



# CAMBRIDGE INSTITUTE OF TECHNOLOGY

## DEPARTMENT OF BASIC SCIENCES

### YOGA – JUST BREATHE

“Yoga is the journey of the self, through the self, to the self”. The Yoga develops inner awareness. It helps to focus on one’s body’s abilities at the present and help to transform with new zest.



Yoga and Meditation session was conducted by Prof. Shyam Sunder, Assistant Professor- Department of Electronics & Communication Engineering, on 7<sup>th</sup> August 2019. The students performed yoga in huge groups and were benefited from the session.



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### HEALTHY MIND IN A HEALTHY BODY....

To inculcate sportsmanship mindset friendly indoor and outdoor games including Carom, Chess, Table Tennis, Cricket, Volley ball and Throw ball were conducted on **9<sup>th</sup> August 2019** under the guidance of Physical Education director Mr. Somashekara.





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### HEALTH AWARENESS PROGRAM

A routine health check-up of all first year students was conducted as a part of Induction Program on 10<sup>th</sup> Feb 2020 by Government Hospital K.R Puram, Bangalore. The Health Awareness Camp educated the students about the importance of maintaining a healthy life style.





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### SPORTS ACTIVITIES

“A healthy mind in a healthy body”

Physical activities make an individual strong and healthy; the Department of Basic Sciences organized Sports Activities on 11<sup>th</sup> Feb 2020.

Students participated in outdoor and indoor games like Cricket, Kabaddi, Throwball, Volley Ball, Chess, Carrom, and Table tennis.

The winners of these games were selected to participate at the intercollegiate fest CHIGURU-2020. The students contributed their best in all the games and enjoyed it.







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### PRANAYAMA – A SYSTEMATIC WAY TO BREATHE...

A yoga session was organized as part of the Induction program on 14<sup>th</sup> Feb 2020. The pranayama session was organized to motivate all the staff and students to incorporate Yoga and meditation as a part of life so as to maintain a fit healthy body and mind. The session was presented by Smt. Devaki Madhav and her students Ms. Seetha Ramesh and Ms. Manjula Jagadish. The speaker explained, the importance of Yoga and pranayama which helps to elevate concentration and detox the body.

The students practiced some basic yoga practices during the session.





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### AIR POLLUTION – REDUCE IT NOW OR NEVER

Our environment has been the victim of rapid revolution in the industrial sector. Focus on economic growth accessed establishment of industries on a large scale. Increasing vehicle density over decades have contributed to the effect.

We all are victim of air pollution, as its outcome our health is gradually degrading due to exposure to pollutants every day. Though, all of us are aware of the persisting problem, a responsible step towards minimizing the pollution is the need of the day.

Such awareness was created among student fraternity through a session on Air Pollution by Dr. Nagappa who is a Former Senior Scientific Officer, (Retired) Head of “Air quality Monitoring Cell” at Head Office, Karnataka State Pollution Control Board on 15<sup>th</sup> Feb 2020 as a part of Student Induction Program.

The speaker shared his research details which he had personally conducted across different cities of Karnataka, he also briefed regarding water borne diseases and methods to follow to minimize the effect.

The speaker also enlightened the students about manual and automatic checking of air pollution which is done across Bangalore city.





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## **WEBINAR ON COVID-19 PANDEMIC MANAGEMENT IN CURRENT AND POST SCENARIO**



To create awareness about the pandemic situation, a webinar on “**COVID-19 Pandemic Management in Current and post Scenario** ” was organized by Department of Basic Sciences on **16<sup>th</sup> May 2020** by **Dr. Giridhara Upadhyaya**, Professor in Microbiology, Kempegowda Institute of Medical Sciences, Bangalore.

The speaker enlightened the students and staff about the myths of COVID-19. The influence of social media on common people has created havoc. Dr. Giridhara Upadhyaya invoked confidence in everyone’s mind and explained the necessary adaptation to the current scenario.



