

Tele: 0820-2570503

By E-mail
4 Kar Engr Coy NCC
MIT Campus
Manipal - 576104

No. 058/Trg/NCC

19 Jun 23

To
The Director,
MIT, Manipal.

The Principal,
SMVITM, Bantakal.

The Principal,
YIT, Moodubidri.

Dear Sir,

INTERNATIONAL DAY OF YOGA – 2023

1. As per direction received from Ministry of Ayush, Govt of India & DGNCC.
2. All NCC cadets of Educational Institutions to observe Yoga Day on 21st Jun 2023. The theme for this year is "Yoga for Vasudhaiva Kutumbakam".
3. In addition, following activities to be carried out.
 - i) Yoga to be done at iconic & scenic places.
 - ii) Good photographs & videos Made.
 - iii) Publicity done in vernacular media.
4. For your Info and necessary action pl.



[Signature]

Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

[Signature]

(Sunit S Kotwal)
Lt Col
Officer Commanding

[Signature]

Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115



Karthik V Mech <karthik.mech@sode-edu.in>

International day of Yoga-2023

2 messages

NAVER-GROUP <fourkarengcoyncc@yahoo.com>

Tue, Jun 20, 2023 at 11:53 AM

Reply-To: NAVER-GROUP <fourkarengcoyncc@yahoo.com>

To: Dundesh Chiniwar <dundesh3551@gmail.com>, "Associate NCC Officer [MAHE-MIT]" <ano.mit@manipal.edu>, "Karthik V. Mech" <karthik.mech@sode-edu.in>, NCC SMVITM <ncc@sode-edu.in>, "Harikanth S." <harikanth@yit.edu.in>

Cc: "Director [MAHE-MIT]" <director.mit@manipal.edu>, SMVITM BANTAKAL UDUPI <principal@sode-edu.in>, PRINCIPAL YIT <principal@yit.edu.in>

Dear Sir,

PFA

Lt Col Sunit S Kotwal
Officer Commanding
4 Kar Engr Coy NCC
MIT Campus
Manipal - 576 104

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 346K

Karthik V Mech <karthik.mech@sode-edu.in>

Tue, Jun 20, 2023 at 11:59 AM

To: NAVER-GROUP <fourkarengcoyncc@yahoo.com>

Cc: SMVITM BANTAKAL UDUPI <principal@sode-edu.in>

Dear Sir,

It is for your information that we are conducting a yoga session on 21st June 2023 in the institute premise. The photographs of the same will be shared with you. I have informed the PI Staff about the event and requested them to be a part of the same. Thank you.

With regards,

Mr. Karthik V, M.Tech, B.E, MISTE
 Assistant Professor
 Department of Mechanical Engineering
 Shri Madhwa Vadiraja Institute of Technology and Management
 Vishwothamanagara, Bantakal, Udupi - 574115.
 Mobile : +91 8970941008
 URL: www.sode-edu.in

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Principal

SHRI MADHWA VADIRAJA
 INSTITUTE OF TECHNOLOGY & MANAGEMENT
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Approved by AICTE, New Delhi & Recognized by Govt. of Karnataka

Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.

Prof. Dr. Thirumaleshwara Bhat
BE, M.Tech., Ph.D., MISTE
PRINCIPAL

12 June 2023

Ref. No: 2023/PRIN/41

Circular

NSS-YRC-RC Unit and Yoga and fitness Committee of SMVITM jointly organizing Yoga session to mark the observance of "International Day of Yoga (IDY)-2023" on Wednesday, 21 June 2023 from 9AM-11AM.

Sri. M Venkatesh Mehendale and Sri. K Raghavendra Bhat, Jilla Prabhari, Bharath Swabhiman Trust, Udupi will be the resource persons for this program.

All are cordially invited to participate in the session.

Note:

- It is mandatory for the students who have registered for "Yoga Club" during 3rd Semester (2021 scheme) to participate in the session.
- The participants can wear Yoga dress (preferably White T-Shirt or Varnothsava T-Shirt) and bring the Yoga mat/clothes to practice yoga along with resource persons.

