



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

7.1.8 Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

Supporting documents on the information provided (as reflected in the administrative and academic activities of the Institution)

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| Sl.No | Particulars | Page Number |
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| 1 | List of activities conducted | 03-04 |
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List of activities conducted

Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

Tolerance towards cultural, regional, linguistic, communal socioeconomic and other diversities

| Sl.No | Year | Title of program | Duration | Supporting documents |
|-------|-----------------------------|-------------------------|----------|----------------------|
| 1. | 08-03-2021 to 13-03-2021 | Charaka tatw prabhodini | 1 Day | Program report |
| 2. | 31.10.2020 | Rashtriya Ekta Diwas | 1 Day | Program report |

Harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

| Sl.No | Year | Title of program | Duration | Supporting documents |
|-------|------------|---------------------------------------|----------|----------------------|
| 1. | 24-08-2021 | Onam celebration | 1 Day | Program report |
| 2. | 21-08-2021 | Onam celebration | 1 Day | Program report |
| 3. | 19-08-2021 | Onam celebration | 1 Day | Program report |
| 4. | 26.01.2021 | Sadbhavana Diwas | 1 Day | Program report |
| 5. | 02.01.2021 | Christmas and New Year celebration | 1 Day | Program report |
| 6. | 14.12.2020 | Christmas celebration | 1 Day | Program report |
| 7. | 23.09.2020 | Fit India Freedom Run | 1 Day | Program report |



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Reports of the activities conducted

**Tolerance towards cultural, regional,
linguistic, communal socioeconomic and
other diversities**



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Report on the Charaka-Tatwavyabodhini Workshop 2020-2021

Organized by

Department of Samhitha siddhantha

YAMCH, Yenepoya (Deemed to be University)

Naringana, Mangalore- 575018

Karnataka, India

March 8-13, 2021



Yenepoya Ayurveda Medical College and Hospital, Naringana

From
The HoD
Department of Samhita & Siddhanta
YAMCH

Through: Proper channel

To
The Registrar
Yenepoya (Deemed to be University)
Deralakatte

Date: 31-12-2020

**Subject: Requisition for conducting CHARAKA TATWAVABODHINI
– Samhita Parayana Workshop**

Respected Sir,

CHARAKA TATWABODHINI is one among the events of calendar year 2020 from the Dept. of Samhita and Siddhanta, we had planned to conduct on the last week of November 2020. But due to COVID-19 pandemic situation, it was unable to conduct on time. Now by observing the current situation we are planning to conduct the event on last week of February 2021.

The duration of the event will be total six days. For this, we are planning to invite two resource persons from other institution. The budget plan has been outlined and attached herewith.

We hope that you would consider this plan and support us in the endeavor.

Thank you

Sincerely

Divya Hc
(Dr. DIVYA Hc)
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

for approval
[Signature]
or [Signature]
Dean

Yenepoya Ayurveda Medical College & Hospital

08-03-2021

Charaka Tatwavabodhini Workshop 2020-2021

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[Signature]
Dean
Yenepoya Ayurveda Medical College & Hospital



Yenepoya Ayurveda Medical College and Hospital, Naringana

YENEPOYA AYURVEDA MEDICAL COLLEGE & HOSPITAL, Naringana

A Constituent College of Yenepoya (Deemed to be University)

DEPARTMENT OF SAMHITA SIDDHANTA

BUDGET PROPOSAL FOR CHARAKA TATWAVABODHINI

Date: - 31-12-2020

| Sl. No. | Content | Details | Approx. Amount |
|---------|---|--|----------------|
| 1 | Remuneration with TA | 1. Dr. Shreevathsa From Mysore 2000/- (round journey) | 3600/- |
| | | 2. Dr. Arhant Kumar From Udupi 600/- (round journey) | |
| 2 | Honorarium | 5000/- (Per Person/ 4days) 5000 * 2 = 10,000/- (per 2 persons/ 4days) | 10,000/- |
| 3 | Dearness Allowance | Breakfast } Lunch } 4days Dinner } | 5000/- |
| 4 | Memento | | 3000 |
| 5 | Bouquet | | 600 |
| 6 | Miscellaneous | | 1500 |
| 7 | Food for staff & Students (Only on Valedictory) | | 15000 |
| 8 | Certificate | | 2500 |
| | | TOTAL | 42,200 |

It would be very helpful if 5000/- from the budget money is sanctioned at the earliest as it is very essential to begin the preparations.

with anticipation for the approval of the plan.

Thank you

Sincerely

Divya S/c
(Dr. DIVYARANI)
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru



Yenepoaya Ayurveda Medical College and Hospital, Naringana

YENEPOYA AYURVEDA MEDICAL COLLEGE & HOSPITAL, Naringana
A Constituent College of Yenepoaya (Deemed to be University)

DEPARTMENT OF SAMHITA SIDDHANTA
CHARAKA TATWAVABODHINI - Program Schedule

Date: 22-02-2021 to 27-02-2021

Platform - Auditorium, YAMCH

| Sl. No. | Time | Schedule |
|-----------------|----------------------|--------------------|
| Day 1 | 08.45 am | Inauguration |
| | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| Day 2 | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| Day 3 | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| Day 4 | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| Day 5 | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| Day 6 | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| | 9:00 am - 10:00 am | Parayana |
| | 10:00am - 11:00am | Tadvidya Sambhasha |
| | 11:00am - 11:15am | Break |
| | 11:15am - 12:00 pm | Parayana |
| | 12:00pm - 1:00pm | Tadvidya Sambhasha |
| | 1:00pm - 2:00pm | Lunch Break |
| | 2:00pm - 3:00pm | Task |
| 3:00pm - 4:00pm | Valedictory function | |

Divya Hc
Signature of the HoD

Head of the Department
Department of Samhita and Siddhanta
Yenepoaya Ayurveda Medical College and Hospital
Naringana, Naringana

08-03-2021

Charaka Tatwavabodhini Workshop 2020-2021

Page 8 of 9

Dean

Yenepoaya Ayurveda Medical College & Hospital

Ranjit



Yenepoya Ayurveda Medical College and Hospital, Naringana



Office of the Registrar
University Road
Deralakatte, Mangalore – 575 018
Ph: 0824 – 2204667 / 68/69/70/71
Fax: 0824 – 2203943

Ref: No. Y/REG/ACA/workshop/2020

11.02.2021

The Principal
Yenepoya Ayurveda Medical College & Hospital

Sub: Workshop on "Charaka Tatwavabodhini-Samhita Parayana"

Ref: Your email dated 2nd February 2021

Permission is herewith granted to conduct workshop on "Charaka Tatwavabodhini-Samhita Parayana" during the last week of February 2021.

Sanction is accorded for the University's financial assistance of Rs.30,000/- (Rupees thirty thousand only) for the programme subject to production of bills & Vouchers.


REGISTRAR

Copy to:

1. Finance Officer
2. Professor & HoD, department of Samhita and Siddhanta
3. P.R.O
4. Food Craft
5. File copy



Yenepoya Ayurveda Medical College and Hospital, Naringana

Dept. of Samhita and Siddhanta

Charaka-Tatwavabodhini Workshop 2020-2021

Date: 15th March 2021

Charaka Tatwavabodhini workshop was organised in between 8th March 2021 to 13th March 2021 from the Dept. of Samhita and Siddhanta at Yenepoya Ayurveda Medical College and Hospital, Naringana. This programme was inaugurated by Chief Guests – Dr. B.S. Prasad, Principal, K.L.E., Belagavi, Dr. Shreevathsa, Head and Prof., P.G. Studies Dept. of Ayurveda Samhita and Siddhanta, G.A.M.C., Mysuru, Dr. Arhant Kumar A., Associate Professor, Dept. of Samhita and Siddhanta, S.D.M. College of Ayurveda, Udupi. Guests of Honour were Dr. B.H. Sripathi Rao, Pro Vice Chancellor, Yenepoya (Deemed to be University), Dr. Gururaja H., Dean, YAMCH, Dr. K. Lakshmeesha Upadhya, Medical Superintendent, YAMCH and Dr. Sridhar Gokhale, Vice Principal, YAMCH.

Inauguration of the workshop was beginning with lighting the lamp followed by prayer. The Chief Guests and all others were spoke about the importance of Charaka Samhita text reading, Shloka recitation, understanding of concepts mentioned in Charaka Samhita and its application for an Ayurveda student in present era.

Duration of the workshop was four hours per day and it was held up to six days covering the three Chatushkas. These three Chatushkas are included twelve chapters in Sutrasthana of Charaka Samhita. Each day two chapters were taught by the eminent scholars, Dr. Shreevathsa, Dr. Arhant Kumar A. and Dr. Raghavendra Udupa. During the beginning of each chapter, the entire chapter was recited which is called as Shloka Parayana, followed by its meaning, explanation of application in Chikitsa or treatment and topics' linkage showed in different contexts in related with other chapters of Charaka Samhita. The scholars also presented different types of motivational videos, conducted group activities and creativity-based works for the students. The sessions were very good and effective as learn with fun method.

This workshop was open to all the Ayurveda doctors, P.G. students as well as U.G. students. Some Ayurveda doctors and P.G. students were participated in both Offline and Online mode. All the participants were received the certificates.

Total Participates in the work shop

| Sr. No. | Date | 3 rd yr. students | 2 nd yr.Students (Online) | Staff |
|---------|------------|------------------------------|--------------------------------------|-------|
| 1 | 08/03/2021 | 63 | 83 | 34 |
| 2 | 09/03/2021 | 64 | 83 | 34 |
| 3 | 10/03/2021 | 60 | 83 | 34 |
| 4 | 11/03/2021 | 61 | 89 | 34 |
| 5 | 12/03/2021 | 45 | 91 | 34 |
| 6 | 13/03/2021 | 34 | 88 | 34 |

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08-03-2021

Charaka Tatwavabodhini Workshop 2020-2021

Diya Hc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital

Yenepoya Ayurveda Medical College and Hospital, Naringana

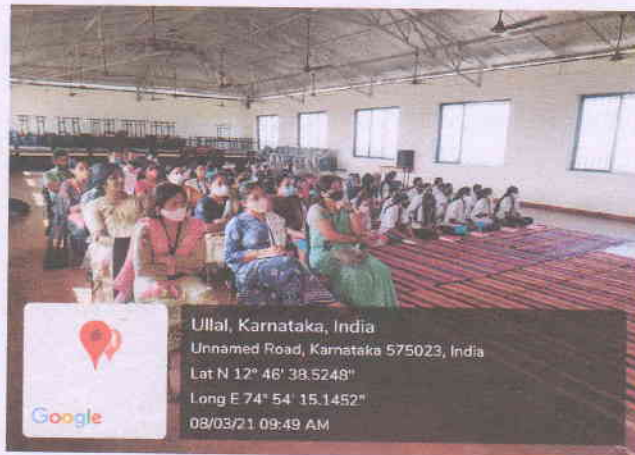
Pictures of the workshop:



Address by Dr. Gururaja H., Dean



Inauguration: Lighting the lamp



Participants in the inauguration: Staff and Students

08-03-2021

Charaka Tatwabodhini Workshop 2020-2021

Page 2 of 9

Divya Sic
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital





Yenepoaya Ayurveda Medical College and Hospital, Naringana



1. Session by Dr. Shreevatsa, 2. Session by Dr. Arhant Kumar A.



Session by Dr. Raghavendra Udupa

On 13th March there was valedictory event. The Chief Guest was Dr. Raghavendra Udupa Head and Prof., Dept. of Samhita and Siddhanta, YAMCH. Guest of Honour was Dr. K. Lakshmeesha Upadhya, Medical Superintendent YAMCH and Presiding Officer was Dr. Sridhar Gokhale, Vice Principal, YAMCH.

The Chief Guest, Guest of Honour and Presiding Officer were spoke about the uniqueness of Charaka Samhita in Ayurveda. They also mentioned the decreasing of its actual importance and interest within students in the current scenario. They motivated the students to read Charaka Samhita on daily basis to get proper hold on it.

Divya HC
Head of the Department
Department of Samhita and Siddhanta
Yenepoaya Ayurveda Medical College and Hospital
Naringana, Mangaluru

08-03-2021

Charaka Tatwavabodhini Workshop 2020-2021



Yenepoaya Ayurveda Medical College and Hospital, Naringana

Pictures of valedictory event:



1. Address by Dr. Divyarani,



2. Felicitation to Dr. Shreevatsa



3. Felicitation to Dr. Arhant Kumar,



4. Felicitation to Dr. Raghavendra Udupa



Audience on the valedictory event

Divya Hc
**Head of the Department
Department of Samhita and Siddhanta
Yenepoaya Ayurveda Medical College and Hospital
Naringana, Mangaluru**



Yenepoya Ayurveda Medical College and Hospital, Naringana



1. Organising team with Dr. Shreevatsa and Dr. Arhant Kumar, 2. Organising team with Dr. Raghavendra Udupa



Group photo

Divya Flc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital

Dept. of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital Naringana
CharakaTatwavabodhini – Attendance sheet of Batch 2019 – 2020

Date: From 08/03/2021 to 13/03/2021

Time: 09.00 am

| Roll. No. | Names | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|-----------|--------------------|-------|-------|-------|-------|-------|-------|
| 1 | Adarsh K K | P | - | P | P | P | - |
| 2 | AdwaitaAttassery | P | P | - | - | - | - |
| 3 | Afra Johnson | P | P | P | P | - | P |
| 4 | Ahmed Shakeeb | P | P | P | P | P | P |
| 5 | Aiswarya J Manari | P | P | P | P | P | P |
| 6 | Akshara V S | P | P | P | P | P | P |
| 7 | AleemathHafeeza | P | - | P | P | P | - |
| 8 | Ameera | P | P | P | P | P | P |
| 9 | AmjidkhanYousuf | P | P | P | P | P | P |
| 10 | AnaghaBalachandran | P | P | P | P | P | P |
| 11 | Anagha Krishna N P | P | P | P | P | P | P |
| 12 | AnaghaManju N P | P | P | P | P | P | P |
| 13 | AnaswaraVinod | P | P | P | P | P | P |
| 14 | Anjali S Kumar | P | P | P | P | P | P |
| 15 | Anjana Raman T V | P | P | P | P | P | P |
| 16 | AnjithaSatheesh | P | P | P | P | P | P |
| 17 | Ann Veena Varghese | P | P | P | P | P | P |
| 18 | Anna Milan George | P | - | - | P | P | P |
| 19 | AnupamaJeejo | P | P | P | P | P | P |
| 20 | Asfiya | P✓ | P | P | P | P | P |
| 21 | Ashna Tom | P | P | P | P | P | P |
| 22 | Asiya Zia | P | P | P | P | P | P |
| 23 | AyshathulMubeena | P✓ | P | P | P | P | P |
| 24 | Azif Ali Muhammed | P✓ | P | P | P | P | P |
| 25 | Azma Sheikh | P | P | P | P | P | P |
| 26 | BeegumVazia K A | P | - | - | P | P | P |
| 27 | Bharath Krishna C | P | P | - | P | P | P |
| 28 | Bhoomika H S | P | P | P | P | P | P |
| 29 | Deeksha V Gulwadi | P | P | P | P | P | P |

