

*BNM Institute of Technology*

# **Sports @ BNMIT**

**Bird eye view of  
Department of Physical Education**

# Vision & Mission

## ***Vision***

Vision of the department is to ensure physical health of the students and staff so that they can perform well in their professional career for the overall well being of the society at large.



## ***Mission***

Create opportunities for personal and physical development, health and wellness that benefit students and staff members

Build positive relationship among students and among staff members of BNMIT.

Inculcate spirit of team work, leadership and participation for achieving excellence.

# About the Department

The Department of Physical Education at BNMIT is promoting Physical Education and sports on par with regular academics. The Institution has well recognized the value of sports and physical activities as a means of developing personality promoting social harmony and discipline. The Department provides ample opportunity to the students to utilize their leisure time with physical activities to reduce their stress and inculcate a lifetime physical activity behaviour in their day-to-day education system.

Physical fitness is not only the most important key to a healthy body but also the basis of dynamic and creative intellectual abilities. We encourage mass participation towards physical activities, which enhance the overall cognitive abilities of the students.

The Department of Physical Education is monitoring the sports activities of students as well as staffs. Department of Physical Education desires to prepare students for all the Sports events to enable participation in all Inter Collegiate Tournaments at Zone, State, National and International levels



**Nishanth S of Department of Electrical & Electronics Engg. represented BNMIT at different levels in Aquatic Competitions and won many medals.**



**Ms. Raksha R of Electronics & Communication Engg. represented BNMIT at different levels in Table Tennis as well as Lawn Tennis Competitions.**

# Highlights

- Well trained staff in the department.
- Department of Physical Education is equipped with different indoor and outdoor facilities for regular practice.
- Special coaches from outside are arranged for conducting training camps.
- Scholarships to those who represent the college at National, State, Divisional and District level tournaments.
- Uniforms to the participants free of cost.
- Prizes and certificates are given to the winners and runners-up and an overall championship trophy is also awarded to the winning team.
- Staff tournaments are conducted regularly in outdoor games, indoor games and athletics.
- Students are consistently winning medals and shields in Zonal, Inter zonal & state, National and International level tournaments.



# Facilities extended

## Yoga

Health is not mere absence of disease or infirmity, but a state of well being at Physical, Mental, emotional and social (as well as spiritual) levels.

*-World Health Organisation*



It is natural that our body and mind are disturbed & strained because of fast life, up's & down's of our life. The art of maintaining cool temperament & relaxed mind in spite of all these inevitable disturbing factors is an art. **PE Department of BNMIT** intends educate students and staff in this direction with the help of simple and feasible yogic solutions by conducting regular classes.



## Gymnasium



State-of-the-art Gymnasium has something for everyone as well as the more well-known Life Fitness cardiovascular equipments including treadmill and elliptical. In addition, we have a free weights section and a range of weights machines, a stretching area essential for cool-down or foam-rolling session. Some Gymnasium equipments imported from USA and North Korea.

# Sports and Games

The College Physical Education Department has adequate Sports and Games facilities to cater to the all-round physical development of the students.

Department offers the Indoor Sports facilities like Squash, Table Tennis, Chess, Carom , Shuttle Badminton and Air Rifle Shooting. Also the outdoor facilities like Cricket, Foot ball, Basketball, Throwball, Volley Ball, Kabaddi, Kho Kho, Lawn Tennis, Archery and all Athletic events.

Most of the events will be conducted under the guidance of well experienced Coaches or Sports academies.

A full time Physical Director guides the students in various sports activities.



## Badminton

BNMIT has its own badminton court with Synthetic turf (in the auditorium block) running weekly practices with all levels of players; from complete beginners to experts. There are social sessions for all and training sessions for the more serious players. Each year, BNMIT enters both Men's and Ladies' doubles teams into the intercollegiate leagues with strong track record in both.

## Squash

The Squash Area boasts of a world-class glass-backed court. The court creates a focus for University training and competition, and act as an institutional squash hub for players of all levels.





## Table Tennis

Table Tennis Federation of India (TTFI) approved Tables manufactured by STAG - 03 No's with TTFI approved TT Balls are provided for regular practice by our students. Also our students get trained in BNMTT Academy under the professional guidance of Mr. Krunal Telang.

Carrom and Chess are identified as a Sport where discipline and behavior are developed rapidly. It also strengthens thinking power of players and teaches how to make quick decisions. The foot movements also play an important role in this sport.