Thirumaleshwara Bhat

Principal

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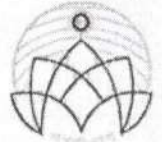
Copy to:

1. Vice Principal, for information
2. Dean /All HoDs & Section Heads, with a request to circulate among your faculty & staff members.
3. To be read in all classes
4. Trust Office, for information

Principal

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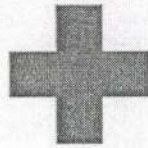
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(A Unit of Shri Sode Vadiraja Mutt Education Trust®, Udupi)

Vishwothama Nagar, Bantakal-574 115, Udupi District, Karnataka, INDIA

SMVITM



NSS - YRC Unit, NCC Unit and Yoga & Fitness Committee
Jointly organising

INTERNATIONAL DAY OF YOGA-2023

Theme: **चक्रपदैहाचक्र कृतुलबकाल**



Resource Persons

Shri. Venkatesh Mehendale

Jilla Prabhari

Bharath Swabhimana Trust, Udupi

Shri. K Raghavendra Bhat

Jilla Prabhari

Patanjali Yoga Samithi, Udupi

Date:
21 June 2023

Time:
09:00 AM

Venue:
Open Air Auditorium

Principal

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INSTITUTE OF TECHNOLOGY & MANAGEMENT

Vishwothama Nagar, Udupi Dist.

BANTAKAL - 574 115

All are Cordially Invited

Principal

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Activity Request form

Academic Year	2023-24		
Department/Section/ Committee/Cell	NCC		
Name of the Activity	International Day of Yoga		
Target Audience	NCC Cadets, Students of Yoga Club		
Activity Date(s)	21-06-2023	Time	09:00am to 11:00am
Venue	Open air auditorium		
Event Coordinators	NSS-YRC-RC, Yoga fitness committee, NCC CTO		


Expected expenditure		
S. No.	Description	Amount
-	-	-
Total		

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
-	-	-
Total		

(Add rows if required)


Financial support required from the Institute	-
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Karthik V	 18-06-2023 Signature with date
Name of the Coordinator	
Signature of the HoD (If applicable)	


Principal
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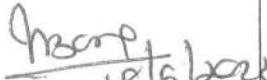
Remarks by IQAC

May be conducted


Signature 18/6/23

Remarks by Principal

Permitted


Signature 18/6/23



Principal

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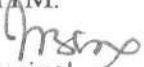


Activity Report

Academic Year	2023-24
Name of the Program	International Day of Yoga
Target Audience	NCC cadets, Students of Yoga Club
Resource Person(s)	Sri M Venkatesh Mehendale, Sri K Raghavendra Bhat
Number of Participants	200

As a part of Azadi ka Amrit Mahotsav, National Service Scheme (NSS), Youth Red Cross Wing, NCC Unit and Yoga & Fitness committee of SMVITM celebrated International Day of Yoga (IDY-2023) with a theme “Yoga for Vasudhaiva Kutumbakam ” on Tuesday, 21 June 2023 in the institute premises. Shri Raghavendra Bhat started his speech by explaining the theme of this year’s International Day of Yoga is “Yoga for Vasudhaiva Kutumbakam”, which Represents our shared desire for “One Earth, One Family, One Future”. He also explained that regular practice of Yoga will help the students to achieve better mental and physical health, helps to reduce stress, anxiety and depression. Sri. M Venkatesh Mehendale and Sri. K Raghavendra Bhat started Yoga demonstrations with the yoga prayer. After which a few warm up and simple Asanas like Taadasana, Vrikshasana, Trikonasana, Bhadrasana, Vakrasana, Shashankasana, Bhujangasana, Shavasana, Pranayama Dhyana etc were performed by the students and the staff members enthusiastically and the importance of these Asanas was explained simultaneously by the yoga trainer. Prof. Dr. Thirumaleshwara Bhat, Principal, said Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. He encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind. Ms. Nidhi Patkar welcomed the gathering and compeered the program. Mr. Darshanraj of 3rd year CSE invoked the blessings from almighty. Mr. Nagaraja Rao NSS Coordinator, Dr. Raviprabha and Mr.Roshan Kotian, Ms.Lahari Vaidya and Mr. Karthik V, CTO coordinated the program. More than 200 members participated including the Principal, Vice Principal, HOD’s, faculty, staff and students of SMVITM.