Dinya I/c

Head of the Department
Department of Samhita and Siddhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana, Mangaluru

[Signature]
 Dean
 Yenepoya Ayurveda Medical College & Hospital

| | | | | | | | |
|----|-------------------------|----|---|---|---|---|---|
| 30 | Desmi Davies | — | P | P | P | P | P |
| 31 | DhruvJayesh Patel | P✓ | P | P | P | P | P |
| 32 | Dina S | P | P | P | P | P | P |
| 33 | Ekta Chauhan | P | P | P | P | P | P |
| 34 | FairoosaThasneem | P | P | P | P | P | P |
| 35 | Farhana P I | P | P | — | P | P | P |
| 36 | FathimaAlhan | P | P | P | — | P | P |
| 37 | FathimaHaya Jamal | P | — | P | P | P | P |
| 38 | Fathima Henna | P | P | P | P | P | P |
| 39 | FathimaNavas | P | P | P | P | P | P |
| 40 | FathimaNihala | P✓ | P | — | P | P | P |
| 41 | FathwimathNaseeba K P | P | P | P | P | P | P |
| 42 | G Akhilesh | R✓ | P | P | P | P | P |
| 43 | Gayathri M P | — | — | — | — | P | — |
| 44 | GayathriSubramaniam | — | P | — | — | P | P |
| 45 | Govind R Ajith | — | — | — | — | P | P |
| 46 | Hajira | P✓ | P | P | P | P | P |
| 47 | Hudha Mohammed Saleem | — | P | P | P | P | P |
| 48 | IrfanaSherin C V | — | — | — | — | — | — |
| 49 | Ishana Mariam Ishaq | — | — | P | P | P | P |
| 50 | Jasmin Mathew | P | P | P | P | P | — |
| 51 | Jnana | P✓ | P | P | P | P | P |
| 52 | Jumanah Mohammad | P | P | P | P | P | P |
| 53 | Jyothika A S | P | P | P | P | P | P |
| 54 | KemekarTirupatiKushkuma | P✓ | P | P | P | P | P |
| 55 | KhadeejathFarveen | P | P | P | P | P | P |
| 56 | KulsumSambrin | P | P | P | P | P | P |
| 57 | Lakshmi A | — | P | P | P | P | — |
| 58 | M R Sreelakshmi | P | — | — | P | P | P |
| 59 | M Shakeel Ahmad | P✓ | P | P | P | P | P |
| 60 | MariyammathSinana | P | P | P | P | P | P |
| 61 | Mashitha | — | — | — | — | — | — |
| 62 | MD Mamun Rashid | P✓ | P | P | — | P | P |
| 63 | MirwanaZeenathNoushad | P | P | P | P | P | P |
| 64 | Mohammed Ansif C K | P | P | P | — | P | — |
| 65 | MohdFaraaz | P✓ | P | — | P | P | P |

Divya Dc
Head of the Department
Department of Sambhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital

| | | | | | | | |
|-----|------------------------|----|---|---|---|---|---|
| 66 | MoonisaKeshmyMahadi | P | - | P | P | P | P |
| 67 | More PranjalGopal | P | P | P | P | P | P |
| 68 | MufsinaMusthafa | P | P | P | P | P | P |
| 69 | MuhzinaNizar S | P | P | P | P | P | P |
| 70 | NafeesaNashath | P | P | P | P | P | P |
| 71 | NafeesathulMisriya | P | P | P | P | P | P |
| 72 | Navyashree K A | P✓ | P | P | P | P | P |
| 73 | NehalaNizar | - | - | P | P | P | P |
| 74 | Nidha C A | P | P | P | P | P | P |
| 75 | NilofarThasneem T P | - | - | P | P | - | - |
| 76 | NiyaNazmin P T | P | P | P | P | P | P |
| 77 | PrabithaMolBabu | P | P | P | P | P | P |
| 78 | Prakruti B | P✓ | P | P | P | P | P |
| 79 | Prathijna K P | P | P | P | P | P | P |
| 80 | Ramya R | P | P | P | P | P | P |
| 81 | RishikArun Kumar | P✓ | P | P | P | P | P |
| 82 | RiswanaNisha | P | P | P | P | P | P |
| 83 | Riya Sen | P | P | P | P | P | P |
| 84 | Rushdha K | P | P | P | P | P | P |
| 85 | Safa | P | P | P | P | P | P |
| 86 | Sandra Sen | P | P | P | P | P | P |
| 87 | Sara Margret Fernandez | - | P | - | P | P | P |
| 88 | Shahna K T | P | P | P | P | P | P |
| 89 | Shreya | P✓ | P | P | P | P | P |
| 90 | Shyamjith C | - | - | P | P | - | P |
| 91 | Sisira R S | P | P | P | P | - | P |
| 92 | Sree Lakshmi Pillai | - | - | - | P | - | - |
| 93 | SreelakshmiNambiar | P | P | P | P | P | P |
| 94 | Swathi Krishna P Nair | P | P | P | P | P | P |
| 95 | Thejasvi Manoj | P | P | P | P | P | P |
| 96 | Thomas Mathew | - | - | - | - | - | - |
| 97 | Unnimaya K.S | P | P | - | - | P | P |
| 98 | Varna Subramanian K | P | P | P | P | P | P |
| 99 | Yaminikrishna J | P | P | P | P | P | P |
| 100 | ZulaikathNoora A S | P | P | P | P | P | P |

Divy Hc

Head of the Department
Department of Samhita and Siddhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana, Mangaluru

[Handwritten Signature]

Dean
 Yenepoya Ayurveda Medical College & Hospital

Dept. of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital Naringana
CharakaTatwavabodhini – Attendance sheet of Batch 2018 – 2019

Date: From 08/03/2021 to 13/03/2021

Time: 09.00 am

| Roll. No. | Names | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|-----------|----------------------|-----------|-----------|-----------|-----------|---------|---------|
| 1 | Abdulla Javeed | — | — | — | — | — | — |
| 2 | Abdulla Zameer | — | — | Zam | Zam | Zam | — |
| 3 | Adheena V P | — | — | — | — | — | — |
| 4 | Adrinath C | — | — | — | — | — | — |
| 5 | Afseena M I | — | — | — | — | — | — |
| 6 | AhnaMuhammed | — | — | — | — | — | — |
| 7 | Akash S. D. | — | — | — | — | — | — |
| 8 | Akhila R | Akhila | Akhila | Akhila | Akhila | Akhila | Akhila |
| 9 | Akshaya K.P | Akshaya | Akshaya | Akshaya | Akshaya | Akshaya | Akshaya |
| 10 | AkshayaMohanan | Akshaya | Akshaya | Akshaya | Akshaya | Akshaya | Akshaya |
| 11 | Anagha R | Anagha | Anagha | Anagha | Anagha | Anagha | Anagha |
| 12 | Anagha U S | Anagha | — | — | — | — | — |
| 13 | Aneesa Noor E. M | Aneesa | Aneesa | — | — | Aneesa | — |
| 14 | AnittaShaju | Anitta | Anitta | Anitta | Anitta | — | — |
| 15 | Anjana K Aravind | Anjana | Anjana | Anjana | Anjana | Anjana | — |
| 16 | Aqila N.S | — | — | — | — | — | — |
| 17 | Arpitha N M | — | — | — | — | — | — |
| 18 | Arsha P. A. | — | — | — | — | Arsha | Arsha |
| 19 | AshnaNousheera Kamal | — | — | — | Arsha | Arsha | Arsha |
| 20 | Aswathy P. K. | Aswathy | Aswathy | Aswathy | Aswathy | Aswathy | Aswathy |
| 21 | AthiraJayasankar | Athira | Athira | Athira | Athira | Athira | Athira |
| 22 | Athira K Vijay | Athira | — | — | — | — | — |
| 23 | AthiraViswanath K | Athira | Athira | Athira | Athira | Athira | Athira |
| 24 | Aysha Aliya | — | Aysha | Aysha | Aysha | Aysha | Aysha |
| 25 | AyshaRiza K | Aysha | Aysha | Aysha | Aysha | Aysha | — |
| 26 | C K Mohammed Zidan | C K | C K | — | — | — | — |
| 27 | Chithrika Naveen | Chithrika | Chithrika | Chithrika | Chithrika | — | — |
| 28 | Devika A. A. | Devika | Devika | Devika | Devika | — | Devika |
| 29 | Dijila P Kurooli | Dijila | Dijila | Dijila | Dijila | Dijila | — |

Dijila P Kurooli
Head of the Department
 Department of Samhita and Siddhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana

Dean
 Yenepoya Ayurveda Medical College & Hospital

| | | | | | | | |
|----|-------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 30 | Dinta Denny | Dinta | Denny | Dinta | Denny | Dinta | Denny |
| 31 | Divya V Dharmaraj | Divya | Divya | Divya | Divya | Divya | Divya |
| 32 | Drisya P | Drisya | Drisya | Drisya | Drisya | Drisya | Drisya |
| 33 | Farhana K. A. | Farhana | Farhana | Farhana | Farhana | Farhana | Farhana |
| 34 | Farsana | Farsana | Farsana | Farsana | Farsana | Farsana | Farsana |
| 35 | FarshaAzeez K C | Farsha | Farsha | Farsha | Farsha | Farsha | Farsha |
| 36 | FathimaLinsha K | Fathima | Fathima | Fathima | Fathima | Fathima | Fathima |
| 37 | FathimaNouf | Fathima | Fathima | Fathima | Fathima | Fathima | Fathima |
| 38 | FathimaRasheena | Fathima | Fathima | Fathima | Fathima | Fathima | Fathima |
| 39 | FathimathAnshuda | Fathimath | Fathimath | Fathimath | Fathimath | Fathimath | Fathimath |
| 40 | Gayathri K. K AnilKumar | Gayathri | Gayathri | Gayathri | Gayathri | Gayathri | Gayathri |
| 41 | HajiraRilha | Hajira | Hajira | Hajira | Hajira | Hajira | Hajira |
| 42 | Hari Krishnan G P | Hari | Hari | Hari | Hari | Hari | Hari |
| 43 | Hassan Sanih | Hassan | Hassan | Hassan | Hassan | Hassan | Hassan |
| 44 | Hisana | Hisana | Hisana | Hisana | Hisana | Hisana | Hisana |
| 45 | Hridik Krishna P U | Hridik | Hridik | Hridik | Hridik | Hridik | Hridik |
| 46 | Husna | Husna | Husna | Husna | Husna | Husna | Husna |
| 47 | Ismath M P | Ismath | Ismath | Ismath | Ismath | Ismath | Ismath |
| 48 | IsmathNajah O | Ismath | Ismath | Ismath | Ismath | Ismath | Ismath |
| 49 | Jainaba A. | Jainaba | Jainaba | Jainaba | Jainaba | Jainaba | Jainaba |
| 50 | Jithina P | Jithina | Jithina | Jithina | Jithina | Jithina | Jithina |
| 51 | KadeejaShahanas P | Kadeeja | Kadeeja | Kadeeja | Kadeeja | Kadeeja | Kadeeja |
| 52 | Karthika O | Karthika | Karthika | Karthika | Karthika | Karthika | Karthika |
| 53 | KhadeejaRasha | Khadeeja | Khadeeja | Khadeeja | Khadeeja | Khadeeja | Khadeeja |
| 54 | Krishnapriya N B | Krishna | Krishna | Krishna | Krishna | Krishna | Krishna |
| 55 | Lakshmi T K | Lakshmi | Lakshmi | Lakshmi | Lakshmi | Lakshmi | Lakshmi |
| 56 | Mahroof Ahmed | Mahroof | Mahroof | Mahroof | Mahroof | Mahroof | Mahroof |
| 57 | ManjunathPriya N. U. | Manjunath | Manjunath | Manjunath | Manjunath | Manjunath | Manjunath |
| 58 | Mohammad Afnan | Mohammad | Mohammad | Mohammad | Mohammad | Mohammad | Mohammad |
| 59 | Nafiya T.V | Nafiya | Nafiya | Nafiya | Nafiya | Nafiya | Nafiya |
| 60 | Navya Raj S | Navya | Navya | Navya | Navya | Navya | Navya |
| 61 | Niranjana M | Niranjana | Niranjana | Niranjana | Niranjana | Niranjana | Niranjana |
| 62 | Niyana P S | Niyana | Niyana | Niyana | Niyana | Niyana | Niyana |
| 63 | PoornimaChandran | Poornima | Poornima | Poornima | Poornima | Poornima | Poornima |
| 64 | Prathibha A V | Prathibha | Prathibha | Prathibha | Prathibha | Prathibha | Prathibha |
| 65 | Raihanath Rasheed | Raihanath | Raihanath | Raihanath | Raihanath | Raihanath | Raihanath |

Divya Dc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Dean
Yenepoya Ayurveda Medical College & Hospital

| | | | | | | | |
|-----|-----------------------|---|---|---|---|---|---|
| 66 | RanishaRatheesh Kumar | — | — | — | — | — | — |
| 67 | RashaRazakh | — | — | — | — | — | — |
| 68 | Raveena R | — | — | — | — | — | — |
| 69 | Remija Ramesh K. P. | — | — | — | — | — | — |
| 70 | Reshma Ramesh | — | — | — | — | — | — |
| 71 | Rinsi M | — | — | — | — | — | — |
| 72 | RukiyaMohannath | — | — | — | — | — | — |
| 73 | Safvan P. M. | — | — | — | — | — | — |
| 74 | Saigayathri L.S | — | — | — | — | — | — |
| 75 | Sana T V | — | — | — | — | — | — |
| 76 | SaranyaRathnakaran | — | — | — | — | — | — |
| 77 | SaznaAfroze | — | — | — | — | — | — |
| 78 | ShahalaFarveen P | — | — | — | — | — | — |
| 79 | Shailashree | — | — | — | — | — | — |
| 80 | SharenduKarammal | — | — | — | — | — | — |
| 81 | ShaymaKabeer | — | — | — | — | — | — |
| 82 | ShifSadhiVazhayil | — | — | — | — | — | — |
| 83 | Shifa | — | — | — | — | — | — |
| 84 | ShijlaSaidalavi | — | — | — | — | — | — |
| 85 | ShinsiBanu | — | — | — | — | — | — |
| 86 | SilsilaFathima | — | — | — | — | — | — |
| 87 | Sreekutty Suresh | — | — | — | — | — | — |
| 88 | Sreelakshmi E.S | — | — | — | — | — | — |
| 89 | Sreelakshmi K | — | — | — | — | — | — |
| 90 | Sreelakshmi M | — | — | — | — | — | — |
| 91 | Sreeshma M.J | — | — | — | — | — | — |
| 92 | Suhaila K | — | — | — | — | — | — |
| 93 | SumayyaLatheef | — | — | — | — | — | — |
| 94 | Sumeena Abdulla | — | — | — | — | — | — |
| 95 | Tanziakhanum | — | — | — | — | — | — |
| 96 | Tini S | — | — | — | — | — | — |
| 97 | Vismaya P V | — | — | — | — | — | — |
| 98 | VismayaVenu | — | — | — | — | — | — |
| 99 | Zahida K | — | — | — | — | — | — |
| 100 | ZameeraMisriya M | — | — | — | — | — | — |