The college Chess and Carrom facility is open to men and women throughout term after the college class hours.

## Chess and Carrom





## Cricket

Cricket in BNMIT has risen from strength to strength in recent years. Students are trained with Basavanagudi Cricket Academy (BCA), a reputed Cricket academy where several players are trained for State and National team. However, there is plenty of opportunity for all cricketers of all abilities to shine through a range of 'friendly' fixtures against other colleges, local teams and the staff.

## Foot Ball

BNMIT and football have become almost synonymous in recent years, and BNMIT is currently VTU's one among the best footballing colleges.

They get regular training in Bangalore United Football Club at National College Ground, Basavanagudi, Bengaluru. The college is traditionally well represented at University level in men category. Over 20 students play matches regularly and every year Inter department tournaments are conducted.



## Basketball

The college basketball facility is open to men and women of all standards. Students are trained with Appayya Basketball Academy under the supervision of Smt. Vanishree who is a FIBA- BFI & WABC certified coach who trained many players to participate in National and International levels.



## Tennis

The College has one Tennis court at our sports grounds to use year around. Players of all abilities use the tennis court regularly.

## Volley ball

The college provides a volleyball court for all students of all abilities to play this game. College also provides an opportunity to play at a competitive level by training at our college ground by professional coaches.



## Throw ball

The college throw ball facility is open to men and women of all levels. We have practice sessions throughout the term after class hours.

The Institution is hosting Y Nagesh Rao Maanay memorial Throw ball tournament successfully since 40 years.



## Archery

The college Archery facility is open to men and women of all levels. We have practice sessions throughout the term after class hours. The professional coaching sessions are conducted at SICM Archery Academy under the able supervision of Lt. Chikka Ranga Swamy.

## Air Rifle Shooting

The college Air Rifle Shooting Training is open to men and women of all standards. Students are trained with SIMS Shooting Academy under the supervision of Lt. Chikka Ranga Swamy who has trained many players to participate in National and International levels.



## Kabaddi

The college Kabaddi facility is open only for men of all levels. We conduct coaching classes by a professional coach throughout the term after class hours. Sri. Nagesh, a national level player is training our students.





## Kho - Kho

The college Kho – Kho training facility is open for both men and women of all levels. We conduct coaching classes by a professional coach throughout the term after class hours.

## Athletics

The college Athletic training facility is open for both men and women of all levels. The coaching classes are conducted by Elite Sports Promoters at Madhavan Park Ground, Jayanagar, Bangalore under the professional training of Sri. Prakash throughout the term after class hours.



# Achievements

Through the decades, the Department of Physical Education has nurtured students showing potential in any area of sports and has assisted and motivated them to realise their full potential. Our impressive list of winners stands testimony to our accomplishments. Every year, we have students achieving distinction and winning medals at the international, national, state and university levels. Our students have left their mark in sports ranging from athletics to ice skating, from swimming to throw ball. The college table tennis team has won the University and state level Championships many times. The institution and the Management realize that sports achievements add a valuable dimension to the reputation and provide encouragement and support in the form of training facilities, allowances and scholarships.

The efforts of the Department is not limited to only outstanding sports achievers. The department attempts to live by its motto "Fitness - A Way of Life" and promotes an interest in sports and physical fitness among staff and students through the multigym, yoga classes, interclass tournaments and the annual Athletic Meet. The Sports committee with the Principal as Chairman plans the activities for the year and also ways of improving the performance of our budding sportspersons.

## 2015- 16



BNMIT Girls Table Tennis team emerged as champions in VTU Bangalore Central zone Table Tennis Tournament held at CMR IT, Bangalore.

Also they have emerged as the winners at VTU Interzone Table Tennis tournament held at AIT, Chikamagalur.



Nishanth S of Department of EEE secured 11 Gold medals in VTU State level Swimming competition held at Basavanagudi Aquatic Centre, Bangalore and organized by BMS CE, Bangalore



Thanusha S P of Department of ISE secured Runners Up place in VTU State level Archery Competition organized by Acharya IT, Bangalore.



Manjuprasad K of Department of EEE secured Runners Up place in VTU State level Cross Country Competition held at Dr. TTIT, KGF Also he has represented VTU at All India Inter University Cross Country Competition



Manjuprasad K of EEE secured Runners Up place in 10000 mtrs Running at VTU State level Athletic meet held at Sir MV IT, Bangalore



Nishanth S of EEE represented VTU at All India Inter University Aquatic Competitions held at Punjab University.



