

	<b>S J P N Trust's</b> <b>Hirasugar Institute of Technology, Nidasoshi</b> <i>Inculcating Values, Promoting Prosperity</i> Approved by AICTE, New Delhi, Permanently Affiliated to VTU, Belagavi Recognized Under 2(f) & 12B of UGC Act, 1956. <b>Accredited at 'A' Grade by NAAC</b> <b>Programmes Accredited by NBA: CSE &amp; ECE.</b>	ECE Dept.
		Internship
		Sports & Athletics
		2022-23 (Odd Sem.)

<b>Date of Activity held and Time:</b>	<b>18<sup>th</sup> and 19<sup>th</sup> Oct. 2022, 10.00am to 1.00pm</b>
<b>Name of Activity:</b>	Sports and Athletics
<b>Type of Activity:</b> (cultural/curricular/co-curricular)	Internship Co-curricular
<b>Resource Person/Invitee:</b>	Prof. S. S. Kamate, Prof. D. B. Madihalli, Sri. P. S. Desai. & Prof. S. B Sarawadi.
<b>Professional Details of Resource Person:</b>	Faculty members of ECE Dept. and Physical Director.
<b>Year / Class:</b>	II Sem. ECE
<b>No. of students</b>	49
<b>No. of Staff:</b>	04
<b>Activity In charge:</b>	Prof. S. S. Kamate, Prof. D. B. Madihalli, Sri. P. S. Desai

**Description of Activity:** As a part of internship program for II semester ECE students Athletics and sports was planned and organized on 18<sup>th</sup> and 19<sup>th</sup> October 2022 from 10.00AM to 1.00PM. The event started with brief overview on 18<sup>th</sup> regarding the events planned on both the days. On 18<sup>th</sup> from 10.30AM to 12.00PM yoga was taught to the students. Physical director Sri S. B. Sarawadi and all the concerned staff of the activity were actively involved to teach the students and during their practice. Exercises such as Halasana, parvatasana, Padmasana, Vajrasana etc. were taught along with it's benefits.

Pranayam: The various pranayams such as Nadishuddi, Anulom-Vilom, Kapalbhathi, Shitali, Bhramari, Bhastrika were taught. The importance and health benefit of each pranayam was told to the students. After the yoga session rules and regulations of carom and chess were informed and students were asked to play.

On 19<sup>th</sup>, students were educated about the rules and regulations of indoor and outdoor games such as Table Tennis, Running, Shot-put, with their health benefits from 10.00 AM to 10.40AM. After that 100meters running race was kept for both girls and boys separately. The winners of running and shot-put games were awarded. As per their interest, various student groups were made and informed to play indoor games carom, chess, table tennis and outdoor games. Students have enjoyed these games and activity. This was also one of the helpful co-curricular activities organized during internship for II semester students.



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**Explaining the health benefits of Yoga**



**Explaining meditation to students**





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**100 meter running race of boys**



**Boys playing an indoor game: Chess**

Coordinators: 1. Prof. S. S. Kamate  
2. Prof. D. B. Madihalli  
3. Sri. P. S. Desai

*Rajeev*  
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