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Amidst lockdown every student undergoes a stressful situation. To overcome this issue the speaker advised the students to remain themselves active and occupied.

Facial masks are a prime requirement at the present. The speaker explained about varieties of simple masks which can be stitched at home and insisted that usage of N95 masks is not advisable for healthy people.

The speaker insisted on maintaining personal hygiene using sanitizers. Above all social distancing is the better prevention of the pandemic. These take away points would be helpful to all of us to fight against COVID-19. Many students and faculty interacted with the speaker and clarified their queries about the pandemic.

### WEBINAR ON ORGANIC FARMING AND HEALTHY FOOD HABITS.

The poster is a dark blue rectangle with white and light blue text. At the top center is the Cambridge Institute of Technology logo, which includes a crest with a book and the motto 'WISDOM TO THE FUTURE'. Below the logo, the text 'CAMBRIDGE INSTITUTE OF TECHNOLOGY' is written in white. Underneath that, 'Department of Basic Sciences' is written in a smaller white font. The word 'INVITATION' is in light blue, followed by 'Webinar on' in white. A horizontal line separates this from the title 'Organic Farming & Healthy Food Habits', which is in large, bold, light blue letters. Another horizontal line follows. Below this, the word 'Speakers' is in white. There are two circular profile pictures of the speakers. To the left of the first picture is the name 'Dr. Vinoda' in bold, followed by her title 'Scientist, Krushi Vignan Kendra, Kurbar, Chintamani' in a smaller font. To the right of the second picture is the name 'Prashanth BR' in bold, followed by his titles 'Progressive Farmer, Director - SBCS India & CampusClap Solutions, Chintamani' in a smaller font. At the bottom, there are two icons: a calendar icon followed by 'Saturday, 11<sup>th</sup> July 2020' and a clock icon followed by '10:00am to 12:00pm'. At the very bottom, the website 'www.cambridge.edu.in' is written in white.

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INSTITUTE OF TECHNOLOGY

Department of Basic Sciences

**INVITATION**  
Webinar on

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**Organic Farming &  
Healthy Food Habits**

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Speakers

**Dr. Vinoda**  
Scientist, Krushi Vignan Kendra,  
Kurbar, Chintamani

**Prashanth BR**  
Progressive Farmer,  
Director - SBCS India &  
CampusClap Solutions, Chintamani

Saturday, 11<sup>th</sup> July 2020 10:00am to 12:00pm

[www.cambridge.edu.in](http://www.cambridge.edu.in)

Organic farming is an agricultural system which originated early in the 20th century in reaction to the rapidly changing farming practices. Organic farming continues to be developed by various organizations today. It is defined by the use of fertilizers of





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organic origin such as compost manure, green manure and bone meal and places emphasis on techniques such as crop rotation and companion planting.

To enhance the knowledge of students and faculties a webinar on “Organic Farming and Healthy food Habits” was organized by Department of Basic Sciences on 11<sup>th</sup> July 2020 by **Dr. Vinoda**, Scientist, Krushi vignana Kendra, Chintamani and **Mr. Prashanth B R**, A Progressive farmer, Director SBCS India and campus clap solutions, Chintamani, Karnataka.

The speakers enlightened the students and staff about the history of organic farming, increasing demand for organic food, growth of the organic farming market across the globe. Consumer preference for organic food, advantages such as nutritional, poison free and tasty food, modern techniques in organic farming etc.


Nearly 157 participants attended the webinar and this would be certainly helpful for all the participants in enriching their knowledge in Organic farming, many students and faculty interacted with the speaker and clarified their queries.



