



Department of Computer Science and Engineering

Event Report

Title	Social Outreach Program on “ Mindfulness ”	
Department	Department of Computer Science and Engineering	
Date	From: 12th April 2025	To: 12th April 2025
Time	From: 11:00 AM	To: 02:00 PM
Brief Description	<p>As part of a social outreach initiative, Ms. Yogitha and Mr. Bhaskar S.V., along with 20 students from the 4th and 6th Semester of CSE, visited Nisarga Grama Shelter House to conduct a special session on the topic “Mindfulness.”</p> <p>The program, designed for students from classes 1 to 6, aimed to introduce the young learners to the concept of mindfulness through a series of fun and interactive mind games. Activities such as breathing exercises, memory games, attention-building tasks, and group coordination games were carefully tailored to engage children and promote mental calmness, focus, and emotional well-being.</p> <p>The session saw enthusiastic participation, with children eagerly taking part in each activity. The volunteers created a joyful and safe environment, helping the students connect with the ideas of awareness, calmness, and positive thinking in a simple and enjoyable way.</p> <p>The outreach was well-received by both students and staff at the shelter, and the organizing team expressed their intention to continue such initiatives to support early Mental Wellness Education.</p>	



Social Outreach Program

Mindfulness

📅 12 April 2025

🕒 11:00 AM - 02:00 PM

📍 Sparsha Trust Nisarga Grama,
Hesaraghatta, Yelahanka, Bengaluru

👥 4th and 6th Semester Students

Coordinators

Ms. Yogitha

Senior Assistant Professor

Mr. Bhaskar S V

Senior Assistant Professor

Convenors

Dr. B. Rajalakshmi

HoD - CSE

Dr. Asha Joseph

HoD - CSE