Thanusha S of ISE represented VTU at All India Inter University Aquatic Competitions held at Punjab University.

# 2016- 17



BNMIT Aquatics team (both Men and Women) have secured may medals in VTU State level Aquatics Competitions organized by Global Academy of Technology, Bangalore



BNMIT Women Table Tennis team have emerged as winners at VTU Interzone Table Tennis tournament held at SIT, Tumkur



BNMIT Women Throw Ball team secured Runners Up place in VTU Bangalore Central zone Throw ball tournament organized by CMR IT, Bangalore.



Shreya Deepak of Department of ECE secured Gold medal in 21 Km half Marathon at VTU state level Athletic meet organized by TT IT, KGF.



Manju prasad K of Department of EEE secured Silver medals in 500 mtrs run, 10000 mtrs run and 21 Km half Marathon at VTU state level Athletic meet organized by TT IT, KGF.



Thanusha S of ISE secured Gold medals in 30 mtrs range and 50 mtrs range at VTU State level Archery Competition held at Sai Ram College of Engineering, Anekal.



Shreya Deepak of Department of ECE secured Bronze medal VTU state level Cross Country Competition organized by KIT, Tiptur.



BNMIT Women Chess team has secured Winners place in VTU Bangalore zone Chess Tournament organized by SJM Institute of Technology



Nishanth S of EEE represented VTU at All India Inter University Aquatic Competitions held at Punjab University.



Manju Prasad K of Department of EEE represented VTU at All India Inter university Cross Country Competitions organized by Rajiv Gandhi University of Health Sciences, Bangalore.



Thanusha S of Department of ISE represented VTU at All India Inter university Archery Competitions organized by Krishna University, Machalipatnam.

# 2017- 18



BNMIT Women Table Tennis team secured Runners Up place at VTU Bangalore central zone Table Tennis tournament held at HKBK CET, Bangalore.



BNMIT Aquatics team (both Men and Women) have secured may medals and also secured overall 2<sup>nd</sup> Runners Up place in VTU State level Aquatics Competitions organized by BNM Institute of Technology, Bangalore



BNMIT Women Table Tennis team secured Runners Up place at VTU Inter zone Table Tennis tournament held at RLJ IT, Doddaballapur.



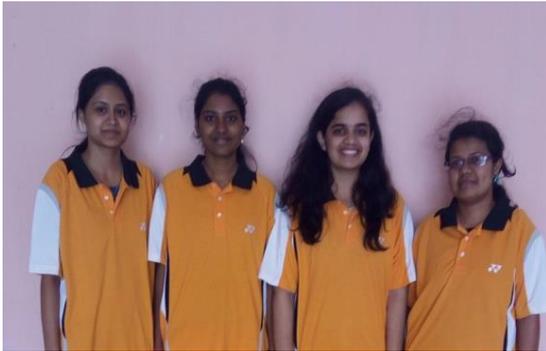
BNMIT Women Lawn Tennis team emerged as Winners in VTU State level Lawn Tennis tournament held at VVCE, Mysore.



Thanusha S of ISE secured Gold medals in 30 mtrs range and 50 mtrs range at VTU State level Archery Competition held Acharya College of Engineering, Bangalore.



Shreya Deepak of Department of ECE secured Gold medals in 5000 mtrs, 10000 mtrs and also in 21 Km half Marathon at VTU state level Athletic meet organized at VTU campus, Belagavi.



BNMIT Women Chess team has secured Runners Up place in VTU Bangalore zone Chess Tournament organized by R V College of Engineering, Bangalore.



Raksha Ramkumar of of Department of ECE represented VTU at All India Inter university Table Tennis Competition organized by S R M University, T. N.

## 2018- 19



BNMIT Air Rifle Shooting team has secured many gold and silver medals in Karnataka State Level Inter- Collegiate & Open Category 10mts Open Sight Air Rifle Shooting Competition -2018



BNMIT Women Table Tennis team emerged as winners at VTU Bangalore Central zone Table Tennis tournament held at BNMIT, Bangalore and also secured Runners Up place in VTU Interzone Table Tennis Tournament held at Saptagiri IT



BNMIT Throw Ball (both men & women) has emerged as Winners in 39<sup>th</sup> Y Nagesh Rao Maanay Memorial Throw Ball tournament organized by BNM Educational Institutions, Bangalore.