Divya Etc

Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital

Dept. of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital Naringana
Charaka Tatwavabodhini

Date: From 08/03/2021 to 13/03/2021

Time: 09.00 am-01.30pm

| SI No | Name of the Staff | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|-------|-----------------------------|--------|-------|-------|-------|-------|-------|
| 1 | Dr. Gururaja H | G | G | G | G | G | G |
| 2 | Dr. K. Lakshmeesha Upadhya | L | L | L | L | L | L |
| 3 | Dr. Sridhar Gokhale | S | S | S | S | S | S |
| 4 | Dr. Pralhada D. Subbannavar | - | - | - | - | - | - |
| 5 | Dr. Vidhyaprabha R. | V | V | V | V | V | V |
| 6 | Dr. Veena Viswanath | V | V | V | V | V | V |
| 7 | Dr. Reshma S. | R | R | R | R | R | R |
| 8 | Dr. Priya S. R Nair | - | - | - | - | - | - |
| 9 | Dr. Divyarani | D | D | D | D | D | D |
| 10 | Dr. Thanusree N. Nair | OD | OD | OD | OD | OD | OD |
| 11 | Dr. Jnanesh Marathe | J | J | J | J | J | J |
| 12 | Dr. Karishma | K | K | K | K | K | K |
| 13 | Dr. Asha Maradka | A | A | A | A | A | A |
| 14 | Dr. Arundeeep | A | A | A | A | A | A |
| 15 | Dr. Priya Pradeep | P | P | P | P | P | P |
| 16 | Dr. Nisha Kumari | N | N | N | N | N | N |
| 17 | Dr. Athulya P.K | A | A | A | A | A | A |
| 18 | Dr. Balakrishna Kumar A. | B | B | B | B | B | B |
| 19 | Dr. Rahul Yashwanth | R | R | R | R | R | R |
| 20 | Dr. Sathyamoorthi Kumble | S | S | S | S | S | S |
| 21 | Dr. Sheethal Raj | S | S | S | S | S | S |
| 22 | Dr. Rukma C.K | R | R | R | R | R | R |
| 23 | Dr. Sindhu M A | S | S | S | S | S | S |
| 24 | Dr. Aswathi P. Murali | A | A | A | A | A | A |
| 25 | Dr. Kavya S R. | K | K | K | K | K | K |
| 26 | Dr. Mrudula K.S | Absent | - | - | - | - | - |
| 27 | Dr. Hafsa P. Ahamed | H | H | H | H | H | H |
| 28 | Dr. Aditi P Subannavar | A | A | A | A | A | A |
| 29 | Dr. Supriya S. | S | S | S | S | S | S |
| 30 | Dr. Sreeraj P | S | S | S | S | S | S |

Divya Flc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital



2_Charaka-Tatwavabodhini Feedback Form

Questions Responses 41

41 responses



Accepting responses

Summary

Question

Individual

Who has responded?

ahmedshakeebas@gmail.com

jasminmathew2001@gmail.com

dinashaji11@gmail.com

yaminikrishna01@gmail.com

tirukemekar1920@gmail.com

navyashree9501@gmail.com

prakritisuvarna@gmail.com

riyasen0109@gmail.com

anjanaraman20@gmail.com

Divyga HC
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

Dean
Yenepoya Ayurveda Medical College & Hospital

🕒 Waiting for 1 response

Send email reminder

jnaneshmarathe@gmail.com

Name (Salutation not required. This will appear in the certificate)

41 responses

Asiya Zia

Azma Sheikh

Hajira

Jasmin Mathew

Divyarani

Akshara V S

ANUPAMA JEEJO

ASFIYA

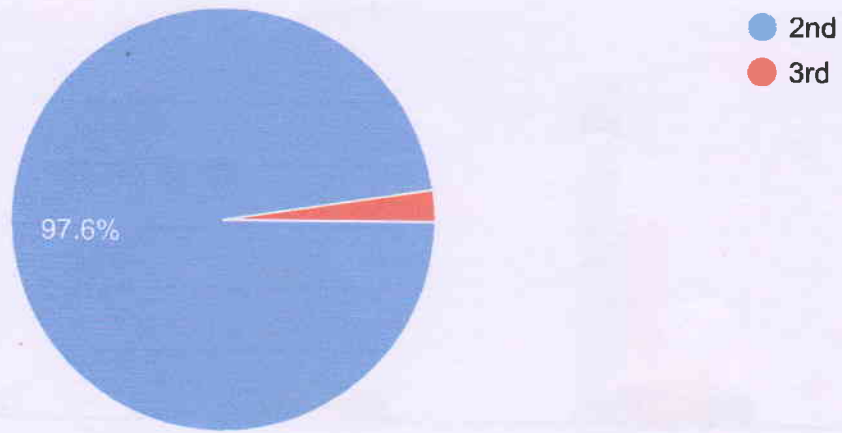
Beegum vazia K A

Divya HC
Head of the Department
Department of Samhita and Siddhanta
Mangalagiri Medical College and Hospital
Mangalagiri, Mangalagiri

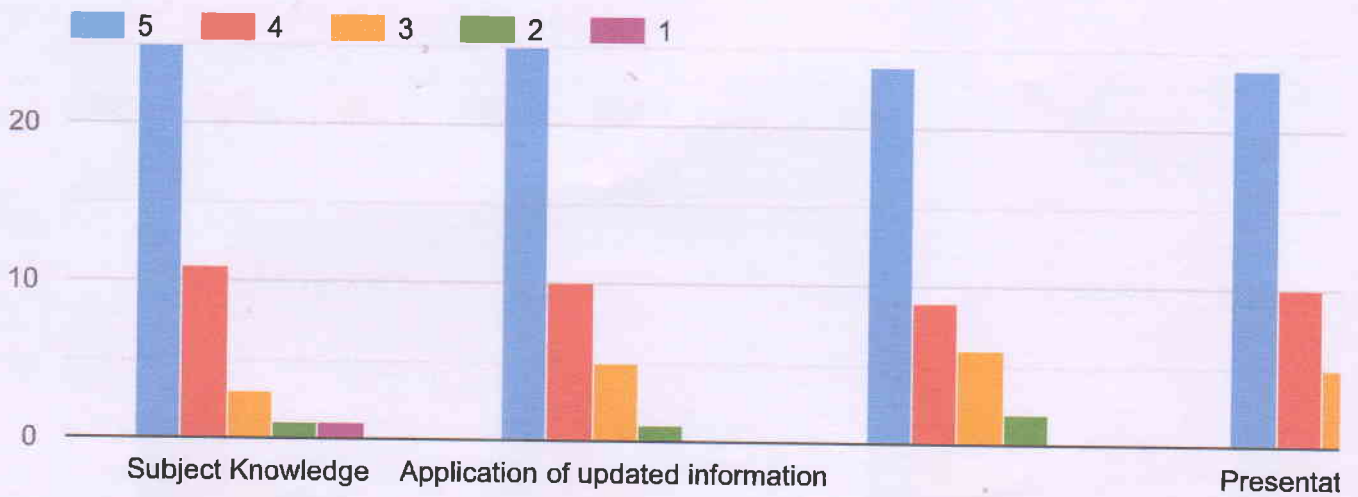
Handwritten signature

Course year

41 responses



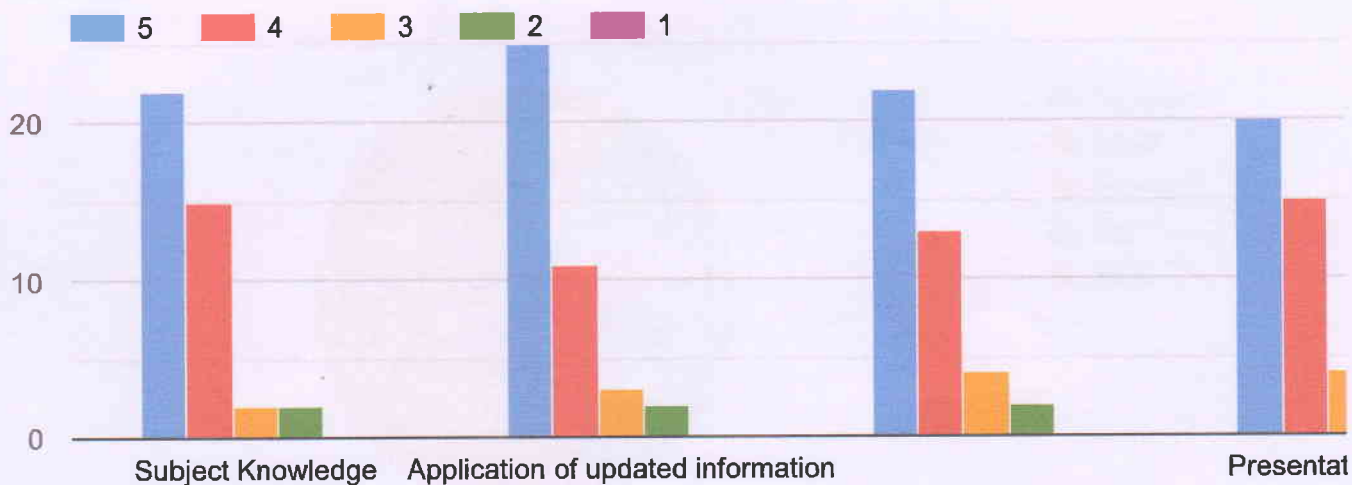
Please rate Dr. Shreevatsa's session (1- LOWEST , 5- HIGHEST)



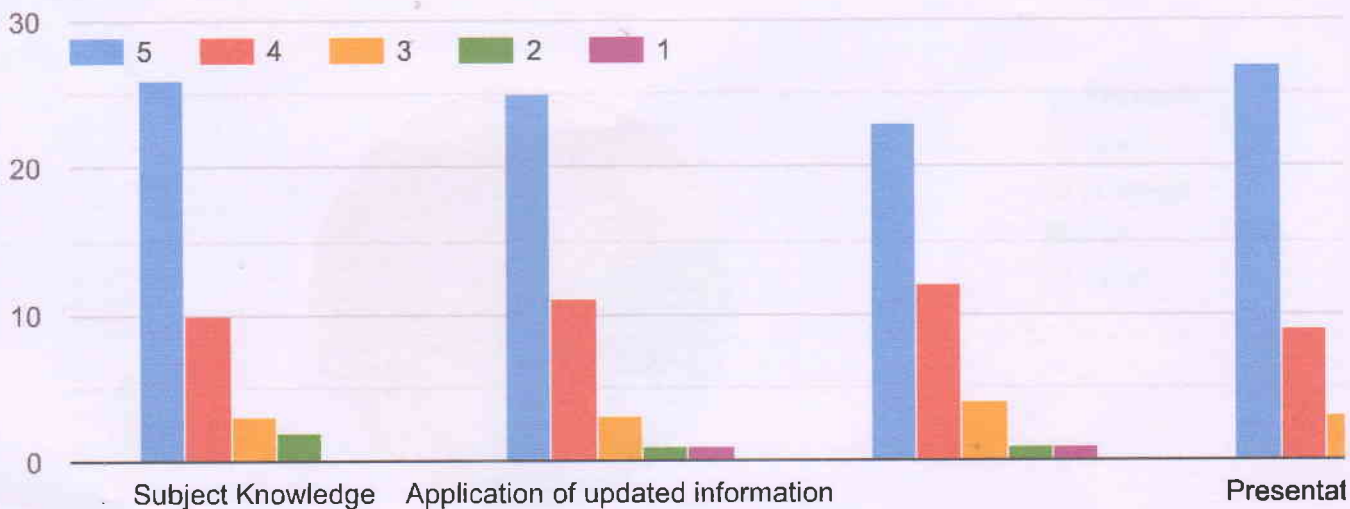
Divya I/c
 Head of the Department
 Department of Samhita and Siddh., 'a
 Yekupya Ayur... College and Hospital
 Mangalore

W. S. S.

Please rate Dr. Arhant Kumar's session (1- LOWEST , 5- HIGHEST)



Please rate Dr. Raghavendra Udupa's session (1- LOWEST , 5- HIGHEST)

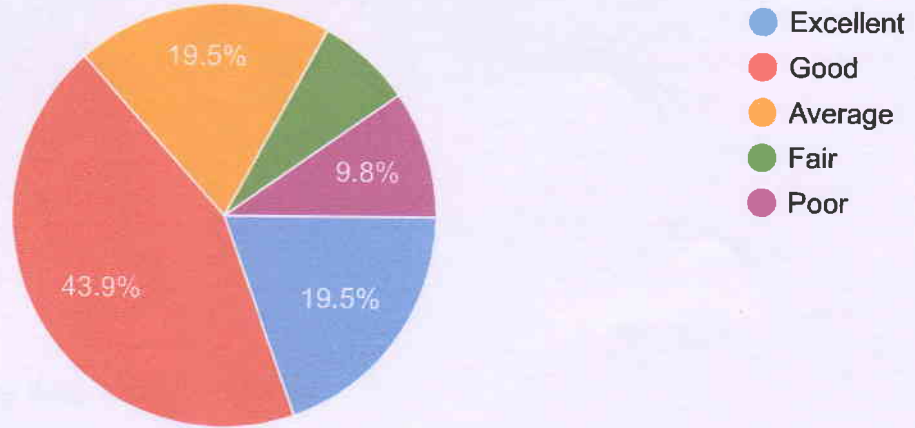


Divya HC
 Head of the Department
 Department of Samhita and Siddhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringane, Mangaluru

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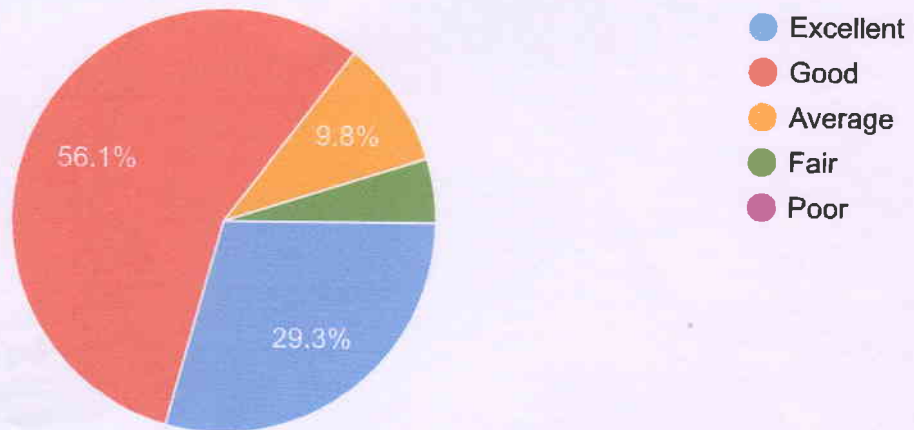
Please rate your overall knowledge level about the topics covered before attending the session

41 responses



Please rate your overall knowledge level about the topics covered after attending the session

41 responses



Dinya SIC
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naragana, Mangaluru

Suggestion if any

41 responses

No

Nothing

Nothing

No suggestion

The overall programme was so Informative

Nice

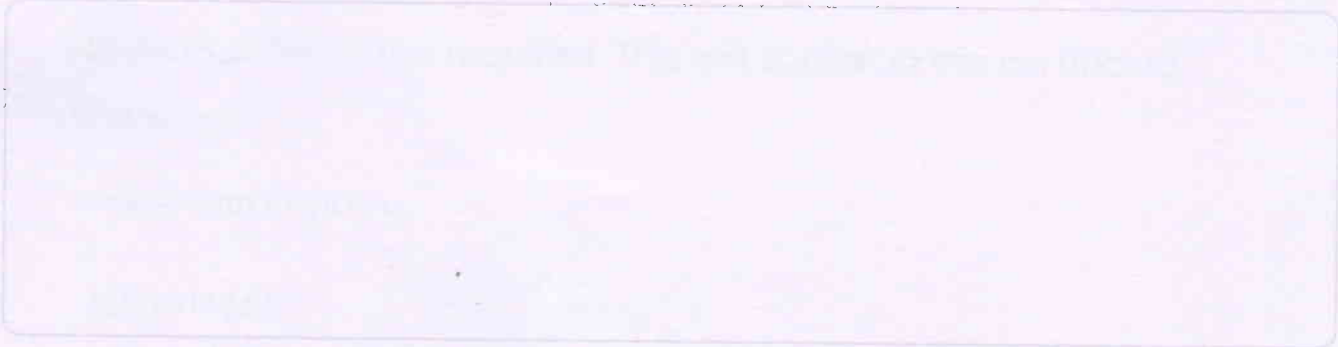
It was really good. No suggestions.

