



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

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14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109.



KSIT
K S INSTITUTE OF TECHNOLOGY

WORLD MEDITATION DAY

Date: 20-12-2024

Venue: KSIT Seminar Hall, New Block

Duration: 2:30pm – 3:45pm

Organized By: NSS Unit of KSIT

Speaker: Mr. Parthasarathi Patel Heartfulness Certified Trainer

Participants: Naveen V NSS Program Officer, Dr. Nagaprasad & Students of KSIT.

OBJECTIVES:

- Spread awareness about the importance of meditation for mental and emotional well-being.
- Encourage people to adopt meditation as a daily practice to reduce stress and enhance mindfulness.
- Highlight the benefits of meditation for overall physical health and improved focus.
- Foster a sense of global unity and peace through collective meditation practices.

Importance of Meditation:

Meditation plays a vital role in improving overall well-being by offering numerous benefits for both the mind and body. It helps reduce stress by lowering cortisol levels, which can promote a state of relaxation and mental clarity. Regular meditation enhances focus and concentration, allowing individuals to stay more present and attentive in their daily tasks. It also improves emotional regulation, promoting a sense of calm and balance, which is essential for mental health. Moreover, meditation has been linked to better sleep quality,

improved memory, and a stronger immune system, making it an essential practice for achieving overall physical and mental health.

SCOPE OF THE PROGRAM:

The interest shown by the students was great, as they actively engaged in the program with enthusiasm. Heartfulness trainer Mr. Parthasarathi Patel guided the students on the importance of meditation and its necessity in everyday life. He explained why meditation should be incorporated regularly for mental clarity, emotional well-being and overall stress reduction. Mr. Parthasarathi Patel also led the students through a practical meditation session, allowing them to experience its benefits firsthand.





PROGRAM OUTCOMES:

At the end of the programme, the following PO's are attained.

NSS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO 11	PO 12
NSS PROGRAMME						2	3		3			3

Justification of PO mapping:

- *Students can able to assess societal, health, safety, legal and cultural issues and the consequent responsibilities .*
- *Students can able to Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development .*
- *Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.*
- *Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change*



NSS COORDINATOR

NSS Programme Officer
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