BNMIT Women Lawn Tennis team has secured 4<sup>th</sup> place in VTU State level Lawn Tennis Tournament held at VTU Campus, Belagavi.



BNMIT Women Throw Ball team has secured Runners Up place in VTU Bangalore Central zone Throw ball Tournament held at Vemana I T, Bangalore.



BNMIT Women Volley Ball team has secured Runners Up place in VTU Bangalore zone Volley ball Tournament held at NM I T, Bangalore.



Sharvari K of Department of CSE represented VTU at All India south zone Inter university Volley ball Tournament organized by K I University, Andra Pradesh.



Nishanth S of Department of EEE represented VTU at All India Inter University Aquatic Competitions held at Jain University, Bangalore



Raksha Ramkumar of Department of ECE represented VTU at All India Inter university Table Tennis Competition organized by SRM University Kattankulathur (TN)



Prajwal Sharath of Mechanical Engineering, Ice Skater, represented India at Philippine Short Track speed skating championship and secured 5 gold medals and also been emerged as the Champion. He was the team member of Indian Ice Skating team to Asian short track speed skating trophy held in Jakarta, Indonesia. Also he has emerged as the Champion by grabbing 5 gold medals at 15<sup>th</sup> Ice Skating National championship 2018-19 held at Gulmarg, Jammu and Kashmir

# 2019- 20



BNMIT Air Rifle Shooting team has secured many gold and silver medals in “Independence Day Cup”, Shooting Competition organized by Seshadripuram Institute Of Commerce And Management, Bangalore.



BNMIT Women Chess team has qualified and participated in in VTU Inter zone Chess Tournament organized by Jyothy Institute of Technology, Bangalore.



BNMIT Women both Table Tennis and Throwball teams secured Runner Up place in Kreedotsav, State level Sports Extravaganza organized by BMSCE.



BNMIT Throw Ball (both men & women) has emerged as Winners in 40<sup>th</sup> Y Nagesh Rao Maanay Memorial Throw Ball tournament organized by BNM Educational Institutions, Bangalore.



BNMIT Women Table Tennis team secured Runners Up place in VTU Bangalore Central zone Table Tennis tournament held at Atria IT, Bangalore.



Bhavana C of Department of EEE secured 2 Gold medals in individual KATA & individual KUMITTE at Shotokan Karate National Championship held at Tokyo, Japan.



Prajwal K Naik of Department of ME secured 3 Gold medals at State level Yogasana Championship held at Bangalore



Sanjan Raj of Department of ECE represented VTU at All India Inter University Roller Sports (Skating) Competition held at RIMT University, Punjab



Prajwal Sharath of Mechanical Engineering, Ice Skater, was the Captain of the India Ice Skating team to Belarus Short Track Ice Skating Championship 2019 held at Minsk, Belarus where Team India won THE BELARUS CUP.

Also he has won 1 Silver and 1 Bronze medal in 35<sup>th</sup> Karnataka State level Skating Championship held at Mysore.

# Staff Sports meet

The department of Physical Education at BNMIT successfully organizing many innovative faculty centric activities for the holistic development of personality of the faculties.

The Staff sports meet is the platform to bring together faculties and other non-teaching staff members across all departments under one roof for sports. The Staff sports meet provides opportunity for faculties to showcase their skills by actively engaging in sports and recreation while providing structure for experiential education.

The Staff sports meet is to promote the spirit of sportsmanship in the teaching and non-teaching staff members and to encourage fitness and health awareness.



# Events Hosted

## “CYCLESTREET”, A Green rally to save Mother Earth, to promote positive health

Cyclestreet, a cycle rally hosted by our department supported by the institution on the occasion of World Health Day Sunday, 8<sup>th</sup> April 2018. The rally was organized in association with Swami Vivekananda Shreshtha Bharata Pratistana. About 700 cyclists have participated in the rally.

Digvijaya News and Vijayavani were the media partners and the event was supported by KARBONN mobiles, Indian Oil, Varnila and Ramakrishna Math and medical & Ambulance services were given by Manipal Hospitals.

### Glimpses of the event



Sri. R Ashoka, Former Dy .CM addressing the gathering



Tree Plantation by dignitaries



During flag off



Glimpses of the event



Glimpses of the event

# Muscles of I RUN - Marathon

To commemorate the 125<sup>th</sup> anniversary of Swami Vivekananda's address to the "Parliament of the World's Religions" at Chicago, U.S.A, a marathon run was organized in Bengaluru, India by B.N.M. Institute of Technology in association with Adamyta Chetana, Yuva Brigade and Swami Vivekananda Shreshta Bharata Pratistana on September 9, 2018.