The classes were conducted online for half of the students due to which we couldn't understand the complete concepts thorough.

Divya Dk

Head of the Department
Department of Samhita and Siddhi
Yenepoya Ayurveda Medical College & Hospital
Kudligana, Mangaluru





3_Charaka-Tatwavabodhini Feedback Form

64 responses

[Publish analytics](#)

Diya Dc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

[Signature]
Dean
Yenepoya Ayurveda Medical College & Hospital



Name (Salutation not required. This will appear in the certificate)

64 responses

Manjunath Priya N U

ISMATH M P

Sharendu.k

Shinsi Banu

Drisyia P

Aneesa Noor EM

Akshaya kp

KARTHIKA.O

Aqila ns

Ashna Nousheera Kamal

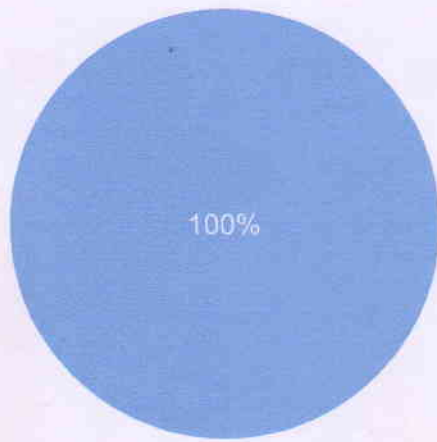
Divya *Slc*
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

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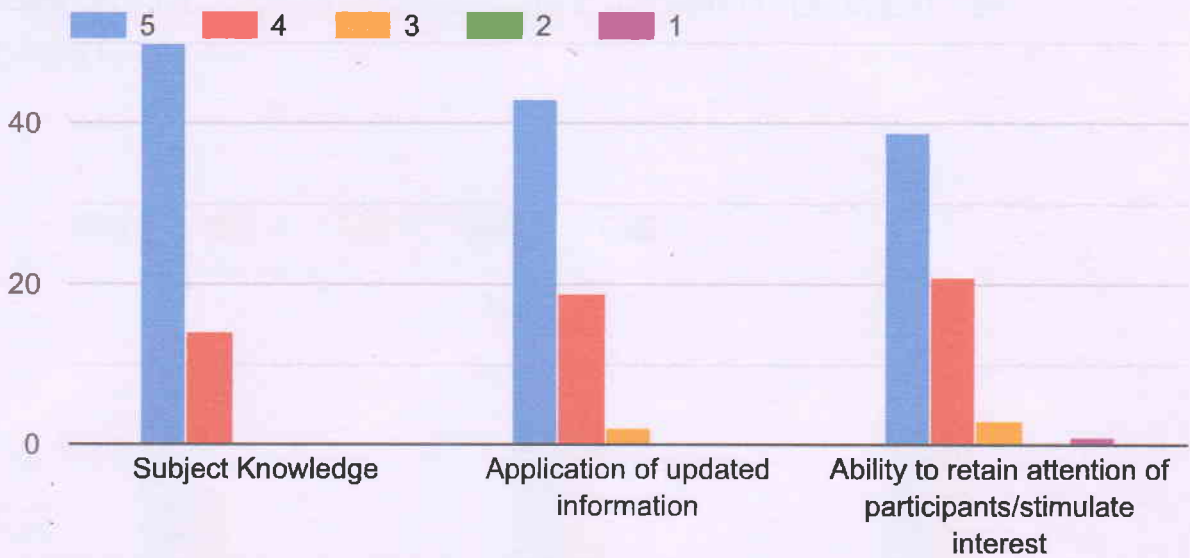


Course year

64 responses



Please rate Dr. Shreevatsa's session (1- LOWEST , 5- HIGHEST)

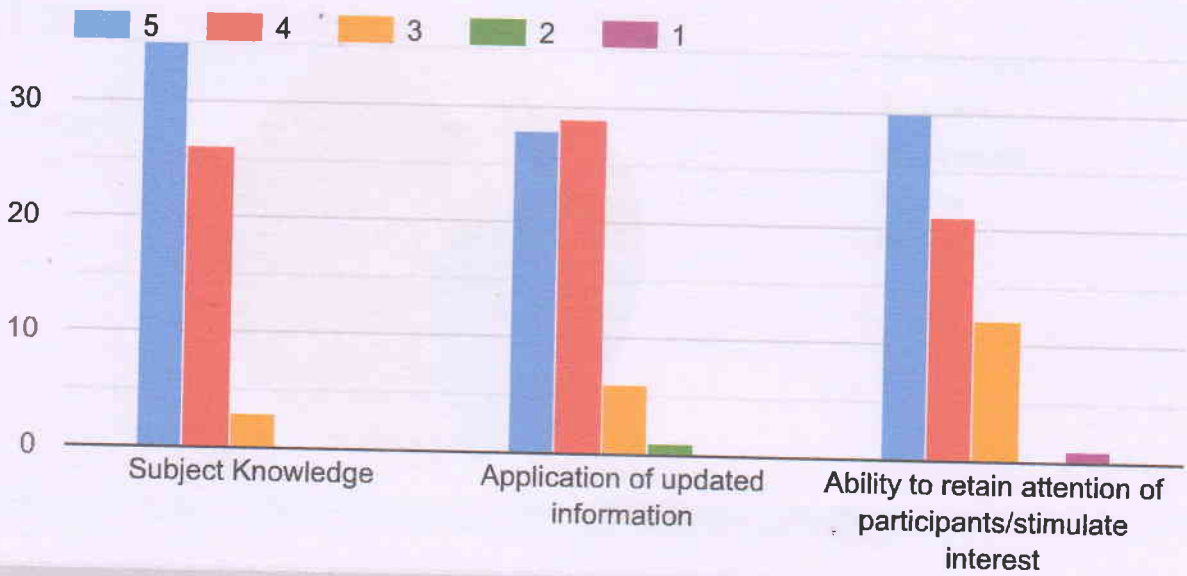


Divya Jc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

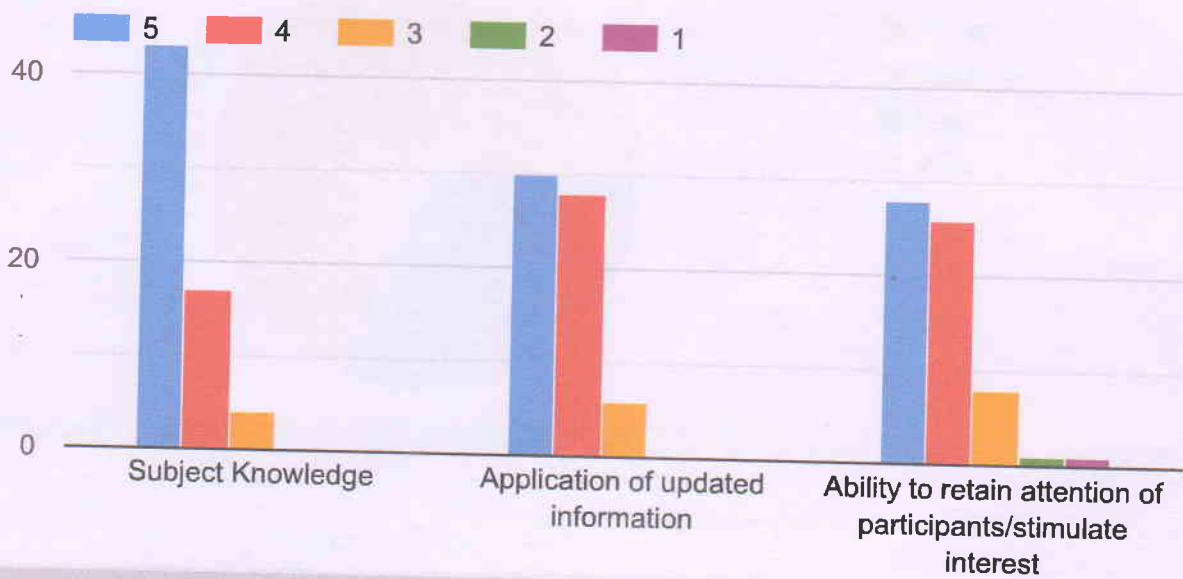
[Signature]

Dean
Yenepoya Ayurveda Medical College & Hospital

Please rate Dr. Arhant Kumar's session (1- LOWEST , 5- HIGHEST)



Please rate Dr. Raghavendra Udupa's session (1- LOWEST , 5- HIGHEST)

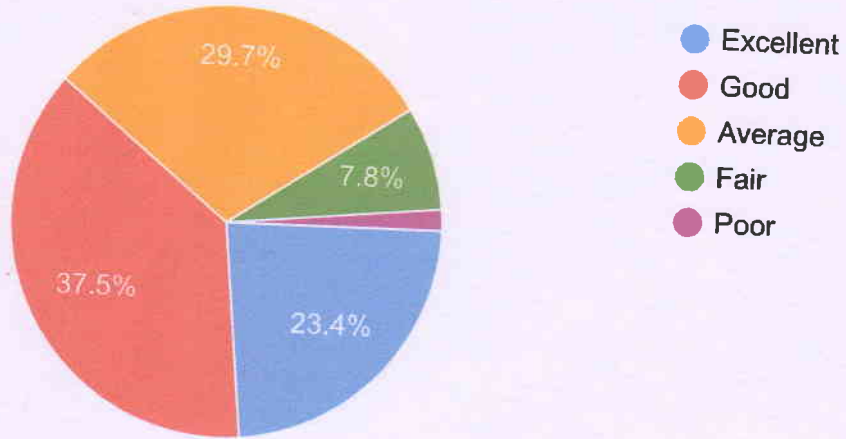


Dinya Sir
 Head of the Department
 Department of Samhita and Sidhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana, Mangaluru

Raghavendra
 Dean
 Yenepoya Ayurveda Medical College & Hospital

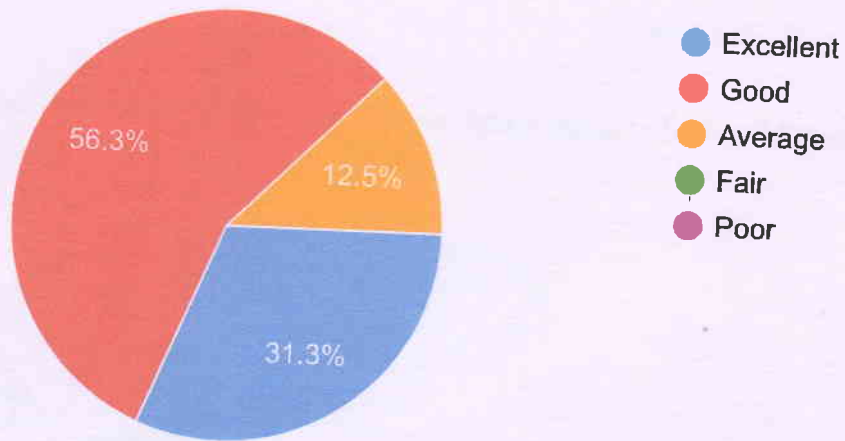
Please rate your overall knowledge level about the topics covered before attending the session

64 responses



Please rate your overall knowledge level about the topics covered after attending the session

64 responses



Divya SIC

Head of the Department
Department of Samhita and Siddhanta
Yasopaya Ayurveda Medical College and Hospital
Mangaluru

[Signature]
Dean

Suggestions if any

64 responses

No

Nothing

Nil

Nothing

No suggestions

Good

No suggestions

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Google Forms

Dingra *Stc*
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru



[Handwritten Signature]
Dean
Yenepoya Ayurveda Medical College & Hospital

1_Charaka-Tatwavabodhini Feedback Form

44 responses

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Divya IC
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

[Handwritten Signature]

Name (Salutation not required. This will appear in the certificate)

44 responses

Jnanesh Marathe

Divyarani

Saritha Ak

Athulya P K

Aswathi. P. Murali

Dr KAVYA S R

Dr.Sindhu.M.A

Dr Mohammed Faheem Abdullah

Dr.Suchithra k

Divya Ilc

Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru

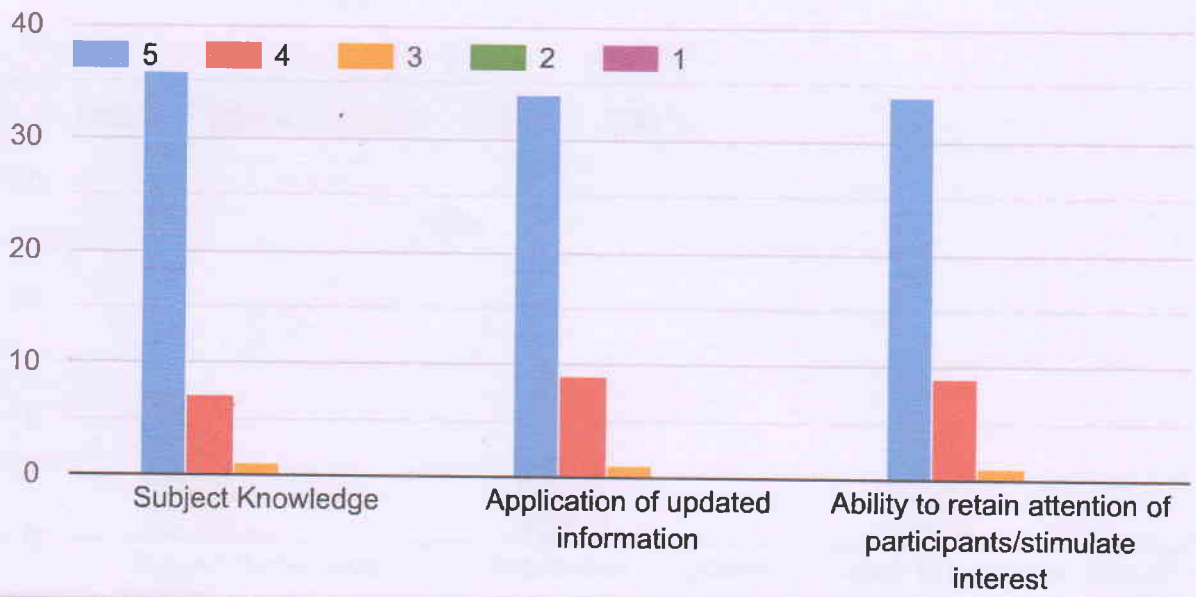
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Dean

