



Jansons Institute of Technology

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Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai
Coimbatore, Tamil Nadu – 641659
www.jit.ac.in



NATIONAL SERVICE SCHEME & JANSONS SPORTS CLUB


Organises

"Yoga Practices for School Students"


On 23.03.2022 at Panchayat Union Primary School, Chennappachetty Pudur

AGENDA

10.00 AM	Welcome Address Mr.S.Sindhu,II CSE,JIT
10.05 AM	Short introduction about Yoga for Children Dr. K. Senthamil Selvan, NSS PO
10.20 AM	Explaining about the benefits of yogasanas Mr.P.Damodaran
11.00 AM	Performing yogasanas by students guided by NSS volunteers
11.30 AM	Demonstration of asanas to the students Mr.P.Damodaran
12.00 PM	Vote of thanks Ms.Rashmitha ,II CSE ,JIT


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KARUMATHAMPATTI
COIMBATORE - 641 659.




Faculty Coordinator
Dr. K. Senthamil Selvan

Programme Officer
National Service Scheme
Jansons Institute of Technology
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Event Report

Title : Yoga Practices for Panchayat Union Primary School Children


Date (from & to) : 23.03.2022 **Time** (from & to) : 10:00 am – 12:00 am


Venue (offline) : Panchayat Union Primary School

Organised by : National Service Scheme

In association with : Jansons Sports Club

JIT Website <https://jit.ac.in/events/nss-unit/yoga-practices-for-panchayat-union-primary-school-children/>

 https://www.instagram.com/p/Cj2AcJ_v0r-/?igshid=YmMyMTA2M2Y=

 <https://twitter.com/nssjitcbe/status/1582247181796319233?t=WqEIEz-AnyWBgmqqRQXGnw&s=19>

No. of Participants / Beneficiaries

Total (Participants / Beneficiaries)	Students	Teacher	Students (Outside institution)	Teacher (Outside institution)
64	10	2	50	2


Event Objective

The main motto of the event is to make the students familiar to Yoga Practices & explain the importance and benefits of Yoga

Event Summary

As a part of Special Camp, The NSS team organized a session for school children, where our Director of Physical Education, Mr. P. Dhamodharan explained the importance and benefits of Yoga. The gathering was welcomed by Mr.S.Sindhu,II CSE,JIT. We conducted a practice session for the School Children where different 'Asanas' were demonstrated to the students and explained the Advantages and Disadvantages of the Asanas and made the students to perform those Asanas. He explained in brief about how Yoga is done in our daily life and what the benefits are if we do and what are the ill effects we would face if we do not perform these. The NSS Volunteers accompanied and demonstrated the different Asana and explained the purpose of each. This event was done successfully under the supervision of our NSS Programme Officer, Dr. K. Senthamil Selvan. The event was ended by vote of thanks Ms.Rashmitha ,II CSE ,JIT




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Event Outcomes

This event was very much helpful for the school students. It gave the students a vision about Yoga Practices and the benefits of Yoga. It created awareness among the students and the Faculties.

Event Feedback

<p>How would you rate the event in terms of preparation, flow, and content?</p>	<table style="margin-left: auto; margin-right: 0;"> <tr><td>Excellent</td><td style="text-align: right;">94%</td></tr> <tr><td>Very Good</td><td style="text-align: right;">3%</td></tr> <tr><td>Good</td><td style="text-align: right;">2%</td></tr> <tr><td>Fair</td><td style="text-align: right;">1%</td></tr> </table>	Excellent	94%	Very Good	3%	Good	2%	Fair	1%
Excellent	94%								
Very Good	3%								
Good	2%								
Fair	1%								
<p>The content and activities of the event has increased my knowledge.</p>	<table style="margin-left: auto; margin-right: 0;"> <tr><td>Strongly Agree</td><td style="text-align: right;">95%</td></tr> <tr><td>Agree</td><td style="text-align: right;">5%</td></tr> <tr><td>Neutral</td><td style="text-align: right;">0%</td></tr> <tr><td>Disagree</td><td style="text-align: right;">0%</td></tr> </table>	Strongly Agree	95%	Agree	5%	Neutral	0%	Disagree	0%
Strongly Agree	95%								
Agree	5%								
Neutral	0%								
Disagree	0%								
<p>Overall experience of the event.</p>	<table style="margin-left: auto; margin-right: 0;"> <tr><td>Very Satisfied</td><td style="text-align: right;">95%</td></tr> <tr><td>Satisfied</td><td style="text-align: right;">5%</td></tr> <tr><td>Neutral</td><td style="text-align: right;">0%</td></tr> <tr><td>Dissatisfied</td><td style="text-align: right;">0%</td></tr> </table>	Very Satisfied	95%	Satisfied	5%	Neutral	0%	Dissatisfied	0%
Very Satisfied	95%								
Satisfied	5%								
Neutral	0%								
Dissatisfied	0%								

Date of report submission: 25.03.2022

Event Photographs



Different yogasanas were demonstrated to the Students by Mr.P.Damodaran, PD/JIT



Mr.P.Damodaran, PD, JIT explained the benefits of different Asanas to the students

(Signature)
Faculty Coordinator
 Dr. K. Senthamil Selvan

Programme Officer
 National Service Scheme
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(Signature)
Principal

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Participants Details

Title: *YOGA class for school children*

Date: *23-03-2022*

Organised by: *NSS (JIT sustainability cell)*

Academic Year: *2022*

Sl.No.	Name	Year/Department	Signature
1.	Jandyan Venkata Vasanthha Rao	II/AI	<i>Jandyan Venkata Vasanthha Rao</i>
2.	P. Balaji	II/ECE	<i>P. Balaji</i>
3.	Gopi Prasad Sethu Balaji Srinivas	II/mech	<i>G. S. Balaji</i>
4.	A. Saibabu	II/mech	<i>A. Saibabu</i>
5.	G. Roshmitha	II/CSE	<i>G. Roshmitha</i>
6.	Sowetha. K.	II/CSE	<i>Sowetha. K.</i>
7.	Selva lakshana. B.	II/CSE	<i>Selva lakshana. B.</i>
8.	G. Sri Siva Ranga Sai.	II/CSE	<i>G. Sai.</i>
9.	K. Goutham muthu	II/ECE	<i>K. G.</i>
10.	A. Mugilwanan	II/Civil	<i>A. Mugilwanan</i>
Through this event, 50 school students & 2 school teachers have been benefitted.			
/			

G. Adinathan
Faculty Incharge

Programme Officer
National Service Scheme
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[Signature]
Principal

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