The "Muscles of I RUN Marathon" Started from the famous National college grounds through the Vivekananda statue near Sri Ramakrishna Ashrama near Gandhi Bazaar via Fort High School and Krishna Rajendra road and back, a five km run. About 5500 participants thronged the roads, young and old, in memory of the great awakening that Vivekananda gave to the world. The Run was flagged off by the swamijis of different Mutts, Sri. Narayan Rao R Maanay, Secretary, BNMIT and many achievers. The address by Swami Vivekananda and the impact it had at home and abroad was elaborated and his ideals were highlighted and how India was catapulted to fame by one single person in one single day.

Our College had spearheaded the movement along with Adamyta Chetana Yuva Brigade and SVSB Pratistana. BNMIT management and staff along with a large number of students exceeding atleast 5500 persons participated in the run. BNMIT is proud to inculcate a sense of honour in the students regarding our country's past and its rich cultural heritage.

## Glimpses of Muscles of I RUN - Marathon



# Yoga Hive, Celebration of International Day of yoga in June 2018

YOGA HIVE, Yoga Utsava was jointly organized by our Institution and Adamyta Chetana on the occasion of International Day of Yoga on Saturday, 23<sup>rd</sup> June 2018 at Kittur Rani Chennamma Ground, Near Madhavan Park, Jayanagar. The rally was organized in association with Swami Vivekananda Shreshta Bharata Pratistana. About 5000 students across 50 schools and Colleges of South Bangalore have participated in the event.

Sri. Ananth kumar, Union Minister for Chemical & Fertilizers, Pharmaceuticals and Parliamentary affairs, Govt. of India was the chief Guest of the event. Sri. R Ashok, Former DCM, Govt. of Karnataka, Sri. Ravisubramanya, MLA, Basavanagudi, Sri. Uday Garudachar, MLA, Chikpet Constituency, Sri. M Satish Reddy, MLA – Bommanahalli Constituency, Smt. Tara, MLC and Famous Film Artist, Sri. Chakravarthy Sulibele Renowned Orator, Sri. Narayan Rao Maanay, Secretary, BNMEI, Ashok R Maanay, Joint Secretary, BNMEI, Prof. T J Ramamurthy, Director, BNMIT, Dr. M S Suresh, Dean, BNMIT, Prof. Eishwar Maanay, Dean, Administration, BNMIT, Dr. Tejaswini Ananth kumar, Chairperson, Adamyta Chetana were present during the event.

The Yoga session was lead by Sri. Hariprasad, Yoga Teacher BNMIT and was demonstrated by the students of Sri Ramakrishna Vidyartha Mandiram.

## Glimpses of Yoga Hive - 2018



# Yoga Hive, Celebration of International Day of yoga in June 2019

“Yoga Hive” an event to celebrate International day of yoga was organised by the department of physical education, BNMIT on Wednesday, 26<sup>th</sup> June 2019 at kittur rani Chennamma ground, Near Madhavan park, Jayanagar. The event was organised in association with Adamy Chethana Foundation and Swami Vivekananda Shreshta Bharatha Prathistana.

**About 5000 Students from 50 school and colleges of South Bangalore have actively participated in the event.**

Sri. Chakravarthy Sulibele, renowned Orator, Smt. Sowmya Reddy, MLA, Jayanagar constituency, Sri. Narayana Rao R Maanay, Secreary, BNM Educational Institutions , Dr.Tejaswini Ananth Kumar, Chairman Adamy Chethana, Sri.Katte Satyanarayana, Former Mayor, BBMP, Sri. N Nagaraju, Corporator, Byrasandra ward and many other corporators of other wards were also present during the event.

The Yoga session was lead by Sri. Hariprasad, Yoga Teacher BNMIT and was demonstrated by the students of Sri Ramakrishna Vidyarthi Mandiram.

## Glimpses of Yoga Hive - 2019







ಲೀ.ಎಂ.ಎಂ., ಶಿಲಾಕಲಾಕಟ್ಟಡ, ಅಶ್ವತ್ಥಂ ಶಕ್ತಿಯ ರೋಗಾಣು ರೋಗಾಣು ನಿವಾರಣಾ ಕಾರ್ಯಕ್ರಮದ ಒಂದು ದಿನದ ಚಿತ್ರಣ. ಡಾ. ಅನಂತಕುಮಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯುತ್ತಿದೆ.

