

Report on Yoga Day-2025

International Yoga Day was celebrated by women cell in association with office of dean student affairs at ATME College of Engineering on June 23, 2025, in line with the growing awareness of mental and physical wellness, our organization conducted a *Yoga Benefits Awareness Programme* aimed at educating participants on the advantages of practicing yoga regularly. The programme was part of our ongoing efforts to promote a healthy lifestyle and mindfulness among students/staff/community members.

A transformative yoga session was conducted by **Smt. Seema B.S.**, renowned Yoga Therapist and Founder of *Swasthya Yoga Kendra*, Bengaluru. The session focused on empowering students with practical tools to positively influence the **body, mind, emotions, and energy levels**, ultimately guiding them towards a more **joyful and fulfilling life**.

Smt. Seema shared valuable insights supported by **scientific research**, highlighting the benefits of yoga in reducing stress, increasing levels of **Anandamide** (the "bliss molecule"), improving sleep quality, enhancing emotional balance and mood stability, and boosting overall energy. Participants enthusiastically took part in **interactive and practical yoga sessions**, which included exercises designed to improve **flexibility, posture, concentration, and stress management**.

Particularly well-received was the **guided meditation session**, which many attendees found effective for relieving stress and calming the mind.

The event began at **11:00 AM** with a warm welcome address by **Mrs. Keerthi A. Kumbar**, Assistant Professor in the Department of Electronics and Communication. She extended greetings to the resource person, faculty members, and students.

Dr. Basavaraj L., Principal, delivered the Presidential address, emphasizing the importance of incorporating yoga into daily routines for stress relief and holistic well-being.

The yoga session was then conducted under the expert guidance of Smt. Seema and her team. The event was graced by the presence of:

- **Dr. Bhagyashree**, Dean of Research

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- **Dr. Sachidananda Murthy**, Administrative Officer
- **Dr. Srinivasa K.**, Dean of Student Affairs and Event Coordinator
- **Dr. Muralidhar M.P.**, Director of Physical Education

The session concluded on a high note, with **positive feedback from students and staff** who appreciated the practical insights and the calming effect of the meditation session. The program successfully highlighted yoga's role in enhancing student life and promoting a balanced, stress-free lifestyle.



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Glimpses of yoga day celebration

Outcomes

- Increased awareness of yoga's role in enhancing mental clarity and physical health.
- Participants expressed interest in continuing yoga practice.
- Plans to start a regular yoga club/class were discussed.

Conclusion

The Yoga Benefits Programme was successful in achieving its objectives. It served as an excellent platform for spreading awareness and encouraging participants to integrate yoga into their daily routines. Future programmes will focus on more advanced sessions and regular practice.



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On the occasion of International Yoga Day, 2025

WOMEN CELL
In association with
OFFICE OF DEAN STUDENT AFFAIRS
Organizing
TALK ON
MINDFULNESS FOR THE WELL-BEING

23-06-2025

Time: **11:00 AM**

Venue: **Civil Auditorium**

Resource Person

Smt. Seema B S

Yoga Therapist & Founder of Swasthya Yoga Kendra
Bengaluru

Chief Patron

Sri L Arun Kumar

Hon'ble Chairman, ATMECE, Mysore

Patrons

Sri K Shivashankar

Hon'ble Secretary
ATMECE, Mysore

Sri R Veeresh

Hon'ble Treasurer
ATMECE, Mysore

Principal

Dr. L Basavaraj

Principal, ATMECE, Mysore

Convenors

Dr. Bhagyashree S R

Chairperson Women Cell & CICC
Dean Research & Professor ECE
ATMECE

Dr. Srinivasa K

Professor and Dean Student
Affairs, ATMECE

Coordinators

Dr Muralidhar M P

Director of Physical Education
ATMECE

Keerthi A Kumbar

Asst. Professor, Dept. of ECE
ATMECE