Principal


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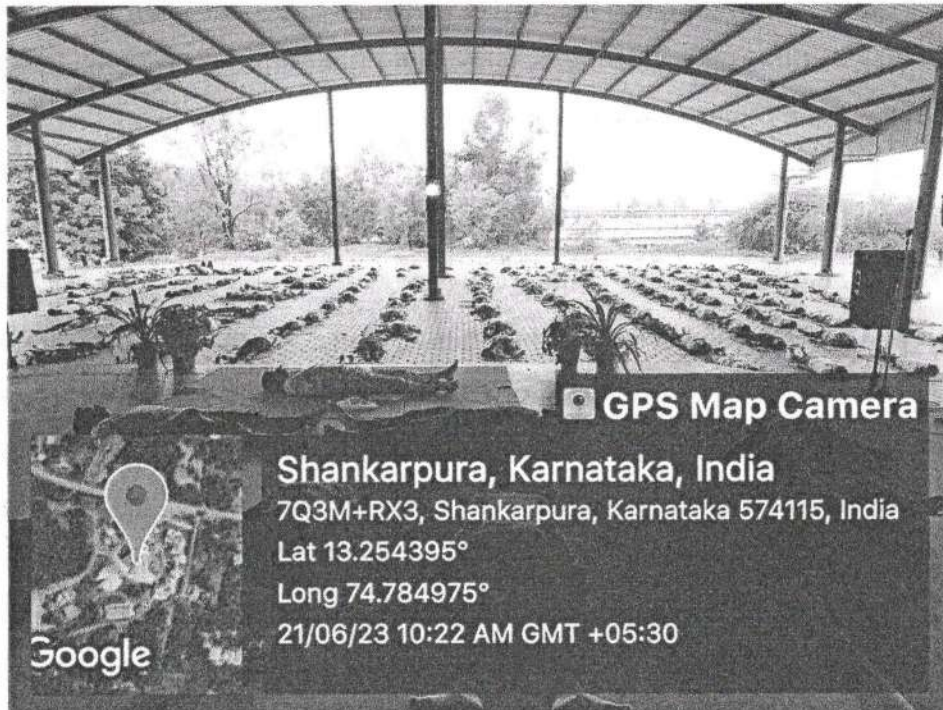
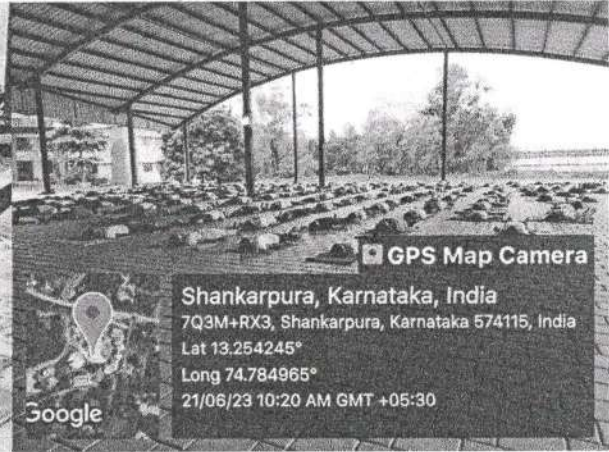
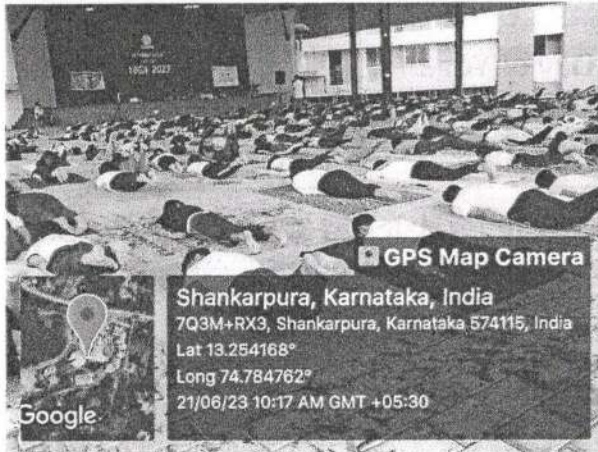
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ANNEXURE