5 ಸಾವಿರ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಯೋಗನಾಮ



ಅಮ್ಮನ ಜೀವನ ಸಂಸ್ಥೆ ಹಾಗೂ ಬಿ.ಎಂ.ಎಂ. ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜ್ ಆಫ್ ಟೆಕ್ನಾಲಜಿ ಮತ್ತು ಡಿ.ಎಂ.ಎಂ. ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜ್ ಆಫ್ ಟೆಕ್ನಾಲಜಿ ಸೇರಿದವರು ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು.

ಅನಂತಕುಮಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು. ಅವರು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾತನಾಡುತ್ತಾ, ಯೋಗವು ಮನುಷ್ಯನಿಗೆ ದೈಹಿಕ, ಮನಸ್ಸಿನ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕವಾದ ಹಲವಾರು ಲಾಭಗಳನ್ನು ತರುತ್ತದೆ ಎಂದು ಹೇಳಿದರು.

ದೇಶದ ಅಭಿವೃದ್ಧಿಗೆ ಎಲ್ಲರಲ್ಲೂ ಕಾಳಜಿ ಇರಲಿ



ದೇಶದ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಎಲ್ಲರೂ ಕಾಳಜಿ ವಹಿಸಬೇಕು ಎಂದು ಅನಂತಕುಮಾರ್ ಅವರು ಹೇಳಿದರು. ಅವರು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾತನಾಡುತ್ತಾ, ದೇಶದ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಎಲ್ಲರೂ ಕಾಳಜಿ ವಹಿಸಬೇಕು ಎಂದು ಹೇಳಿದರು.

ಯೋಗಾಲಯಂ ಬುಧವಾರಂ ಪೆಂಗಳೂರುಲಿ ಜರಿನಿ ಯೋಗಾ ತೆರುಕಲಿ ಎಮ್ಮೆಲೈ ಸಾಮ್ಯಾರತ್ತಿ. ತೆಜವ್ವಿನಿ ಅನಂತಕುಮಾರ್ ತತಿತರುಲ ಸಾಧನ

ನ ಗುರುವಾರಂ 27-6-20

ನಾಕ್ಕೆ Thu, 27 June 2019 ಹೊಸ ದಿಗಂತ 27 Jun 2019

ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳುವರು ದೇಶ ಕಾಯುತ್ತಾರೆ: ಸೂಲಿಬೆಲೆ

ದೇಶದ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳುವವರು ದೇಶದ ಅರೋಗ್ಯವನ್ನೂ ಕಾಪಾಡುತ್ತಾರೆ. ಆರೋಗ್ಯ ಹಾಗೂ ದೇಶದ ಬಗ್ಗೆ ಕಾಳಜಿ ವಹಿಸುವವರು ದೇಶದ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಕಾಳಜಿ ವಹಿಸುತ್ತಾರೆ.



ಅನಂತಕುಮಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು. ಅವರು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾತನಾಡುತ್ತಾ, ಯೋಗವು ಮನುಷ್ಯನಿಗೆ ದೈಹಿಕ, ಮನಸ್ಸಿನ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕವಾದ ಹಲವಾರು ಲಾಭಗಳನ್ನು ತರುತ್ತದೆ ಎಂದು ಹೇಳಿದರು.

ಮೂರು ಸಾವಿರ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಯೋಗನಾಮ



ಮೂರು ಸಾವಿರ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಯೋಗನಾಮ ನಡೆಯಿತು. ಅನಂತಕುಮಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು.

ಬೆಂಗಳೂರು ನಗರ-ರಾಜ್ಯ-ರಾಷ್ಟ್ರೀಯ 3D



ಬೆಂಗಳೂರು ನಗರ-ರಾಜ್ಯ-ರಾಷ್ಟ್ರೀಯ 3D ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಂಡವರ ಚಿತ್ರಣ.

ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವವರು ದೇಶದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುತ್ತಾರೆ: ಚಿತ್ರವರ್ತೆ ಸೂಲಿಬೆಲೆ



ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವವರು ದೇಶದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುತ್ತಾರೆ. ಅನಂತಕುಮಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು.



**THANK YOU**