



K.S. INSTITUTE OF TECHNOLOGY

National Service Scheme

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

YOGA DAY: 07/02/2020

The Yoga Day was celebrated on 7TH FEBRUARY 2020 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.

An account of annual special camp -2020.NSS Unit in association with Grama swarajya high school organized Yoga Day at Grama swarajya high school Campus on 7TH FEBRUARY 2020. Yoga session was taken by Visveswara Hegde yoga teacher of Grama swarajya high school. 50 NSS volunteers were participated and made grand success.



STUDENTS PERFORMING YOGA



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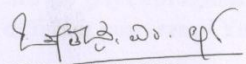
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Overview:

Nutrition is the process of consuming, absorbing, and using nutrients needed by the body for growth, development, and maintenance of life.

To receive adequate, appropriate nutrition, people need to consume a healthy diet, which consists of a variety of nutrients—the substances in foods that nourish the body. A healthy diet enables people to maintain a desirable body weight and composition (the percentage of fat and muscle in the body) and to do their daily physical and mental activities.

If people consume too much food, obesity may result. If they consume large amounts of certain nutrients, usually vitamins or minerals, harmful effects (toxicity) may occur. If people do not consume enough nutrients, under nutrition may develop, resulting in a nutritional deficiency disorder.

Susceptibility to various problems change as people age. Each person's risk factors are unique. A thorough understanding of what they are is necessary to adequately reduce those risks .so **NSS KSIT** student branch in collaboration with VHD Central institute of home science,Bengaluru conducted “**Nutritional Awareness** ”program on 14th November 2019. The main objective of this event was to provide good health to the fellow KSIT members.

100 students along with staff members actively participated in this event. Faculty members of VHD Central institute of home science diagnosed problems of the students,staff & provided beneficiary advices regarding their health.

NSS volunteers served as a helping hand to the doctors by assisting them in the service. NSS KSIT sincerely thank VHD Central institute of home science for their support.



Student's interaction with doctors



Faculty interaction with doctors


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