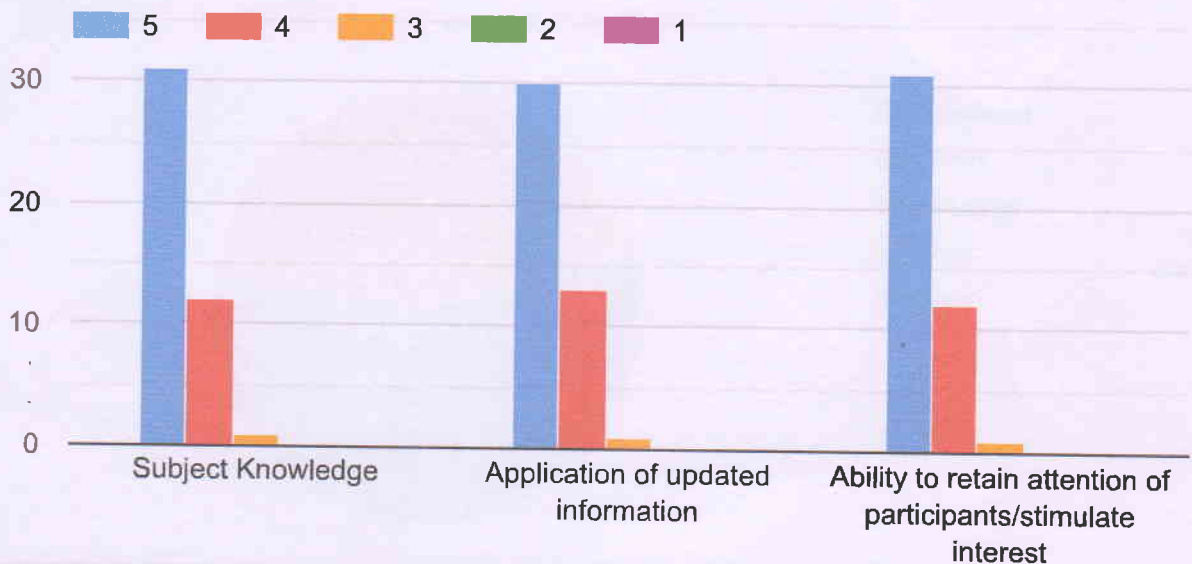
Yenepoya Ayurveda Medical College & Hospital



Please rate Dr. Shreevatsa's session (1- LOWEST , 5- HIGHEST)



Please rate Dr. Arhant Kumar's session (1- LOWEST , 5- HIGHEST)

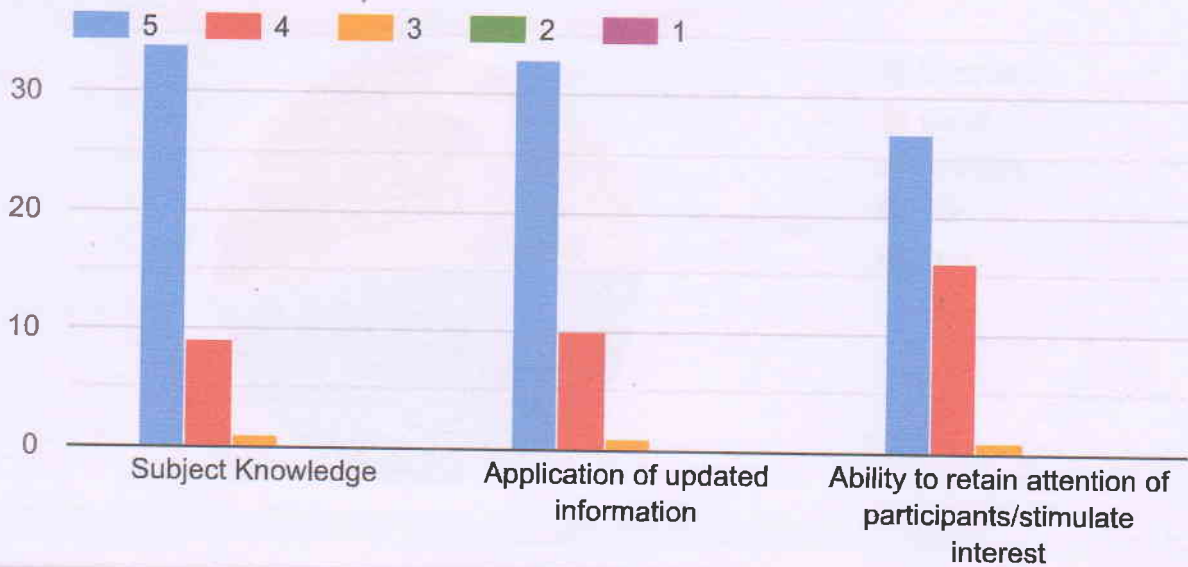


Divya SIC
 Head of the Department
 Department of Sambita and Siddhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana, Mangaluru

<https://docs.google.com/forms/d/1kG9L001S0GYNLjvW1Dnmz-z8SaZG6xxM6SailmPCPI/viewanalytics>

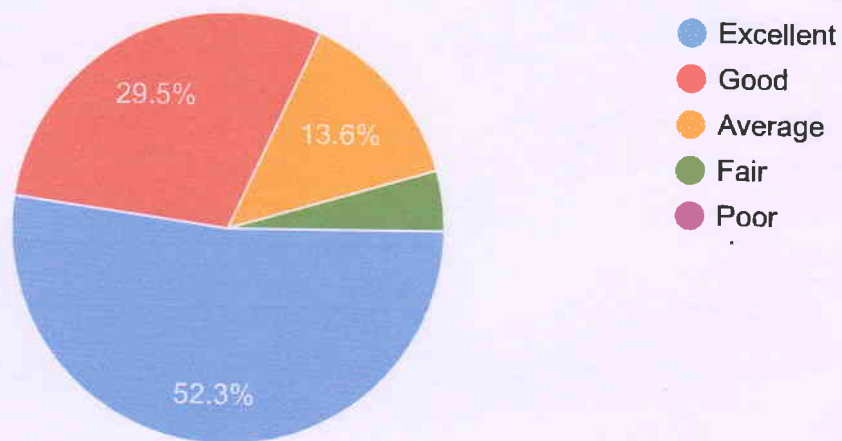
[Signature]
 Dean
 Yenepoya Ayurveda Medical College & Hospital

Please rate Dr. Raghavendra Udupa's session (1- LOWEST , 5- HIGHEST)



Please rate your overall knowledge level about the topics covered before attending the session

44 responses

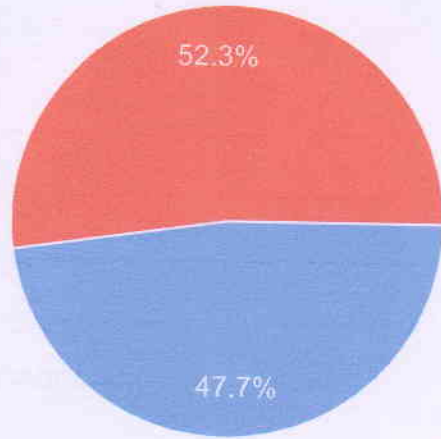


Divya Hc
 Head of the Department
 Department of Samhita and Sidhanta
 Yenepoya Ayurveda Medical College and Hospital
 Naringana, Mangaluru

[Signature]
 Dean

Please rate your overall knowledge level about the topics covered after attending the session

44 responses



- Excellent
- Good
- Average
- Fair
- Poor

Divya Dc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaluru



Any suggestion

44 responses

Nothing

None

Nil

Not such

Need more sessions like this

Good

Good sessions

Good session

Overall excellent intitative

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Dnyanesh Ilc
Head of the Department
Department of Samhita and Siddhanta
Yenepoya Ayurveda Medical College and Hospital
Naringana, Mangaturu

Dnyanesh Ilc

Dean

Yenepoya Ayurveda Medical College & Hospital



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

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Rashthriya Ekta Diwas (National Unit Day)

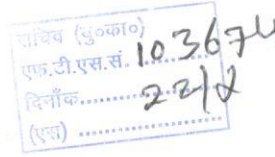
Organised by

**National Service Scheme(NSS)
Yenepoya Deemed to be University**

Date: 31.10.2020



D.O. No. 1-19034/01/2020-NI-II



20th October, 2020

Dear *Secretary,*

The observance of Rashtriya Ekta Diwas or National Unity Day on 31st October serves to reinforce our commitment to strengthen the security, unity and integrity of our country. It not only commemorates the birth anniversary of Sardar Vallabhbhai Patel, the architect of national integration of independent India, but also re-affirms the inherent strength and resilience of our people to withstand threats to the security, unity and integrity of the country.

2. To mark the celebration of the National Unity Day-2020, the Rashtriya Ekta Diwas Parade, with participation from State police force & CAPFs, is being organized on 31st October, 2020 at the Statue of Unity, Kevadiya, Gujarat. The Run for Unity, which was organized last year, is not being organized this year, in view of Covid-19. However, we are hopeful that we shall soon overcome all odds and will organize the Run for Unity from next year onwards.

3. The Union Home Minister has already written to Union Ministers to celebrate Rashtriya Ekta Diwas – 2020 with enthusiasm and fervour (copy enclosed), observing the Covid-19 guidelines and following due precautions.

4. In view of spread of Covid-19 pandemic, while organizing various programmes or activities for the Rashtriya Ekta Diwas celebrations, it is imperative to follow certain preventive measures such as maintaining social distancing, wearing of masks, proper sanitization, avoiding large congregations, protecting vulnerable persons, etc.; and other measures as prescribed and recommended by the Ministry of Health & Family Welfare. Therefore, all programmes should be organized in a way that large congregation of people is avoided and technology is used in the best possible manner for celebration befitting the occasion. The events organized could be web-cast in order to reach out people at large, who are not able to participate. It would also be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a recognition of their noble service in fight against Covid-19 pandemic.

Pr Organized

JS(YA)

6

*उषा शर्मा
सचिव (युवा कार्यक्रम)*



C-32011/03/2020-Vig.
भारत सरकार
Government of India
युवा कार्यक्रम और खेल मंत्रालय
Ministry of Youth Affairs & Sports
शास्त्री भवन, डॉ आर पी रोड, नई दिल्ली - 110001
Shastri Bhavan, Dr. R.P.Road, New Delhi - 110001

Dated the 28th October, 2020


OFFICE MEMORANDUM

Sub: Observance of Rashtriya Ekta Diwas on 31st October - regarding

The undersigned is directed to forward herewith a copy of the DO letter No. 1-19034/01/2020-NI-II dated 20.10.2020 received from Secretary (Home Affairs) addressed to Secretary (YA) on the subject mentioned above.

2. It is requested that Rashtriya Ekta Diwas may be organized on 31th October with all due precautions in view of Covid-19. It is also requested that a pledge taking ceremony may also be organized to mark the occasion. The text of the Rashtriya Ekta Diwas Pledge is enclosed herewith.

Encl. As above.


(Dharmendra Kumar Yadav)
Under Secretary of the Government of India
Tel. No.23380625

Copy to:-

1. Sr. PPS to Secretary (YA)
2. Sr. PPS to Secretary (Sports)
3. PPS to JS (YA)

Copy also to:-

1. DG, SAI for observance
2. Director (Prog.) NYKS for compliance
3. Secretary (SAI) for compliance
4. DPA, NSS
5. Director LNIPe/RGNIYD/NIS Patiala and all other Centers and Organization of MYAS.

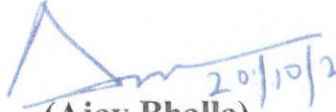
: 2 :

5. Further, keeping in mind with the guidelines / directions issued by the Government from time to time in respect of Covid-19 pandemic, I request you to give appropriate directions and guidance for celebrating the National Unity Day on 31st October, 2020 in a befitting manner with enthusiasm and fervour, as advised in the letter of Union Home Minister. A Pledge taking ceremony may also be organized to mark the occasion. The text of the "Rashtriya Ekta Diwas Pledge" is enclosed.

With regards,

Yours sincerely,

Encl. As above


20/10/20
(Ajay Bhalla)

Ms. Usha Sharma,
Secretary,
Department of Youth Affairs,
Ministry of Youth Affairs & Sports,
Shastri Bhawan, New Delhi.

राष्ट्रीय एकता दिवस शपथ

मैं सत्यनिष्ठा से शपथ लेता हूँ कि मैं राष्ट्र की एकता, अखंडता और सुरक्षा को बनाए रखने के लिए स्वयं को समर्पित करूँगा और अपने देशवासियों के बीच यह संदेश फैलाने का भी भरसक प्रयत्न करूँगा। मैं यह शपथ अपने देश की एकता की भावना से ले रहा हूँ जिसे सरदार वल्लभभाई पटेल की दूरदर्शिता एवं कार्यों द्वारा संभव बनाया जा सका। मैं अपने देश की आंतरिक सुरक्षा सुनिश्चित करने के लिए अपना योगदान करने का भी सत्यनिष्ठा से संकल्प करता हूँ।

RASHTRIYA EKTA DIWAS PLEDGE

I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph : 011-23236288/23239337
Fax : 011-2323 8858
E-mail : secy.ugc@nic.in

D.O. No. 14-22/2015(CPP-II)

19th November, 2020

Respected Madam/Sir,

As you may be aware, **Constitution Day**, also known as **Samvidhan Divas**, is celebrated in India on **26th November** every year to commemorate the adoption of the Constitution of India.

An important part of the celebration is the reading of the Preamble to the Constitution and reaffirming our commitment to uphold its ideology. This year the Hon'ble Prime minister will lead the reading of the Preamble at 11.AM on 26th November during the Conference of the All India Presiding Officers at Kevadia, Gujarat.

It is requested that all the officers, staff and students of the Universities and their affiliated/ constituent Colleges may also join the Hon'ble Prime Minister in reading of the Preamble at 11 AM on 26th November from their respective offices/ locations. Other activities including talks / webinars on constitutional values and fundamental principles of Indian constitutions may also be organized by adhering to the guidelines issued in the wake of COVID-19 pandemic.

Accordingly, you are requested to kindly take suitable actions as indicated above to celebrate Constitution day on 26th November, 2020 with enthusiasm and fervor and intimate the details of the action taken at University Activity Monitoring Portal of UGC (<https://ugc.ac.in/uamp/>).