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### WEBINAR ON “COVID -19 STAY SAFE”



  
**CAMBRIDGE**  
INSTITUTE OF TECHNOLOGY  
Department of Basic Sciences  
Webinar on


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**COVID-19 STAY SAFE**

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Presented by,  
**PADMAVATHY N**  
Asst. professor, Basic Sciences

 19/06/2020, Friday  
 10:00 AM

 | *Invite link will be shared soon*

**HOD Chemistry      Dean-BS      Principal**  
**Dr. Hemakumar KH      Dr. Shanthi SR      Dr. Suresh L**

*Webinar... a Bridge to our college*  
[www.cambridge.edu.in](http://www.cambridge.edu.in)

The year 2020, would be remembered as a miserable year for a few decades ahead. The effect of the pandemic COVID-19 has devastated millions of lives across the globe, thereby curbing their daily bread and peace of mind.



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In Karnataka, lockdown was imposed on 31st May 2020, then there was a sudden shoot up in number of COVID-19 cases due to inter-state travelers.

Now, it is a situation to live with COVID-19 and fight against COVID-19. It is our bound responsibility to protect ourselves as well as our students and create awareness among students, strengthening student's mental stability. In this regard, department of Basic Sciences conducted a webinar under the able guidance of Dean- B S, Dr. Shanthi S R on the topic “ **COVID-19- Stay Safe**” by **Prof. Padmavathy N**, Assistant Professor, Basic Sciences on 19th May, 2020. Many number of students of first year BE and staff members of the department witnessed the program.

Prof. Padmavathy, explained the four sets of guidelines issued by ministry of AYUSH to boost the immunity power for self-care during COVID-19. She also explained about

- Guidelines/ Measures to be followed at office/educational institutes and in public places
- Guidelines/Measures issued by CDC (Central Disease Control system) for self-protection.
- Orders issued by State and Central government after release of lockdown.
- Guidelines for Home Quarantine and Institutional Quarantine.
- Protocol for movement of people between states.
- Benefits of Arogya sethu application.

The above list of take away messages from the webinar would build the confidence in the hearts which is in trauma due to the havoc of social media. The purpose of the webinar is served when people inculcate all the above information in our daily life and become mentally and physically strong to fight against COVID-19 Pandemic.



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### **Awareness about COVID-19 and SOPs to be followed**

The year 2020 has given a massive blow and perturbed each and everyone's life in some way or the other. The COVID-19 pandemic has changed our lives and impact of the situation on our lifestyle, economics are the consequences of the novel COVID -19.

Due to the fast spread rate most of us witnessed the severity of the pandemic. In such a situation the actual facts are often suppressed by the myths, it becomes necessary to educate ourselves about the precautions to be adhered.

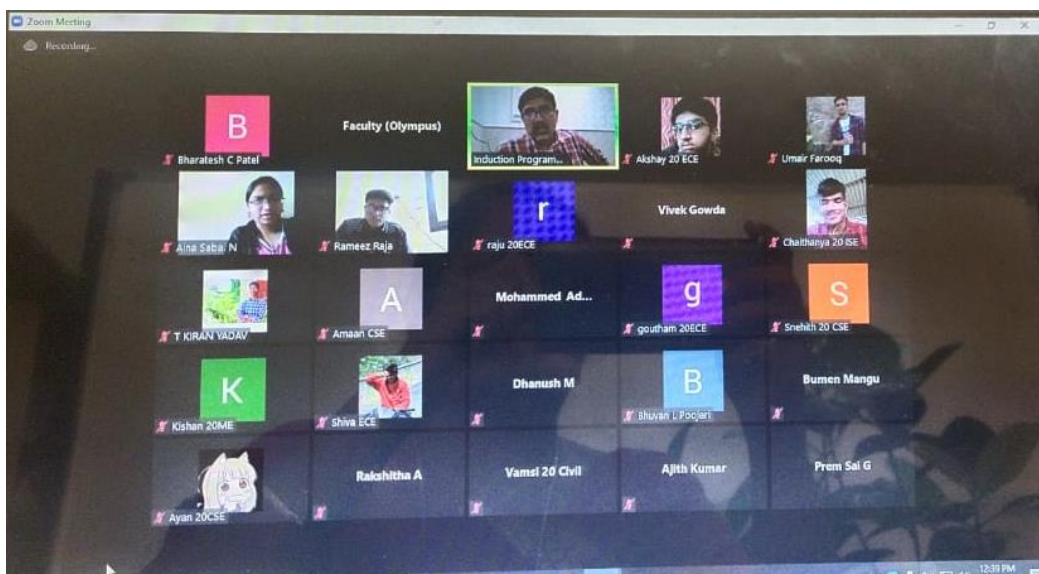
Only an expert can guide us and clear our queries about the pandemic. An invited talk was delivered on 15<sup>th</sup> December 2020, on the topic **Awareness about COVID-19 and SOPs to be followed** by Dr. Giridhara Upadhyaya, Professor in Microbiology at Kempegowda Institute of Medical Sciences, Bengaluru.





