NEW HORIZON COLLEGE OF ENGINEERING

DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING

Workshop On

"Yoga: Where Every Breath Brings Balance and Every Pose Inspires Peace"

Nature of Event: Academic Workshop
Participants: III Semester Students
Mode: Offline
Students: 30
Total Participants: 33

Date: 06-11-2026
Time: 2:30 PM – 4:30 PM
Venue: Indoor Stadium
Faculty: 3

Brief Description of the Event

The Department of Artificial Intelligence and Machine Learning organized an academic workshop titled "Yoga: Where Every Breath Brings Balance and Every Pose Inspires Peace" on 6th November 2026. The session was conducted offline at the Indoor Stadium from 2:30 PM to 4:30 PM.

The resource person for the workshop was Dr. Sivaramakrishnan, Yoga certified trainer, Bengaluru. The workshop was intended for III Semester students and was attended by 45 students and 2 faculty members, making a total of 47 participants.

The theme of the workshop highlighted the role of breath and yoga postures in promoting balance and peace. The session provided an academic and experiential opportunity for participants to engage with the theme of yoga and reflect on the connection between breathing, body balance, and mindful practice.

The workshop also emphasized the importance of incorporating yoga into daily life to maintain a healthy balance between physical and mental well-being. Through the session, participants were encouraged to develop awareness of their breathing patterns, understand the significance of mindful movements, and appreciate how regular yoga practice can contribute to relaxation, concentration, self-discipline, and a positive lifestyle. The interactive nature of the workshop helped create an engaging learning environment and encouraged students to explore yoga as a valuable practice for overall well-being.

Key Focus of the Workshop

- **Yoga and mindful breathing:** The workshop theme emphasized the importance of breath awareness as an integral aspect of yoga practice.
- **Balance through yoga:** The session highlighted balance as a central idea in yoga, as reflected in the workshop title.
- **Yoga postures and peace:** The workshop connected the practice of yoga postures with the broader theme of calmness and inner peace.
- **Holistic well-being:** The session provided participants with an opportunity to understand yoga as a practice associated with physical balance and mental calmness.

Outcome

The workshop offered participants exposure to the theme and practice-oriented perspective of yoga, with particular emphasis on breathing, balance, yoga postures, and peace. It alsc created an opportunity for students and faculty members to reflect on the relevance of mindful yoga practice in everyday life.

- Participants were introduced to the theme of breath awareness and balance in yoga.
- The session highlighted the relationship between yoga postures and a sense of peace.
- The workshop encouraged awareness of yoga as a holistic practice.

Event Details

Activities Conducted: 3

No. Of Participants:33

Winners (if any, for activities conducted): NA

Guest Details:

Dr. Sivaramakrishnan, Yoga Certified Master, Bangalore.

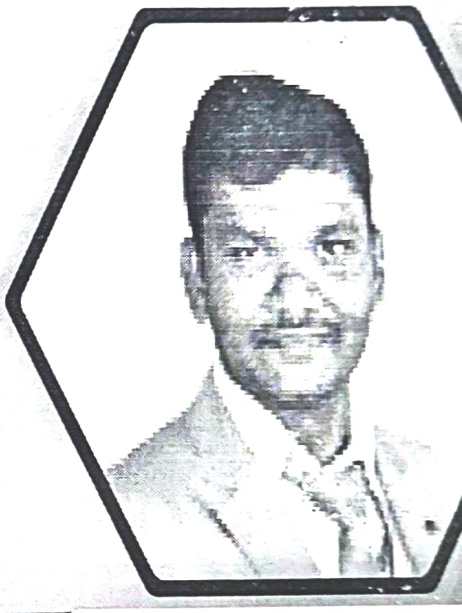
The brochure of the event :

NEW HORIZON COLLEGE OF ENGINEERING

Workshop

YOGA

Where Every Breath Brings Balance and Every Pose Inspires Peace



06th November 2026

02:30 PM - 04:30 PM

3rd Semester Students

Indoor Stadium

Dr. Sivaramakrishnan
Yoga Certified Master

Faculty Coordinators

Ms. Priya N
Senior Assistant Professor

Ms. Archana Das
Assistant Professor

Convenor

Dr. Vandana C P
Associate Professor & HoD - AI & ML

Dr. R J Anandhi
Vice Principal - Academics

Dr. Manjunatha
Principal

Organised by

Department of Artificial Intelligence and Machine Learning

Glimpse of an Event





Faculty Coordinator

Ms. Priya N

Ms. Archana Das

HOD-AIML

Dr.Vandana.C.P

NEW HORIZON COLLEGE OF ENGINEERING

Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

Department of Artificial Intelligence and Machine Learning

Workshop on 'YOGA : Where Every Breath Brings Balance and Every Pose Inspires Peace'

Attendance Sheet

Date: 06/ 11 / 2026

S. No.	Name of Participant	USN	Signature
1	Nanda. Uday. Mudhole	1NH25AI134-T	
2	Manvitha. M.L	1NH25AI513-T	Manvitha M.L
3	Rekha	1NH25AI511-T	
4	Navya. Reddy	1NH25AI0981	Navya.
5	M. Ruksar	1NH25AI516-T	
6	Keerthi B.V	1NH25AI567-T	
7	Jahnavi	1NH25AI12 47	Jahnavi
8	Prakruthi	1NH25AI571-T	
9	Amrutha	1NH25AI568-T	M. Amrutha
10	Reshma. Y	1NH25AI553-T	
11	Prakruthi Moulya KM	1NH25AI154-T	
12	Mounika. A	1NH25AI590-T	Mounika
13	Keerthana. M	1NH25AI562-T	
14	Manisha. T-R	1NH25AI036-T	
15	Manushree M.K	1NH25AI162-T	
16	Nanyashree	1NH25AI570-T	Nanya
17	Pooja- TV	1NH25AI512-T	Pooja

18	Rakshith M	INH25AI591-T	
19	Yaswanth Naidu	INH25AI510-T	
20	Anishwar.L	INH25AI088-T	
21	Mohith Patel.	INH25AI084-T	
22	Deekshita Tamarapalli	INH25AI581-T	
23	Chaitanya M	INH25AI006-T	
24	Deepak Gowda P	INH25AI531-T	
25	Bovilla Jyeli Reddy	INH25AI077-T	
26	Devasri Harini .. D	INH25AI071-T	
27	Anika Shreya Prasad	INH25AI016-T	
28	Bhavana M	INH25AI012T	

Co-ordinator

12/4/25

HoD-AIML