With kind regards,

Yours sincerely,

(Rajnish Jain)

To the Vice-Chancellors of All Universities



YENEPOYA
(DEEMED TO BE UNIVERSITY)
Recognized under Sec 3(A) of the UGC Act 1956
Accredited by NAAC with 'A' Grade


NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY

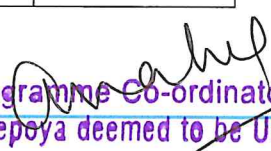


RASHTRIYA EKTA DIWAS (NATIONAL UNITY DAY)

NSS units and all the constituents Colleges of Yenepoya Deemed to be University observed Rashtriya Ekta Diwas, (National Unity Day) on 31.10.2020. Students & teachers took an oath to preserve the unity, integrity and security of the nation in the spirit of unification of the country. Constituents Colleges of Yenepoya Deemed to be University HOD's welcomed the gathering and briefed about the significance of observing Rashtriya Ektha Diwas in their respective colleges and Departments. This was followed by the pledge taking ceremony by all NSS Volunteers, NSS Programme Officers, NSS Programme Coordinator, all the staffs & HOD's.

| Name of the Departments | Name of the college | Total No of faculty participated | Total No of students participated |
|---------------------------------------|--------------------------|----------------------------------|-----------------------------------|
| Anatomy | Yenepoya Medical College | 16 | - |
| Biochemistry | | 13 | - |
| Pathology | | 6 | 23 |
| Community Medicine | | 17 | - |
| Department of Hospital Administration | | 9 | 12 |
| Forensic Medicine and Toxicology | | 4 | 3 |
| Physiology | | 12 | - |
| Pharmacology | | 8 | 4 |
| Paediatrics | | 2 | 20 |
| OBG | | 7 | - |
| Oral Pathology and Microbiology | Yenepoya Dental College | 10 | 7 |
| Oral & Maxillofacial Surgery | | 11 | 13 |
| Conservative Dentistry & Endodontic | | 9 | 10 |
| Pediatric & Preventive Dentistry | | 5 | 11 |
| Public Health Dentistry | | 11 | 9 |
| Oral Medicine and Radiology | | 06 | 09 |
| Prosthodontics and crown and bridge | | 07 | - |
| NSS Unit, Yenepoya Dental College | 3 | 78 | |
| | | | |


 Registered
 Yenepoya (Deemed to be University)
 University Road, Deralakatte
 Mangalore - 575 018


 Programme Co-ordinator, NSS
 Yenepoya deemed to be University



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NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY



| | | | |
|---|--|----|-----|
| | | | |
| Yenepoya Pharmacy College and Research Centre | Yenepoya Pharmacy College and Research Centre | 10 | 60 |
| Dept. of Samhita and Siddhanta | Yenepoya Ayurveda Medical College and Hospital | 02 | - |
| Dept. of Shareera-rachana | | 03 | - |
| Dept. Shareerakriya | | 02 | - |
| Dept. of Dravyaguna | | 03 | - |
| Dept. of Rasashastra and Bhaishajyakalpana | | 02 | - |
| Dept. of Kaumarabhritya | | 01 | - |
| Dept. of Panchakarma | | 01 | - |
| Dept. of Agadatantra | | 03 | - |
| Dept. of Shalyatantra | | 01 | - |
| Dept. of Shalakyatantra | | 02 | - |
| Yenepoya Nursing College | Yenepoya Nursing College | 5 | 288 |
| Yenepoya Institute Of Arts Science Commerce And Management Balmatta | Yenepoya Institute of Arts Science Commerce And Management Balmatta | 35 | 4 |

YENEPOYA MEDICAL COLLEGE



Dept of Biochemistry - YMC

Hospital Administration -YMC

Dept of Forensic

ke
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore - 575 019

Analy
Programme Co-ordinator, NSS
Yenepoya deemed to be University



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NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY



Dept of Anatomy



Dept of Physiology



Dept of Pharmacology



Dept of Paediatrics



Dept of Pathology



Dept of Community Medicine



Dept of OBG

[Signature]
Programme Co-ordinator, NSS
Yenepoya deemed to be University

[Signature]
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore - 575 018



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NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY



NSS UNIT- YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL



YENEPOYA DENTAL COLLEGE



Dept of Oral Pathology and Microbiolog

Oral Medicine & Radiology

Prosthodontics and crown and bridge

[Signature]
Programme Co-ordinator, NSS
Yenepoya deemed to be University

[Signature]
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangalore - 575 018



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NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY



Dept of Oral & Maxillofacial Surgery



Dept of Conservative Dentistry & Endodontics



Dept. Of Public Health Dentistry




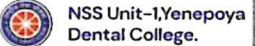


Dept. of Paediatric and Preventive Dentistry

NSS UNIT- YENEPOYA DENTAL COLLEGE

**National Service Scheme -Unit 1,
Yenepoya Dental College
Rashtriya Ektha Divas
Online Pledge**

Rashtriya Ekta Diwas pledge:

I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the Nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of late Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.

(Signature)
**Programme Co-ordinator, NSS
Yenepoya deemed to be University**

(Signature)
**Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatta
Mangalore - 575 013**

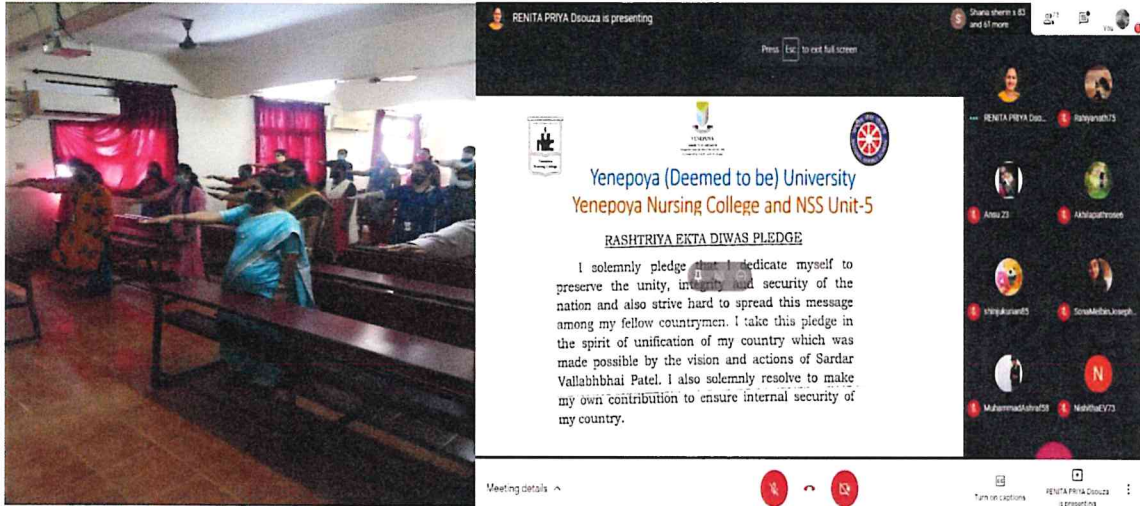


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NATIONAL SERVICE SCHEME YENEPOYA DEEMED TO BE UNIVERSITY



NSS UNIT -YENEPOYA NURSING COLLEGE



NSS UNIT -YENEPOYA PHARMACY COLLEGE AND RESEARCH CENTRE



Anahit
Programme Co-ordinator, NSS
Yenepoya deemed to be University

Res
Registrar
Yenepoya (Deemed to be University)
University Road, Derlakatte
Mangalore - 575 018



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NSS UNIT- YENEPOYA INSTITUTE OF ARTS SCIENCE COMMERCE AND MANAGEMENT BALMATTA



Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatta
Mangalore - 575 013

Programme Co-ordinator, NSS
Yenepoya deemed to be University

**Harmony towards cultural, regional,
linguistic, communal socioeconomic
and other diversities**



YENEPOYA

(DEEMED TO BE UNIVERSITY)

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Accredited by NAAC with 'A' Grade

Report on Onam Celebration

Organized by

Staff Welfare Committee

**Yenepoya Pharmacy College and Research Centre
Yenepoya (Deemed to be University)**

**Deralakatte, Mangalore- 575018
Karnataka, India**

Aug 24, 2021

YENEPOYA PHARMACY COLLEGE & RESEARCH CENTRE

(A Constituent College of Yenepoya (Deemed to be University))

Onam festival Celebration -2021 REPORT

| Sl. No | CONTENT | DETAILS | |
|--------|---------------------------------|---|-----------|
| 1. | Title | Onam celebration | |
| 2. | Organizing department/s | Staff welfare Committee Yenepoya Pharmacy College & Research Centre | |
| 3. | Program schedule, Date and Time | 24 th August 2021 | |
| 4. | Venue | Lecture Hall-1, Yenepoya Pharmacy College & Research Centre. | |
| 5. | Participants | YPCRC teaching Faculty | 18 |
| | | YPCRC non teaching Faculty | 17 |
| | | JRF | 08 |
| | | TOTAL | 43 |

6. Photographs with clear captions

Inauguration programme

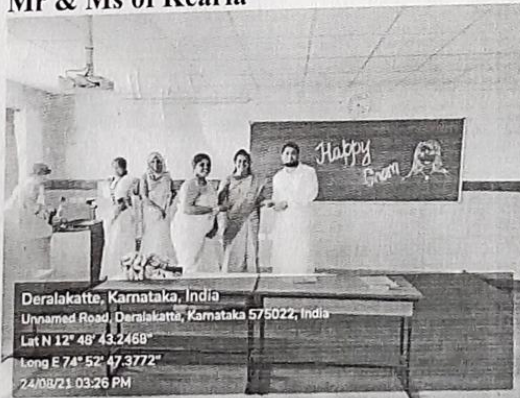
Organizing Committee



Competitions Sundari Pottu Thottu



Mr & Ms of Kearla



Prize distribution



Talk by Mrs.Prajitha Biju

Participates



Onam day celebration at Yenepoya Pharmacy College & Research Centre

Yenepoya Pharmacy College & Research Centre, Mangaluru has conducted Onam celebration in a grand and traditional manner by Staff Welfare Committee. Onam celebration has been inaugurated on the 24th Tuesday of August 2021 in the lecture hall I. The program was started with the herbal water dripping, followed by sweets and fruit distribution. Ms. Sanjana A, member of Staff Welfare Committee had welcome all the participants. Mrs. Prajitha Biju Assistant Professor, Department of Pharmaceutics gave a talk on Onam festival and its significanc. She explained beautifully the story of King Mahabali and Lord Vamana, behind Onam celebration in the state of Kerala. She also mentioned that Onam festival is also a festival of harvesting where the farmers prepare the food from harvested rice. There was arrangement plenty of colorful competitions, such as sundari pottu thottu, banana eating in one minutes and passing the bottle. Principal and Dr Darshan sang two songs on and made the function joyful and all staff members presented a traditional cultural dance to make the program memorable. Floral carpet was the most interesting part of the function made by our staff. It was a most interesting, entertainment, colorful, and joyfully program. Prizes were distributed to the winner by Principal at the valedictory function. Onam celebration of the Academic year 2021 became one of the memorable events in the recent history of the college.

S. Sandhya V
Prepared by

Mrs Sandhya V

Rokeya Sultana
Reviewed by

Dr Rokeya Sultana

Mohammed Gulzar Ahmed
Approved by

Dr Mohammed Gulzar Ahmed
Principal / Dean
Yenepoya Pharmacy College & Research Centre
Deralakatte, Mangaluru-575018



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Report On

Onam Celebration

Organized by,

The Yenepoya Institute of Arts ,Science, Commerc and Management

Yenepoya (Deemed to be University)

Mangalore- 575002

Karnataka, India

From,

Date:07.08.2021

Ms Sindhu

Assistant Professor

YIASCM

To,

The Principal

YIASCM

Respected Madam,

Sub: *Permission to Celebrate "Onam"*

I am writing this letter to celebrate "Onam" on 21-08-2021.

I wish to conduct this program in order to give the students a sense of knowledge about different festivals celebrated by different communities around the world.

I believe this will be a great event that many students will wish to attend.

Thanking you

Yours sincerely

Ms Sindhu

Permitted
Shareena P
07/08/2021

PRINCIPAL
The Yenepoya Institute of Arts, Science,
Commerce & Management
Balmatta, Mangaluru-575002

The Yenepoya Institute of Arts Science Commerce and Management

ONAM CELEBRATION 2021

Onam Festival falls during the Malayalam month of Chingam (August – September). It is the biggest festival celebrated with joy and enthusiasm by people of all communities in Kerala. It commemorates the subsequent homecoming of the legendary Emperor Mahabali. Onam is reminiscent of Kerala's agrarian past, and is considered to be a harvest festival.

Onam is celebrated with all its vigor at YIASCM campus on 21-08-2021. Faculties had designed flower mandalas representing smaller parts of a greater whole, as well as Pookkalam. We also have the inter-department Pookkalam competition virtually for students, and staffs.

ONAM 2021

The Yenepoya Institute of Arts, Science, Commerce and Management in association with Fine Arts organises:

- 1 ONAM POOKALAM**
Pre-recorded video not more than 3 minutes
- 2 ONAM SELFIE WITH FAMILY**
One picture with your family
- 3 ONAM SONG**
Pre-recorded video not more than 3 minutes
- 4 ONAM SPECIAL RECIPE**
One item - Pre-recorded video (3 minutes max)
- 5 VARIETY ENTERTAINMENT**
Variety Entertainment on Onam Celebration with family
Pre-recorded video not more than 3 minutes

Mail the video/photo to:
fineartsyiascm@yenepoya.edu.in

LAST DATE FOR SUBMISSION OF ENTRIES: 23rd AUG

Fine Arts Co-ordinator
Carol Benlyn Noronha
YIASCM

Chairperson
Dr. Parvadhavardhini
Principal, YIASCM

Figure 1: Invitation of the event



Figure 2: Faculty members of YIASCAM celebrated onam



Figure 3: Pro-VC Dr Shripathi Rao Graced the occasion.



Figure 4: Parents and students virtually participated in the event



Figure 5: Students virtually participated in different events

Shareena P
24/08/2021

PRINCIPAL
The Yenepoya Institute of Arts, Science,
Commerce & Management
Balmatta, Mangaluru-575002



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Report on Onam Celebration

Organized by
Department of Biochemistry

Yenepoya Medical College
Yenepoya (Deemed to be University)

Deralakatte, Mangalore- 575018
Karnataka, India

Aug 19, 2021

ONAM CELEBRATION IN BIOCHEMISTRY DEPARTMENT- REPORT

Onam is the festival of harvest and joy, known to bring prosperity and harmony. It was celebrated in biochemistry department, YMC, with traditional cultural mood and enthusiasm.

The event was organized by 2nd year MSc students of biochemistry department on 19-08-2021.

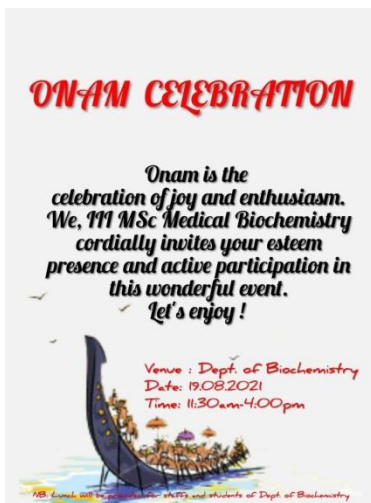
The program was inaugurated by Dr. Ganesh Prasad, HOD Biochemistry at 11.30 am in demo room of the department.