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The speaker skillfully enlightened the students the facts about the scenario and necessary Standard Operating Procedures (SOPs) to be followed to intercept the effects of the pandemic.

### **A proactive approach to your health**

Healthy body is a manifestation of healthy mind and healthy eating. The contribution of a balanced diet in this process is vital.

A talk was held by Prof. R. Balakrishna, from HAL, to educate the students about healthy eating on 16<sup>th</sup> December 2020. The speaker though is an engineer by profession, has a passion to educate common people about the food they eat, thereby create an awareness about nutritional value they consume.



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The session was informative and brought a sense of understanding about the importance of balanced diet and its necessity to maintain a good health.

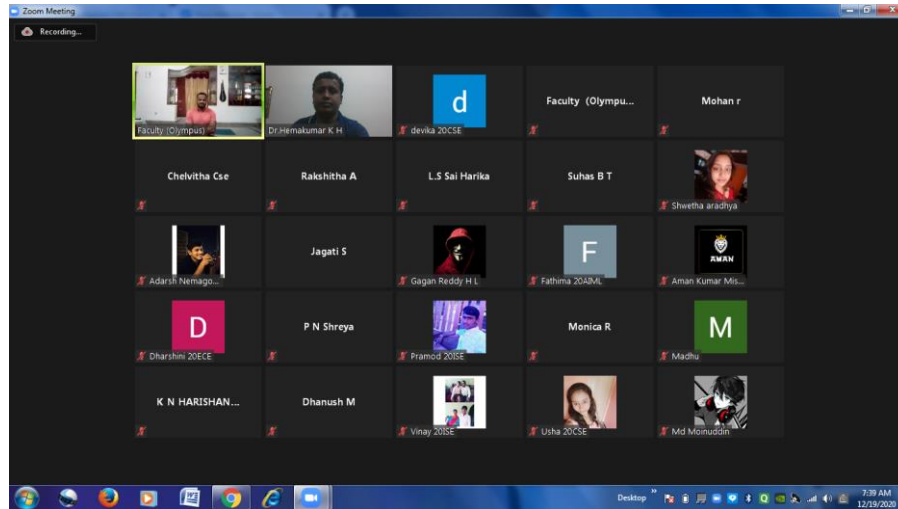
### Yoga and Meditation

Yoga is a great practice for both the body and the mind, it offers peace and mindfulness to its lovers and helps them get through daily stress. A session on Yoga and meditation was organized on 19/12/20 to the first year students. The program accorded the essence of fruitfulness of yoga and meditation.



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Some basic yoga was demonstrated by Prof. Shyam Sundar from Department of Electronics & Communication Engineering. To start a day with healthy practice like yoga, is the best way one can do.

