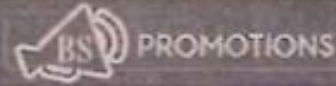


Business Standard



KRISTU JAYANTI COLLEGE AUTONOMOUS ORGANISED INTERNATIONAL YOGA DAY 2022

The School of Management and Department of Computer Science (PG) in collaboration with the Centre for Yoga and Wellness of the college organised the International Yoga Day 2022 celebrations. This year's theme was 'Yoga for Humanity' with the motive of raising awareness of the many benefits of Yoga and focusing on physical well-being. Smt. Geetanjali Pande from Bihar School of Yoga, Bengaluru was the Yoga trainer. Fr. Dr Augustine George, Principal, Kristu Jayanti College welcomed Smt. Geetanjali Pande with a sapling.

The session started with a silent prayer and then stithi. The trainer taught three yoga asanas for physical well-being and breathing awareness. The trainer stressed the importance of sitting on the floor than on a chair while performing many of the day-to-day activities. The trainer demonstrated many asanas and also trained students to do Pranayama - Bhramari

(humming like a bee) and explained its importance. The session ended with the Yoga Nidra asana. During the Q&A session, the trainer emphasized on being mindful and re-collect (Samiksha) everyday deeds for progressing in life. The yoga day was concluded by a vote of thanks.



GLOBAL ACADEMY OF TECHNOLOGY DEPARTMENT OF MANAGEMENT STUDIES & RESEARCH CENTRE PANEL DISCUSSION

Department of Management Studies, Global Academy of Technology, Bengaluru organized a panel discussion to unravel various aspects of digitalization initiatives across India as part of Interact 2022, an Intercollegiate Techno-Cultural fest. Titled, 'Digitally transforming Futuristic India: Opportunities and Challenges', the discussion focused on Business Transformation, Psychological implications, Government programs and Job market outlook for a young technology and business students. Delving deep into the opportunities and challenges surrounding the Digital landscape, the panel had Dr Jini K Gopinath, Chief Psychology Officer - Yourdost; Mr Madhusudhan Kalale, Independent Consultant and Former Director (Data Science) - Radware Innovation Centre; Dr Mageshwaran, Director (Placement) - Global Academy of Technology and Mr Suraj, IRS, Asst. Commissioner (Training) - Customs & Indirect Taxes Service. Observing that digital

Transformation is actually a transformation for all, the platform created a great opportunity for students from across Engineering and MBA programs to understand the eco-system for a successful digitized India and interact with experts on the various facets of the Digital World! Dr N Rana Pratap Reddy, Principal and Dr N Venkatesh Kumar, Head-Management Studies welcomed the august gathering and the session was moderated by Prof. Raghunandan, Department of Management Studies, Global Academy of Technology.

**Campus Reporter –
Ms Turpu Likhitha Reddy**

