



University Of Mysore  
**M.M.K.&S.D.M. Mahila Maha Vidyalaya**  
Krishnamurthypuram Mysore.-570004  
**National Service Scheme Unit**  
ANNUAL Special camp -2022-2023  
Place: Koodanahally  
Date-18-06-2023 to 24-06-2023

1. **Program title:** Yoga Demo Session.

2. **Date:** 21/6/2023

3. **Time:** 6:00 pm.

4. **Organized by Department:** NSS Unit

5. **Resource Person/Guest:** Sri. Ravanikar H M, Assistant professor in Yogic Science at University of Mysore with his disciples

6. **Venue:** Government Higher Primary School, Kudanahalli Village,

7. **Total no. Of participants/ Beneficiaries:** 58

8. **Objective:** The Yoga Demo Session during the NSS Camp was to introduce the participants to the benefits and principles of yoga, promote physical and mental well-being, and encourage a healthy lifestyle.

9. **Programmed Details:** The Yoga Demo Session took place in the evening at 6.00 pm. The session was conducted by a certified yoga instructor, Sri. Ravanikar H M, Assistant professor in Yogic Science at University of Mysore with his disciples who volunteered to guide the participants through various yoga asanas(postures).

10. **Outcome/Conclusion:**

The Yoga Demo Session proved to be a valuable experience for all the participants. It provided an opportunity for them to explore the world of yoga, learn about its numerous benefits, and experience the positive effects of incorporating yoga into their lives. The session aligned well with the NSS's mission of fostering physical and mental well-being among the youth and promoting a spirit of volunteerism and community service.

PRINCIPAL  
M.M.K. & S.D.M. Mahila Mahavidyalaya  
Krishnamurthypuram, Mysore-570 004

UNIVERSITY  OF MYSORE  
NATIONAL SERVICE SCHEME

**SPECIAL CAMPING PROGRAMME PARTICIPANTS LIST**

College Address: MMK and SDM Mahila Maha Vidyalaya Krishnamurthypuram Mysore  
Camp Place: KoodanaHally, Mysore Talok Date: 18-06-2023 to 24-06-2023

Sl. No.	Name of the Volunteer (in Capital letters)	Class	Category	Signature Of The Students
1	RADHIKA N	I BSC BMBT	III A	<i>Radhika N</i>
2	CHANDANA K	I BSC BMBT	ST	<i>Chandana K</i>
3	HITHA S	I BSC BMBT	III B	<i>Hitha S</i>
4	RUCHITA R	I BSC	III B	<i>Ruchita R</i>
5	SPOORTHI S	I BSC	III B	<i>Spoorthi S</i>
6	PRAMILA	I BSC	GM	<i>Pramila</i>
7	POOJA H R	I BCA	III A	<i>Pooja H R</i>
8	PRIYA P	I BCA	III A	<i>Priya P</i>
9	AISHWARYA P	I BCA	II A	<i>Aishwarya P</i>
10	SHAMBHAVI N	I BCA	III B	<i>Shambhavi N</i>
11	SINCHANA H M	I BCA	III A	<i>Sinchana H M</i>
12	GAYATHRI N	I BCA	II A	<i>Gayathri N</i>
13	GAGANA K	I BCA	II A	<i>Gagana K</i>
14	AISHWARYA N	I BCA	III B	<i>Aishwarya N</i>
15	AISHWARYA K	I BCA	II A	<i>Aishwarya K</i>
16	ABHILASHA H S	I BCA	III B	<i>Abhilasha H S</i>
17	LAKSHMI B	I BCA	II A	<i>Lakshmi B</i>
18	NAMRATHA PRASAD	I BCA	III B	<i>Namratha Prasad</i>
19	KAVYA B M	I BCOM 'A'	II A	<i>Kavya B.M</i>
20	BHOOMIKA B M	I BCOM 'A'	III B	<i>Bhoomika B.M</i>
21	NISARGA MAHESH	I BCOM 'B'	III B	<i>Nisarga Mahesh</i>
22	SINCHANA D	I BCOM 'B'	SC	<i>Sinchana D</i>
23	CHAITRA K N	I BCOM 'B'	II A	<i>Chaitra</i>
24	SOWPARNIKA S	I BCOM 'B'	GM	<i>Sowparnika S</i>
25	ANKITHA S	I BCOM 'B'	II A	<i>Ankitha S</i>
26	KEERTHANA PALLAD	I BCOM 'B'	III B	<i>Keerthana S</i>
27	MEGHANA A	I BCOM 'B'	II A	<i>Meghana A</i>
28	THASHVI GANGAMMA K C	I BBA	III A	<i>Thashvi</i>
29	SINCHANA MUTHAMMA K G	I BBA	III A	<i>Sinchana</i>
30	PRATHIKSHA P	I BBA	OBC	<i>Prathiksha P</i>
31	RIYA U R	II BSC EMCs	III A	<i>Riya U R</i>
32	NISARGA R	II BSC BMBT	III A	<i>Nisarga R</i>

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*[Signature]*  
PRINCIPAL


MMK & SDM Mahila Maha Vidyalaya  
Krishnamurthypuram Mysore-570 004

33	PRATHIKSHA H G	II BSC BMBT	III B	Prathiksha
34	PRIYANKA U	II BSC BMBT	II A	Prathiksha
35	SAHANA H S	II BSC BMBT	III A	Prathiksha
36	ANANYA URS B	II BCA	II A	Prathiksha
37	BHRAMARA H R	II BCA	III A	Prathiksha
38	HARSHITHA S	II BCA	III A	Prathiksha
39	SHAMBHAVI M N	II BCA	III B	Prathiksha
40	DARSHINI C	II BCA	II A	Prathiksha
41	ANJALI R	II BCA	III A	Prathiksha
42	RAGHAVI H	II BCA	III B	Prathiksha
43	REKHA KUMARI	II BCA	OBC	Prathiksha
44	NISARGA B	II BCA	II A	Prathiksha
45	SUCHITHRA H N	II BCA	III A	Prathiksha
46	CHANDANA C N	II BBA	III B	Prathiksha
47	BHARATHI R	II BBA	ST	Prathiksha
48	PRERANA A	II BBA	OBC	Prathiksha
49	MONISHA U	II BBA	OBC	Prathiksha
50	INCHARA R	II BBA	II A	Prathiksha
51	DEEPTHI S R	II BBA	III B	Prathiksha
52	SUCHITHRA V	II BBA	SC	Prathiksha
53	N ARCHANA	III BBA	SC	Prathiksha
54	MARUTI PRASANNA B N	Programme Officer	OBC	Prathiksha
55	SANTHOSH D H	Asst. Camp Officer	OBC	Prathiksha
56	ANITHA JAYARAM	Asst. Camp Officer	SC	Prathiksha
57	SUPRADA JAIN	Asst. Camp Officer	II B	Prathiksha
58	BHARGHAVI	Asst. Camp Officer	SC	Prathiksha

Total No. of NSS Students:

Male	Female	Total	SC		ST		OBC		Minority	
			Male	Female	Male	Female	Male	Female	Male	Female
02	55	57	---	05	---	02	02	45	---	01

  
 B.N. Maruti Prasanna  
 (NSS Prog. Officer)  
 N.S.S PROGRAMME OFFICER  
 W.M.K. & S.D.M. Mahila Maha Vidyalaya  
 Krishnamurthyapuram, MYSORE - 570004

  
 Prof. Sainath Malligemaadu  
 (Principal)  
 PRINCIPAL  
 W.M.K. & S.D.M. Mahila Maha Vidyalaya  
 Krishnamurthyapuram, Mysore-570 004