### Talk on “Safe Drinking Water”

Our environment has been the victim of human greed and rapid revolution in the industrial sector. Focus on economic growth accessed establishment of industries on a large scale. Increasing

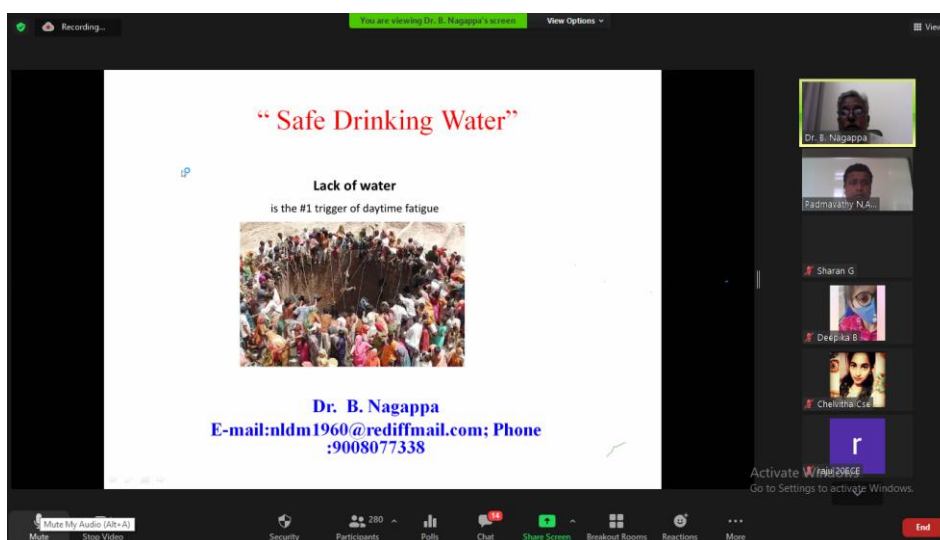


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population density over decades and limited water resources have resulted in the contamination of water to a greater extent.

We all are victim of water pollution, as its outcome our health is gradually degrading due to exposure to pollutants every day. Though, all of us are aware of the persisting problem, a responsible step towards minimizing the pollution is the need of the day.



Such awareness was created among student fraternity through a session on “Safe Drinking Water” by Dr. Nagappa who is a Former Senior Scientific Officer, (Retired) Head of “Air quality Monitoring Cell” at Head Office, Karnataka State Pollution Control Board on 24/12/20 as a part of Student Induction Program.

The speaker briefed about metal toxicity in water and all the initiatives taken by Government of Karnataka, to minimize water pollution.

### Awareness Program on Waste management





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A session to educate about waste management was handled by Ms. Suhasini, a volunteer from NGO- VEDAN on 23/1/2021.

Mother Earth is the only shelter for us to live. It is the duty of all humans, living on this planet to conserve and use its limited resources and pass them to the generations ahead. Unfortunately, man's intelligence is being used extensively in the degradation of its quality. This exploitation is observed exponentially increasing over years.

Of all the pollution, improper waste management has reduced the quality of soil and water, leading to confluence of multiple problems. It is now the situation that demands the involvement of each individual to reduce, recycle and reuse the materials so as to minimize waste management and usage of single use plastics.

Ms. Suhasini, presented the current scenario of waste disposal and the need of the hour to educate people about it. Students were inspired and willing to volunteer in this service rendered to the society. This inspiration drove many voluntary enrolments of students to serve and educate the society.





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### **Yoga, Meditation and Physical Exercises**

The sessions conducted during the Induction Program are such that the channel of positive thoughts and vibes are focused towards the holistic development of every student. The overall development could be achieved if a person is physically strong and mentally balanced. Thus, mental fitness could be achieved by regular physical exercises, yoga and meditation.

As a part of Induction Program, the Department of Basic Sciences organized session on “Yoga, meditation and Physical Exercises” every day between 8:00 to 8:30am from 06/05/21 to 08/05/21 and 10/05/21 to 14/05/21.

The yoga session was conducted by Pruthvi Narayan Bhat (Alumni of Cambridge Institute of Technology) assisted by Prof. Aravind H.R., Prof. Akkanagamma and Prof. Yeshoda.S.



