



GSSS Institute of Engineering & Technology for Women

Alumnae Association (R)

KRS Road, Metagalli, Mysuru - 570 016 | Karnataka | India

☎ 0821 - 2581304, 4257304 / 2977306 | 📠 0821 - 2581305 | ✉ alumnae@gsss.edu.in

PRESS NOTE

GSSSIETW Alumnae Association (R), Mysuru

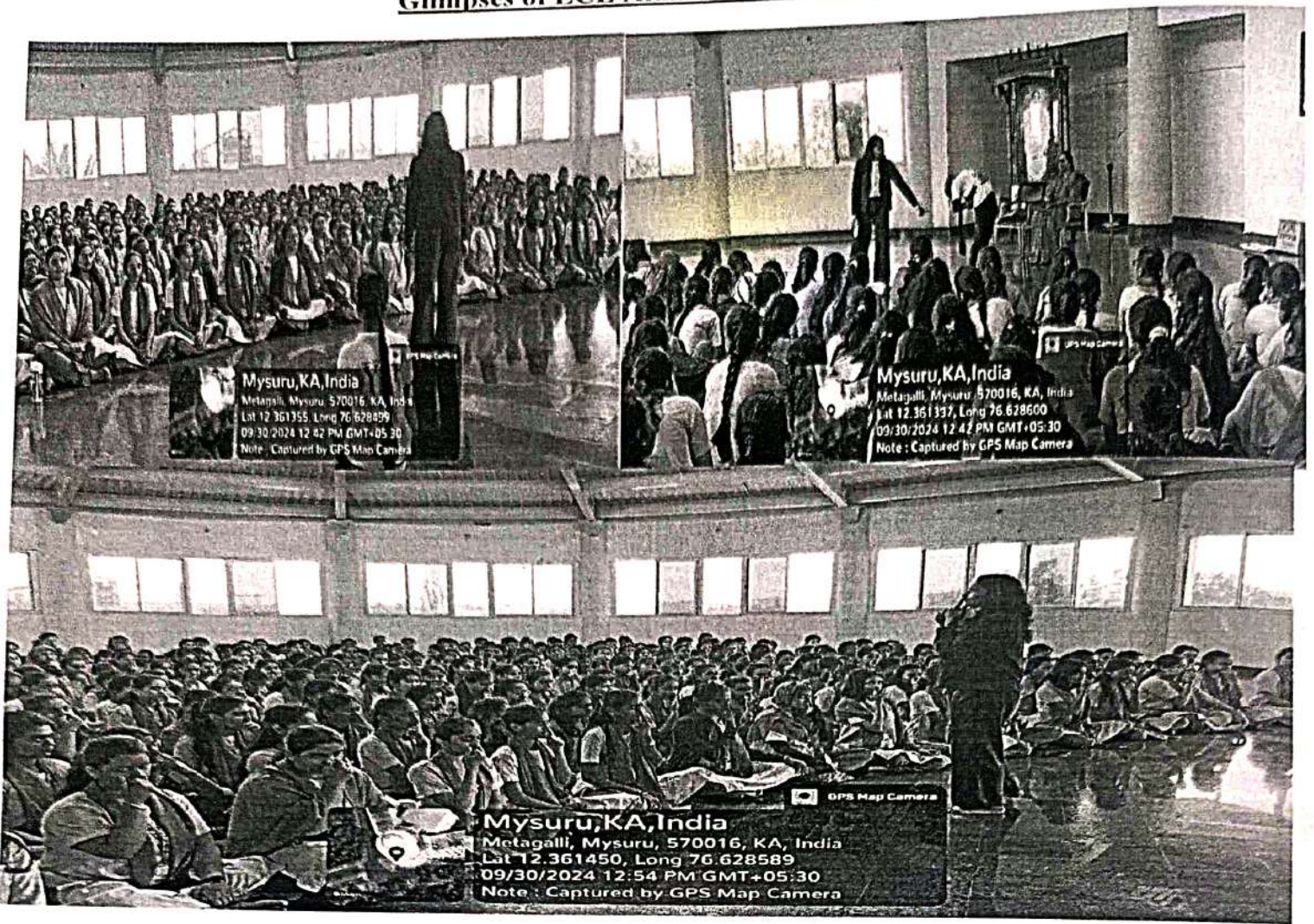
“Outreach Activity Session on “Yoga for Engineers”



Alumnae Association of GSSS Institute of Engineering & Technology for Women (GSSSIETW), Mysuru had organized Outreach Activity Session on “Yoga for Engineers” for the students of 3rd sem CSE, ECE, AI&ML and AI&DS on 30th September 2024.

Our distinguished Alumnae Ms. Surabhi G, a passionate and accomplished yoga teacher who has dedicated her life to promoting physical and mental well-being through personalized instruction. With a wealth of experience spanning over years, she has taught diverse groups from beginners to advanced practitioners, offering customized programs that meet individual needs and goals. (2020 passed out- CSE)

Glimpses of ECE Alumnae addressing the Students



6.
Mrs. Surabhi highlighted the significance of yoga in daily life, particularly within the corporate sector, to maintain a balance between Professional and personal responsibilities. She introduced simple breathing exercise for students to promote mental tranquility and discussed strategies for enhancing concentration and focus in their studies through yoga. Additionally, she demonstrated suryanamaskar and various other asanas that are beneficial for both Physical and Mental health concerns. Our alumnae encouraged students to incorporate yoga into their lives to support their overall well-being. The session proved to be highly informative and effective in assisting to reduce the stress, depression, PCOD, PCOS and various other health issues. The event concluded with a heartfelt vote of thanks to our esteemed alumnae.

Prepared by
Nalina H D, Assistant Professor
Rashmi H C, Assistant Professor

Dr. M. Shivakumar
Principal
Dr. M. Shivakumar
Principal
GSSSIETW, Mysuru-16