Principal

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NOMINAL ROLL OF CADETS ATTENDED INTERNATIONAL DAY OF YOGA			
Date : 21-06-2023 (2ND YEAR)			
Sl. No	Regimental Number	Name	Status
SD			
1	KA21SDA460326	RANJITH P	P
2	KA21SDA460329	ABHISHEK	P
3	KA21SDA460333	VIGNESH PRABHU	P
4	KA21SDA460334	ACHINTHYA	P
5	KA21SDA460336	GANESH PRASAD	P
6	KA21SDA460337	CHINMAY NAGARAJ HEGDE	P
7	KA21SDA460342	SAINBOR LYNGKHOI	P
SW			
8	KA21SWA460325	K VAISHNAVI BHAT	P
9	KA21SWA460327	RIA SHETTY	P
10	KA21SWA460328	ANANYA A POOJARY	P
11	KA21SWA460332	NEHA DINESH SHETTIGAR	P

NOMINAL ROLL OF CADETS ATTENDED INTERNATIONAL DAY OF YOGA			
Date : 21-06-2023 (3RD YEAR)			
Sl. No	Regimental Number	Name	Status
SD			
1	KA20SDA460309	Sankalp R	P
2	KA20SDA460317	Tanmay Kalkur	P
3	KA20SDA460314	Ashish Chandran	P
4	KA20SDA460305	Shri Harsha Kulkarni	P
5	KA20SDA460301	Chandan K R	P
6	KA20SDA460313	Rahul M Poojary	P
7	KA19SDA460226	N Gautham Bhat	P
SW			
8	KA20SWA460321	Deepti	P
9	KA20SWA460302	Prathibha Rani	P

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BANTAKAL - 574 115

CTO Signature
Mr. Rarthnik V
Caretaker
4 KAR ENGR COY NCC
SMVITM, BANTAKAL - 574115

NOMINAL ROLL OF CADETS ATTENDED INTERNATIONAL DAY OF YOGA

Date: 21-06-2023 (1ST YEAR)

Sl. No	Regimental Number	Name	Status
SD			
1	KA22SDA460344	SATVIK S BHAT	P
2	KA22SDA460346	VAIBHAV A POOJARY	P
3	KA22SDA460347	DARSHAN R RAO	P
4	KA22SDA460348	VEERENDRA NAYARI	P
5	KA22SDA460349	RITHURAJ KULAL	P
6	KA22SDA460350	YOGIN KUMAR	P
7	KA22SDA460351	SWAYAM UDAY FONDEKAR	P
8	KA22SDA460352	K ANEESH BHAT	P
9	KA22SDA460353	AKASH A KUNDER	P
10	KA22SDA460356	SAHAJ G SHETTY	P
11	KA22SDA460357	HARSHIT J POOJARY	P
12	KA22SDA460358	PRAJITH	P
SW			
13	KA22SWA460359	SHARVARI S HEBBAR	P
14	KA22SWA460360	RITHIKA	P
15	KA22SWA460361	SURABHI	P
16	KA22SWA460362	ANANYA G	P
17	KA22SWA460363	SHILPA	P
18	KA22SWA460364	RACHANAA M	P
19	KA22SWA460365	SAHANA	P
20	KA22SWA460366	DEEKSHA	P

[Signature]

Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udipi Dist
BANTAKAL - 574 115

Signature V

Caretaker

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[Signature]

Principal

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