The current situation is the prime time for practice of yoga and pranayama as we are going through tough times due to the pandemic. The sessions witnessed active performance by the students and were benefited by it.



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### Fighting Covid-19 pandemic with a positive mindset

Since a year, the Covid-19 Pandemic has changed our lives through all approaches. We are now going through second phase of the pandemic, with a higher impact and spread rate. In such difficult times a common man is more prone to myths and gets carried away



by the fake news about the COVID-19. Educating the mass about the pandemic would be the need of the hour.

It is a high time for us to boost our positive mindset and fight against this inevitable situation. In this regard, the Department of Basic Sciences organised a webinar on “**Fighting Covid-19 Pandemic with a positive mindset** “ on **7<sup>th</sup> May 2021** 9:30AM to 11:00AM, as a part of first year Student Induction Program. The webinar was presented by Prof. Giridhara Upadhyaya, Professor in Microbiology, Kempegowda Institute of Medical Sciences, Bengaluru.

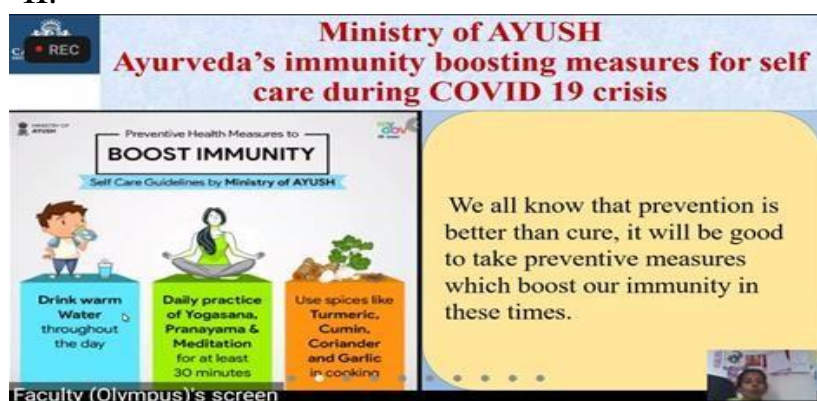
Prof. Updhyaya gave an exceptional presentation about the statistics of vaccination status in the country and cleared the myths about it. The speaker clarified the doubts of the participants regarding tests, precautions and primary care to be taken. The webinar witnessed about 300+participants.

The participants reciprocated actively in interaction with the

speaker. The webinar was successful in providing pivotal information about the pandemic whereby clearing doubts related to it. The session also invoked confidence and a positive mindset among the participants, which is essential for every individual in their fight against Covid-19.

### **Awareness of COVID-19, SOPs to be followed and Importance of vaccination**

Amid the situation due to the pandemic COVID-19, it is essential to create awareness among the public about the Standard Operating Procedures to be followed so as to remain healthy and safe. In this regard, The Department of Basic Sciences, organized a webinar on the topic “**Awareness of COVID-19, SOPs to be followed and Importance of vaccination**” as a part of Student Induction Program Phase- II.



The webinar was presented by Prof. Padmavathy, Assistant Professor, Department of Chemistry, Cambridge Institute of Technology. The speaker displayed through her presentation the cause for the spread of the disease. She also explained about necessary precautions to be followed to minimize the spread of the pandemic.

All of us are aware that at present vaccinations were administered to COVID warriors including medical staff and police and people with critical health condition. Now it's our turn to get vaccinated. The





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speaker spoke about the necessity to get vaccinated and as a responsible citizen, we must volunteer to get vaccinated without believing in hearsay.

Prof. Padmavathy, also gave information about when to seek medical assistance (as per Govt. order) and clarified the doubt of the participants in this regard. She also explained home isolation guidelines and how to take care of oneself who is home quarantined.

Thus, the webinar was very apt to the present condition, thereby rendering moral support and information about SOPs to be followed without panic. Students interacted with the speakers and clarified their queries.