The entire event included singing traditional onam songs, drawing traditional pookalam, and other cultural events. It also included few fun games for staff and students of the department.

Everyone felt that such events are needed very often to break the monotony of the academics to bring about more productive working atmosphere in coming days.

Event concluded at 3.30pm with HOD thanking everyone for the active participation.

The entire event was observed with strict adherence to covid protocols as per existing guidelines.



HOD Biochemistry


(Dr. Ganesh Prasad)
Head, Department of Biochemistry
YERVOYA MEDICAL COLLEGE
MANGALORE - 575 004



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REPORT ON

SADBHAVANA DIWAS 2021

Organized by
Department of NSS UNIT - 1
Yenepoya Dental College
Yenepoya (Deemed to be University)
Deralakatte, Mangalore.

26/01/2021



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SADBHAVANA DIWAS 2021

**SADBHAVANA' IN THE ENGLISH
LANGUAGE MEANS GOODWILL AND
BONAFIDE**

SADBHAVANA PLEDGE AT YDC 5TH FLOOR
AUDITORIUM ,

YENEPOYA DENTAL COLLEGE

TIME: 12:30 PM- 12:45 PM

**SCREENING OF THE
"MA THUJE SALAAM", VIDEO SONG**

www.yenepoya.edu.in

NSS UNIT-1, YDC



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SADBHAVANA DIWAS PLEDGE

“I TAKE THIS SOLEMN PLEDGE THAT I WILL WORK FOR THE EMOTIONAL ONENESS AND HARMONY OF ALL THE PEOPLE OF INDIA REGARDLESS OF CASTE, REGION, RELIGION, OR LANGUAGE. I FURTHER PLEDGE THAT I SHALL RESOLVE ALL DIFFERENCES AMONG US THROUGH DIALOGUE AND CONSTITUTIONAL MEANS WITHOUT RESORTING TO VIOLENCE.”

www.yenepoya.edu.in

NSS UNIT-1, YDC



REPORT:

The Program started with a Welcome address by the Dean Dr.Akther Husain, and Also Administering the Pledge. Total of 100 Students and Faculty attended the program. The Masters of Ceremony for the program were Ms.Venessa and MS.Arya Raju, NSS Volunteers. The Vote of Thanks was delivered by Ms.Shiny NSS Volunteer of the Unit.

The Program also saw the release of the video song participated by the faculty and NSS volunteers, YDC.



Fig 1: Pledge Administration by the Dean



Fig 2: Hybrid Program Both Online and Offline Presence



Fig 3: Group Photo of NSS Unit-1 Volunteers

Ahena
DEAN / PRINCIPAL
Yenepoya Dental College
Yenepoya Deemed to be University
University Road, Deralakatte
Mangaluru-575018



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

REPORT ON CHRISTMAS AND NEW YEAR CELEBRATION

Organized by

DEPARTMENT OF GERIATRIC MEDICINE

Yenepoya medical College

Yenepoya (Deemed to be University)

Deralakatte, Mangalore- 575018

Karnataka, India

02-01-2021


**Professor & H.O.D.
Department of Geriatric Medicine
Yenepoya Medical College & Hospital
Deralakatte, Mangaluru-575018**

DEPARTMENT OF GERIATRIC MEDICINE

PROGRAMME ON “CHRISTMAS AND NEW YEAR CELEBRATION

ORGANIZED BY: GERIATRIC MEDICINE

DATE: ON 2ND JANUARY 2021 AT ONLINE

Report on Christmas and New Year celebration

The programme was held on 02.01.2021 at 11.30 – 12.30AM. New Year message: Dr. Moosabba, Dean, YMC, Chief Guest: Dr. Ananth Prabhu, Professor of General Surgery, YMCH.

Miss. Kavyashree, MSW, department of Geriatric Medicine, compered the programme, Dr. Kishore Kumar Ubrangala, Professor of Geriatric Medicine gave the welcome speech. Dr. Moosabba, Dean, YMC gave the New year message and distribute certificates to the successful candidates who had completed all the 4 modules of Certificate course in Palliative Care with Emphasis on Geriatric Care. Dr. Ananth Prabhu, Professor of General Surgery, YMCH, spoke about the importance of Geriatric care and emphasised that we should look after our elderly at home with compassion and love. He inaugurated the programme by singing two melodies songs. This was followed by entertainment programme by the Yen Active Ageing group and Spoorthi Trust – with songs and online dances. Many senior citizens gave new year messages on this occasion.

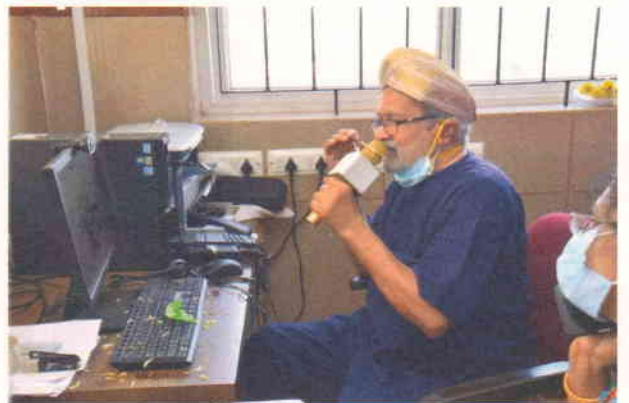
Dr. Prabha Adhikari, Prof. & HOD, dept. of Geriatric Medicine thanked the university officials and the Principal for supporting this programme and IT department for enabling it. She thanked Dr. Anantha Prabhu for making the programme lively with this messages and songs. Programme was held using Google-meet link. Participants were very happy with the programme. 27 senior citizens participated in the programme.


Professor & H.O.D.
Department of Geriatric Medicine
Yenepoya Medical College & Hospital
Deralakatte, Mangaluru-575018



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(DEEMED TO BE UNIVERSITY)
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DEPARTMENT OF GERIATRIC MEDICINE



[Signature]
Professor & H.O.D.
Department of Geriatric Medicine
Yenepoya Medical College & Hospital
Deralakatte, Mangaluru-575018



YENEPOYA

(DEEMED TO BE UNIVERSITY)

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Report On Christmas celebration-2020

Organized by,

**The Yenepoya Institute of Arts ,Science,Commerce and
Management**

Yenepoya (Deemed to be University)

Mangalore- 575002

Karnataka, India

14 December, 2020

From,

Pavitra Shetty
Assistant Professor
YIASCM

To,

The Principal
YIASCM

Respected Madam,

Sub: Permission to Celebrate Cake Mixing **on** 14 December, 2020

I am writing this letter to request permission to **Celebrate** Cake Mixing **on** 14 December, 2020 for students of YIASCM. I wish to conduct this programme in order to inculcate the religious and cultural harmony among the student community and I believe this will be a very useful event and that many students will wish to attend.

Thanking you

Yours sincerely

P Shetty
13/12/2020

Permitted
Pras
08/12/20

PRINCIPAL
The Yenepoya Institute of Arts, Science,
Commerce & Management
Balmatta, Mangaluru-575002

8/12/2020

Report on YIASCM CAKE MIXING

It's the most wonderful time of the year again and the Yenepoya Institute of Arts, Science, Commerce and Management had the Cake Mixing Ceremony on 14 December, 2020 at the college cafeteria on the occasion of Christmas. The guest of honor was Mr. Hadley Gonsalves, Sales Manager of Gold Finch Mangalore. On this occasion, he highlighted the importance of cake mixing and how Christmas brings the spirit of goodness and unity among families and friends. The principal Dr. Parvadhavardhini Gopalakrishnan motivated the students and staff to cherish all the good times. She spoke on the traditions of cake mixing which has been going on from a long time across the globe. After which the hospitality science students along with the guest of honor Mr. Hadley Gonsalves, principal Dr. Parvadhavardhini Gopalkrishnan, vice principal Dr Shareena P, Administrator Naseem Banu, Chef Anooth Thomas mixed the dry fruits along with fruit juices and kept them for soaking. The program was compered by Ms. Calida Royce D'Souza. The YIASCM wishes all A Blessed Christmas and A Prosperous New Year 2021.



Figure 1:Faculties and staffs actively participated in cake mixing

Par
17/12/20
PRINCIPAL
The Yenepoya Institute of Arts, Science,
Commerce & Management
Balmatta, Mangaluru-575002



NSS Unit and Dept. of Swasthavritta & Yoga
Yenepoya Ayurveda Medical College and Hospital, Naringana

Report on Fit India Freedom Run - 2020

**Jointly organised by –
NSS Unit
and
Dept. of Swasthavritta & Yoga
Yenepoya Ayurveda Medical College and Hospital, Naringana**

Date: 23/09/2020

Fit India Freedom Run - 2020

From
Dr. Jnanesh Marathe
Programme Officer
NSS Unit
YAMCH

To
The Principal
YAMCH

Subject: Requisition for conducting an activity for "Fit India Freedom Run" regarding

Ref: ಯುಪೀಇ/ರಾಸೇಯೋ/19/2020-21/109 dated 18th August 2020

Date: 18th September 2020

Respected sir

With the reference of above mentioned circular from NSS, Govt. of Karnataka Department of Youth Empowerment and Sports, Bengaluru, the NSS Unit, YAMCH collaborating with the Dept. of Swasthavrutta are planning to conduct an activity on "Fit India Freedom Run", 23rd September, 2020 at Lecture Hall, 10:00am. Thereby, kindly permit us to conduct this programme.

Thank you

Sincerely

Jnanesh M.

(Dr. JNANESH MARATHE)

Permitted
[Signature]
15/09/2020

Dean

Yenepoya Ayurveda Medical College & Hospital

Attachments:

1. NSS, GoK Circular photocopy
2. Fit India Freedom Run GoI announcement copy
3. NSS, YU email photocopy



ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ.

ಸಂಖ್ಯೆ: ಯುಸೇಇ/ರಾಸೇಯೋ/19/2020-21/109

ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಸಚಿವಾಲಯ,
ಬಹುಮಹಡಿ ಕಟ್ಟಡ,
ಬೆಂಗಳೂರು, ದಿನಾಂಕ: 18.08.2019.

ಇವರಿಗೆ,

ಕಾರ್ಯಕ್ರಮ ಸಂಯೋಜನಾಧಿಕಾರಿಗಳು,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ ಇರುವ
ಎಲ್ಲಾ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಮತ್ತು ನಿರ್ದೇಶನಾಲಯಗಳು.

ಮಾನ್ಯರೇ,

ವಿಷಯ: ಫಿಟ್ ಇಂಡಿಯಾ ಸ್ವಾತಂತ್ರ್ಯ ಓಟ ಕಾರ್ಯಕ್ರಮವನ್ನು ಅನುಷ್ಠಾನ ಮಾಡುವ ಬಗ್ಗೆ
ಉಲ್ಲೇಖ: ಪ್ರಾದೇಶಿಕ ಕಛೇರಿ, ಭಾರತ ಸರ್ಕಾರ ಇವರ ಇಮೇಲ್ ದಿ:18.08.2020

ಮೇಲಿನ ವಿಷಯ ಮತ್ತು ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಭಾರತ ಸರ್ಕಾರವು ಫಿಟ್ ಇಂಡಿಯಾ ಸ್ವಾತಂತ್ರ್ಯ ಓಟ ಕಾರ್ಯಕ್ರಮವನ್ನು ದಿನಾಂಕ: 15, ಆಗಸ್ಟ್ 2020 ರಿಂದ 02, ಅಕ್ಟೋಬರ್ 2020 ರವರೆಗೆ ಹಮ್ಮಿಕೊಳ್ಳಲು ಸೂಚಿಸಿರುವ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಕೆಳಗಿನ ದಿನಾಂಕಗಳಂದು ಕೋವಿಡ್-19 ಮುನ್ನೆಚ್ಚರಿಕೆ ಕ್ರಮಗಳನ್ನು ಗಮನದಲ್ಲಿರಿಸಿಕೊಂಡು ಸದರಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಹಮ್ಮಿಕೊಳ್ಳುವುದು. ವಿಶ್ವವಿದ್ಯಾನಿಲಯ/ನಿರ್ದೇಶನಾಲಯದ ಮಟ್ಟದಲ್ಲಿ ಒಂದು ಕಾರ್ಯಕ್ರಮವನ್ನು ಏರ್ಪಡಿಸಿ ಸ್ವಯಂ ಸೇವಕ/ಸೇವಕಿಯರು ಅವರಿರುವ ಪ್ರದೇಶಗಳಲ್ಲಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸಬಹುದಾಗಿದೆ. ಕಾರ್ಯಕ್ರಮದ ಯಶಸ್ವಿ ಅನುಷ್ಠಾನದ ನಂತರ ವರದಿ ಮತ್ತು ಛಾಯಾ ಚಿತ್ರ, ವೀಡಿಯೋಗಳನ್ನು, ಸರ್ಕಾರಕ್ಕೆ ವರದಿಯನ್ನು ಸಲ್ಲಿಸಲು ಅನುಕೂಲವಾಗುವಂತೆ ಪ್ರಾದೇಶಿಕ ಕೇಂದ್ರ, ಎನ್.ಎಸ್.ಎಸ್ ಕೋಶ ಹಾಗೂ ಎನ್.ಎಸ್.ಎಸ್. ಕರ್ನಾಟಕ ಗುಂಪಿಗೆ ಕಳುಹಿಸುವುದು. ಯಾವುದೇ ರೀತಿಯ ಮಾಹಿತಿಗಾಗಿ ಪ್ರಾದೇಶಿಕ ನಿರ್ದೇಶಕರು ಅಥವಾ ರಾಜ್ಯ ಎನ್.ಎಸ್.ಎಸ್. ಅಧಿಕಾರಿಯನ್ನು ಸಂಪರ್ಕಿಸಬಹುದಾಗಿದೆ. ಸರ್ಕಾರದ ಸೂಚನೆಯನ್ನು ಲಗತ್ತಿಸಲಾಗಿದೆ.

