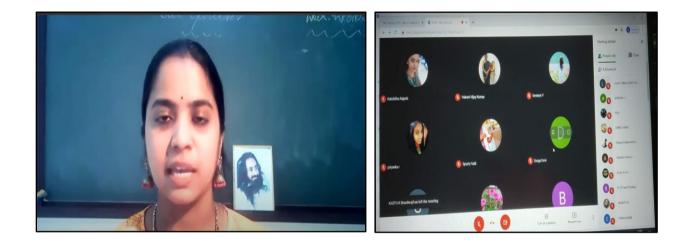


Fig. Online session screenshots

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Principal City Engineering College, Bangalore-560.061



Name of the Activity: Strengthening Minds: Mental Health Support Initiatives During the COVID-19 Pandemic

Date: <u>02-01-2021</u>

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60	1CE20CS017	ASTHA	detha
61	1CE20CS018	B DHANALAKSHMI BAI	
62	1CE20CS019	BENITTA HATHSIYAL X	BeuterHatherjel
63	1CE20CS020	BHAGYASHREE	Bhayyashe
64	1CE20CS021	BHARGAVI N PRAKASH	Bharoavi







Sl.No	USN	NAME	Signature
65.	1CE20CS065	SAMANA R	Samano R.
66.	1CE20CS066	SAMIR YOUSUFF KHAN	Laure laufthin
67.	1CE20CS067	SARASWATI SURESH SADARAGOND	Success
68.	1CE20CS068	SHOBA H N	Shoba
69.	1CE20CS069	SNEHA S	Ş
70.	1CE20CS070	SONAM VISHWAKRAM	Schan Lix hurket com
71.	1CE20CS071	SPOORTHI M G	Spoorthi
72.	1CE20CS072	SUBHENDU SAGAR	-
73.	1CE20CS073	SUBRAMANI M	Subraman. M
74.	1CE20CS074	SULAIMAN KHAN	Silainonk
75.	1CE20CS075	SWATI SATEESHKUMAR KUDRAGI	-
76.	1CE20CS090	YASHASWINI R P	Yachusani RP
77.	1CE20CS091	SUJAY V	Sujay
78.	1CE20EC001	BHANU CHANDAN K B	Repay
79.	1CE20EC002	KEERTHI A	Cero Hir. A
80.	1CE20EC003	SUKRUTH S R	Sakult 5R
81.	1CE20IS001	AAYUSHA KUMARI	Dayusha
82.	1CE20IS002	AMISHA RASHMINATH	And
83.	1CE20IS003	LIKHITH R J	LEKith RJ
84.	1CE20ME001	SUHAS B	Sil
85.	1CE20ME002	ABHILASH A SUVAN	Abhilach Sunar
86.	1CE17CV030	SHAKUNTHALA C M	grettet
87.	1CE19CV001	APOORVA C	Aprorno 1
88.	1CE19CV003	RAVITEJA .S	Raviteja
89.	1CE19CV004	VEENA G	leen.G.







90.	1CE19CS012	ASHWINI B	
91.	1CE19CS013	B M PUNEETH	Dineeth
92.	1CE19CS014	BHANU PRAKASH R	3 harring
93.	1CE19CS015	BHAVANA S	Bharon. !
94.	1CE19CS016	BHOLAY NATH SINGH	-
95.	1CE19CS017	BINDHUSHREE G	R
96.	1CE19CS018	CHANDAN KUMAR C	Chandan kunar
97.	1CE19CS019	CHANDANA D Y	chanda
98.	1CE19CS020	CHANDINI R P	Chardelut RP Charcen & mbal
99.	1CE19CS021	CHARANSIMHA D	Charen & mbal
100	1CE19CS022	CHETAN S	Obstern. S.







Sl.No	USN	NAME	<u>Signa</u> ture
1.	1CE18CS096	VARSHA H	Careh
2.	1CE20CS400	CHAKALA ARCHANA	Jachna.
3.	1CE20CS401	PRADEEP K S	Pradup
4.	1CE19EC001	ANIL K	Awlk
5.	1CE19EC002	APOORVA KULKARNI	Apocauak
6.	1CE19EC003	CHARAN YADAV	chine
7.	1CE19EC005	MADHUSHREE M	MZ
8.	1CE19EC006	MEENA J	Mecn - J
9.	1CE19EC007	PRAVEEN K	Proveen K
10.	1CE19EC008	ROHANA H	R
11.	1CE19EC009	SUPRIYA G	Sup kuplo
12.	1CE19EC010	VISHWAS D V	Ajay S
13.	1CE19ME001	AJAY S	Ana S
14.	1CE19ME002	SHARAN	Sharan
15.	1CE18ME007	MOHD MASOOD	MdMard
16.	1CE20ME400	CHANUKYA M	Chanulcyo M
17.	1CE20ME401	MANJUNATH N	Manyunett N
18.	1CE20ME402	RAVI KUMAR B	Lem. En.
19.	1CE17CV009	FAISAL MANZOOR NAIKOO	A Company of the comp
20.	1CE17CV028	SANGAMESH	Sanamech
21.	1CE18CV003	HITHESH U K	Statesh
22.	1CE18CV004	KUSHAL S GOWDA	Karhal Schende
23.	1CE18CV005	MAHADEVA PRASAD S A	Mahady Frances
24.	1CE18CV006	OWAIS AHMAD KHANDAY	







Extension Activity: Strengthening Minds: Mental health Initiative during Covid-19 Pandumic. Date: 2-1/21

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Please rate the NSS Activity 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.	Relevance of the Activity to the Community's Needs	1	2	3	4	5
						C
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
4.	Impact of the Activity on student's Personal Growth and overall Development	1	2	3	4	5