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### Finding your balance in chaos

In the present scenario of the pandemic, all of us are stuck in languishing stay at home for long time. It has been inevitable to switch the mode of working to online platform, as it has become the new normal. It becomes essential for all of us to adapt and find the balance in the persisting situation. In this regard, The Department of Basic Sciences organized a webinar to help its associates to bring balance back to life.

Hence, the webinar on the topic “**Finding your balance in chaos**”

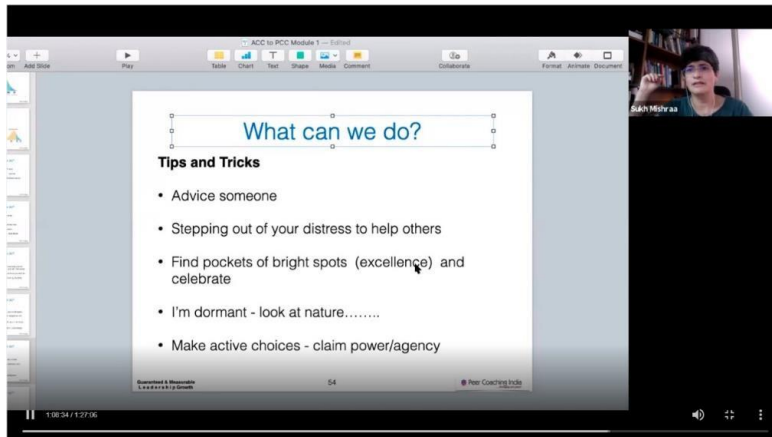


was organized on 12<sup>th</sup> May 2021 from 5:00pm to 6:00pm by the speaker Ms. Sukh Mishra who is TED coach and Founder of PEER Coaching In, Delhi.



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The speaker explained the necessity to attain balance in regular life through interaction with the family members, keeping in touch with friends and cultivate habits like reading books, writing poetry etc. Which can keep us engaged and active. Through her interaction, she encouraged students to keep oneself high in spirits, good thoughts and interaction and evolve into a person with positive vibes.



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### **REPORT OF INTERNATIONAL DAY OF YOGA**

In response to the circular sent by Ministry of Ayurveda, Yoga and Naturopathy dated 2nd March 2021 regarding observation of seventh International Day of Yoga on 21<sup>st</sup> June 2021, Cambridge Institute of Technology has rendered its initiative by encouraging all its faculty and students to participate in daily 45 minutes practice sessions from 11<sup>th</sup> June to 21<sup>st</sup> June 2021 at 7am every day.

The art of practicing Yoga is rooted in our culture since centuries. It helps in controlling an individual's mind, body and soul. Yoga brings together physical and mental disciplines to achieve a peaceful body and mind.

These practice sessions introduced a new healthy life style and sensitized the entire faculty fraternity about the benefits of regular Yoga practice. Consistent practice of Yoga helps in all round fitness and is a best solution for stress management. It improves inner peace, boosts immunity and gives better flexibility and posture.





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Yogacharya Sri. B.KS Iyengar has quoted “Yoga is a light once lit will never dim. The better you practice, the brighter your flame”. The faculty reciprocated to these initiatives with high spirit and demonstrated the yogasanas which they learnt on the International Day of Yoga.

All the participants demonstrated the yogasanas and pranayama techniques on IDY, which they have acquired through practice for over a week, thus realized the efficacy of Yoga, which needs to be practiced and followed for lifetime.

Dr. Yogesh Velankar, Principal, Cambridge Institute of Technology has initiated and constantly encouraged these practice sessions for the benefit and wellbeing of every individual. Yoga trainer Prof. Shyam Sundar, Assistant Professor, Department of Electronics and Communication Engineering has trained and supported the participants throughout the sessions.

About 90+ faculty and students participated in the session on IDY. The college has publicized the event on various social media platforms and witnessed good participation.

Glimpse of the session ..



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