| Sl.No. | Universities / Directorates | Date |
|--------|---------------------------------------|------------|
| 01 | Directorate of PU Edn., Bengaluru, | 24.08.2020 |
| 02 | Director of Emp & Trg, Bengaluru. | 24.08.2020 |
| 03 | Director of Tech Edn, BENGALURU, | 25.08.2020 |
| 04 | D.S.E.R.T., Bengaluru | 25.08.2020 |
| 05 | Bangalore University, Bengaluru, | 26.08.2020 |
| 06 | R.G.U.H.S., Bengaluru, | 26.08.2020 |
| 07 | University of Mysore, Mysore | 27.08.2020 |
| 08 | Mangalore University, Mangalore, | 27.08.2020 |
| 09 | Gulbarga University, Gulbarga, | 28.08.2020 |
| 10 | Rani Chennamma University, Belgavi, | 28.08.2020 |
| 11 | Kuvempu University, Shivamoga, | 29.08.2020 |
| 12 | University ofDavanagere, Davanagere, | 29.08.2020 |
| 13 | Karnatak University, Dharwad, | 31.08.2020 |
| 14 | Tumkur University, TUMKUR, | 31.08.2020 |
| 15 | Karnataka State Women's Univ.,Bijapur | 01.09.2020 |
| 16 | Sri Krishna Devaraya Univ., Bellary | 01.09.2020 |
| 17 | VTU Belgaum, | 02.09.2020 |
| 18 | Karnataka Law University, Hubli, | 02.09.2020 |
| 19 | UAS, Bengaluru | 03.09.2020 |

| | | |
|----|--|--------------------------------|
| 20 | UAS, Dharwad, | 03.09.2020 |
| 21 | KLE University, Belagavi, | 04.09.2020 |
| 22 | UAS,Raichur, | 04.09.2020 |
| 23 | UHS, Bagalkot | 05.09.2020 |
| 24 | UA&HS, SHIVAMOGGA | 05.09.2020 |
| 25 | Karnataka Vet & Fish., Scs. Univ.,Bidar | 07.09.2020 |
| 26 | Karnataka Sanskrit Univ. Bengaluru, | 07.09.2020 |
| 27 | NITTE University, Mangalore, | 08.09.2020 |
| 28 | Yenepoya University, Mangalore, | 08.09.2020 |
| 29 | JSS University, Mysore, | 09.09.2020 |
| 30 | Sri Siddhartha University, Tumkur, | 09.09.2020 |
| 31 | B.L.D.E. University, Vijaypur, | 10.09.2020 |
| 32 | Sri Devaraj Urs AHE & Res., Kolar, | 10.09.2020 |
| 33 | Kannada University, HAMPI | 11.09.2020 |
| 34 | Kar.State Gangubai Hangal Music & Performing Arts, Mysore | 11.09.2020 |
| 35 | National Institute of Mental Health & Neuro Scs., Bangalore-560 029. | 14.09.2020 |
| 36 | Garden City University, Bangalore. | 14.09.2020 |
| 37 | Jain University, Bangalore | 15.09.2020 |
| 38 | Dayanand Sagar University, bangalore 560 068 . | 16.09.2020 |
| 39 | Janapada University, Gotagodi | 16.09.2020 |
| 40 | Bangalore Central University, Bangalore | 18.09.2020 |
| 41 | Bangalore North University, Kolar | 18.09.2020 |
| 42 | Gital University Gitam School of Technology | 19.09.2020 |
| 43 | S. Vyasa University | 19.09.2020 |
| 44 | Presidency University | 21.09.2020 |
| 45 | Reva University | 21.09.2020 |
| 46 | Sharanabasava University | 22.09.2020 |
| 47 | Maulana Azad National Urdu University | 22.09.2020 |
| 48 | Karnataka State Rural Development & Panchayat Raj University | 23.09.2020 |
| 49 | Shri. DharmasthalaManjunatheshwara University, | 23.09.2020 |
| 50 | Sri Adichunchanagiri University | 24.09.2020 |
| 51 | Srinivas University | 25.09.2020 |
| 52 | Maharani Cluster University | 25.09.2020 |
| 53 | State NSS Cell and Regional Center | 26.09.2020 to 02.10.2020 |

ವಂದನೆಗಳೊಂದಿಗೆ,

ತಮ್ಮ ವಿಶ್ವಾಸಿ,

Chetty

(ಡಾ.ಗಣನಾಥ ಶೆಟ್ಟಿ),

ರಾಜ್ಯ ಎನ್.ಎಸ್.ಎಸ್.ಅಧಿಕಾರಿ ಹಾಗೂ
ಪದನಿಮಿತ್ತ ಸರ್ಕಾರದ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ,
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ.

ಪ್ರತಿ:

1. ಆಪರ ಮುಖ್ಯ ಕಾರ್ಯದರ್ಶಿಗಳು, ಯುವಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ ಇವರ ಮಾಹಿತಿಗಾಗಿ.
2. ಪ್ರಾದೇಶಿಕ ನಿರ್ದೇಶಕರು, ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ, ಪ್ರಾದೇಶಿಕ ಕೇಂದ್ರ, ಭಾರತ ಸರ್ಕಾರ, ಬಸವನಗುಡಿ ಬೆಂಗಳೂರು-4.
3. ಆಯುಕ್ತರು, ಯುವಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ, ಬೆಂಗಳೂರು

**FIT
INDIA**


Government of India
Ministry of Youth Affairs and Sports

खेल
प्रवर्धन
संस्थान
sports
authority of
india



Fit India Freedom Run

“RUNNING: The human body’s most raw form of FREEDOM”

Fit India Movement is conducting Fit India Freedom Run from 15th August – 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!”. You can-

- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or GPS watch.

Mode of participation:

- Participation can be done through Fit India Website either on
- Organiser’s platform or
- Those who have undertaken their own run can individually submit their data and download the certificate.

Note:

1. Organisers will have to register their runs/marathons on Fit India portal (www.fitindia.gov.in). They will use the Fit India Logo for all promotional media and provide the data of participants with their cumulative kms covered.
2. FIT INDIA mission advises organizers and individuals to organize their events following the social distancing norms and encourages the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.

I have read and understood the concept and event guidelines. I agree to follow the guidelines of Organising / Participating in FIT INDIA FREEDOM RUN.

ORGANISE / PARTICIPATE

LET'S STAY IN TOUCH

Stay connected to get latest updates.

Email [Address](#)

SEND

FOLLOW FIT INDIA

We want to hear from you!

© 2020 Sports Authority of India.

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Last updated on August 18th,

2020 | No of Visitors: **17778343** |

Brahma

Powered by [SeqFAST](#)

Fwd: Fw: Regarding Organising of Fit India freedom Run Inbox X NSS YU/NSS YAMCH X

6 Wed, Aug 26, 4:38 PM ☆



NSS Yenepoya University

to Imran, Akshaya, me, niyaz, Pracheth, Dr. Shafiqi, RENITA, drshashikantkammal, Shemjaz, Mr. Averil, NSS

Dear All
NSS, Programme Officers

Herewith attached a letter regarding implementation of Fit India freedom Run.

Thanking You,

with regards

Dr. Ashwini S Shetty Ph.D Anatomy, PGDBEME
Associate Professor, Department of anatomy
Programme Coordinator, NSS
Yenepoya University

2 Attachments



2_NSS Gok Circula...pdf

to Hangouts



NSS Unit and Dept. of Swasthavritta & Yoga
Yenepoya Ayurveda Medical College and Hospital, Naringana

Date: 23rd September 2020

The NSS Unit, YAMCH and Dept. of Swasthavrutta and Yoga, YAMCH has jointly organised the college level "Fit India Freedom Run" programme on 23rd September 2020 at Yenepoya Ayurveda Medical College and Hospital, Naringana, 10:00am. In this programme due to COVID-19 students volunteers were participated from their respective places. Due to monsoon season, for the teaching and non-teaching staff we have conducted Yoga session in the college. Total 38 members were participated including the staff and the student volunteers.

Dr. C.V. Raghuveer, Pro-Vice Chancellor, Yenepoya (Deemed to be University) was the Chief Guest. The Guests of Honour were Dr. Gururaja H., Principal, YAMCH and Dr. K. Lakshmeesha Upadhya, M.S., YAMCH. The members of organising committee were as follows,

| Sr. No. | NSS Unit | Dept. of Swasthavrutta |
|---------|--|-----------------------------|
| 1 | Dr. Jnanesh Marathe, Programme Officer | Dr. Supriya S., Asso. Prof. |
| 2 | Dr. Rukma C.K., Member (Staff) | |
| 3 | Dr. Navaneeth K.P., Member (Staff) | |
| 4 | Miss. Jithina Member, (Student) | Dr. Sreeraj P., Asst. Prof. |
| 5 | Mr. Adrinath, Member, (Student) | |

This programme has started with welcome speech by Dr. Jnanesh Marathe. The main Yoga session has led by Dr. Supriya S., Asso. Prof. and Yogaasanas were demonstrated by Dr. Sreeraj P., Asst. Prof.; the names of the Yogaasanas are as follows,

| Sr. No. | Name of the Yogaasanas |
|---------|------------------------|
| 1 | Vajrasana |
| 2 | Nadi Shuddhi Pranayama |
| 3 | Parshwakati Chakrasana |
| 4 | Trikonaasana |
| 5 | Utthitapadaasana |
| 6 | Makaraasana |
| 7 | Bhujangaasana |
| 8 | Shavaasana |

The programme was concluded with the closing remarks by Dr. Supriya S. Total there were 28 numbers of staff.

The student volunteers are participated from their respective hometowns. The activities were Jogging, Running, Yoga and Cycling. Total there were 10 student volunteers.

Date: 23/09/2020

Fit India Freedom Run - 2020



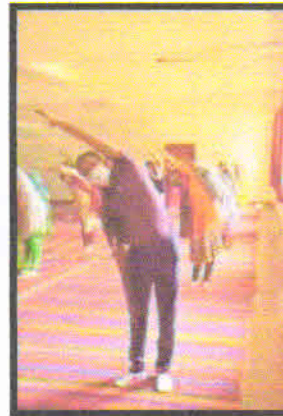
NSS Unit and Dept. of Swasthavritta & Yoga
Yenepoya Ayurveda Medical College and Hospital, Naringana

Photographs:

1. Chief Guest: Dr. C.V. Raghuv eer



2. Guest of Honour: Dr. Gururaja H.



3. Guest of Honour: Dr. K. Lakshmeesha Upadhya



Date: 23/09/2020

Fit India Freedom Run - 2020



NSS Unit and Dept. of Swasthavritta & Yoga
Yenepooya Ayurveda Medical College and Hospital, Naringana

4. Organising committee members:



5. Participation of student volunteers:

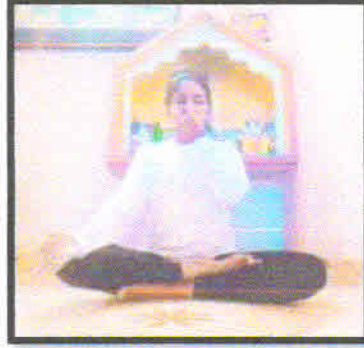


Date: 23/09/2020

Fit India Freedom Run - 2020



NSS Unit and Dept. of Swasthavritta & Yoga
Yenepoya Ayurveda Medical College and Hospital, Naringana



Dean
Yenepoya Ayurveda Medical College & Hospital

Date: 23/09/2020

Fit India Freedom Run - 2020

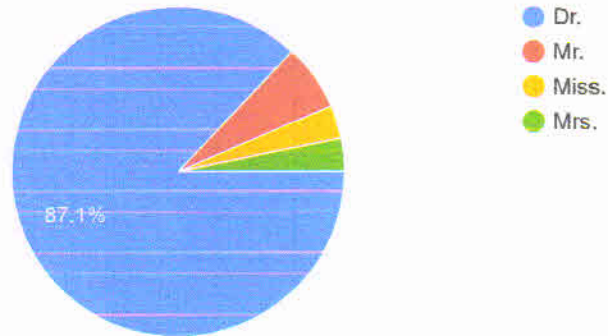
1_Fit India Freedom Run-Feedback Form

31 responses

[Publish analytics](#)

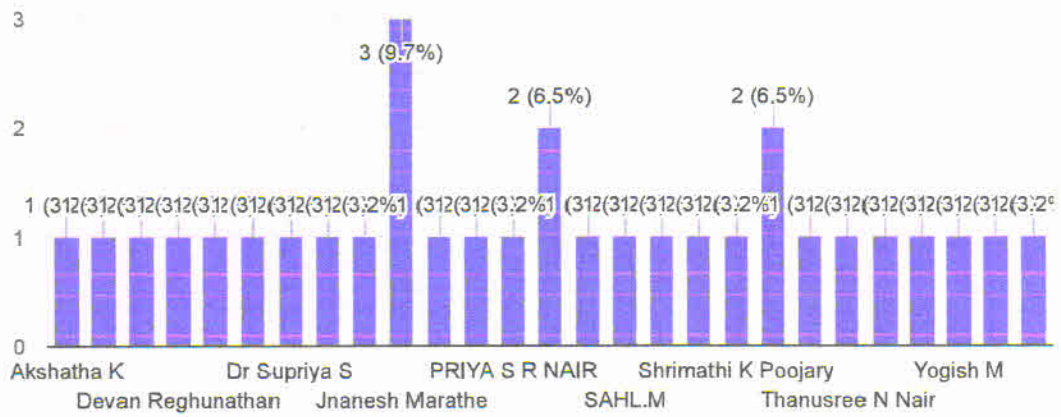
Salutation

31 responses



Full Name

31 responses



Share your experience

23 responses

Good

Excellent

WOUNDERFUL SECTION

It was a very useful experience, well organized too.

Good programme. And new experience for me. Doing yoga is after a long day. Thank you so much for Nss unit and dept of swasthavritta and yoga.

It was wonderful progr

The session was truly rejuvenating.

Nice. Looking forward to participate in future

Excellent

Suggestions for improvement

15 responses

Nothing

if you are doing daily half an hour then it will be useful

A bigger venue next time

Formal dress is so difficult to do yoga track suit is best.

None.

Excellent

good

More Hours required

No suggestions

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Google Forms



Dean
Yenepaya Ayurveda Medical College & Hospital



NSS Unit & Dept. of Swasthavrutta
Yenepoya Ayurveda Medical College and Hospital, Naringana
Jointly organises

Fit India Freedom Run

Participants' list

Date: 23rd September 2020

| Sr. No. | Name of the Staff | Email ID | Signature |
|---------|-----------------------|--------------------------------|-----------|
| 1 | Dr. Devan Raghunathan | drdevanraghunath@gmail.com | |
| 2 | Dr. Bushra | bushra120916@gmail.com | |
| 3 | Akshitha | Akshithabakorya@gmail.com | |
| 4 | Yogish M | Yogishm@yenepoya.edu.in | |
| 5 | Shrimalthi K. Poojary | gagankishore851@gmail.com | |
| 6 | Dr. Vandana R. Pai | vandanarpai19@gmail.com | |
| 7 | Dr. Priya S. R. Nair | drpriya.nair@yemspria.edu.in | |
| 8 | Dr. Divya M | 123divya1@gmail.com | |
| 9 | Dr. LAJO JOHN. | lajohn99@gmail.com | |
| 10 | Dr. Thanusee N. Nair | drthanusee@yenepoya.edu.in | |
| 11 | Dr. Rukma C. K. | rukmacck@gmail.com | |
| 12 | DR. SRIDEVI | drsridevirao@yenepoya.edu.in | |
| 13 | Dr. Shreya | shreyak@yenepoya.edu.in | |
| 14 | Dr. Anshika Bhat | abhat490@gmail.com | |
| 15 | Dr. Balakrishna | dr.balakrishna@yenepoya.edu.in | |
| 16 | Dr. Priya Pradeep | drpriyapradeep@yenepoya.edu.in | |
| 17 | Dr. Shubada V. I | drshubadavi@yenepoya.edu.in | |
| 18 | Dr. Asha. Maradka | drashamaradka@yenepoya.edu.in | |
| 19 | Dr. Supriya S. | supriya.kundapur@gmail.com | |
| 20 | Dr. SAHL M | drsahlubaid@gmail.com | |
| 21 | Dr. Sreeraj P | drsreerajp@gmail.com | |
| 22 | Dr. AKHIL Raj | akhilraj5bg@gmail.com | |