



**YENEPOYA**

(DEEMED TO BE UNIVERSITY)

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

Accredited by NAAC with 'A' Grade

5.1.2 Institutional Implements a variety of capability enhancement and other skill development scheme

## **Detailed report of the Capacity enhancement programs and skill development schemes**

### **3. Yoga and wellness**



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## Yenepoya (Deemed to be University)

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Dr. Gangadhara Somayaji K.S.  
Registrar

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Mangalore-575 005, Karnataka

Criteria V/YDU/5.1.2/ Yoga and wellness

### Summary sheet of the Yoga and Wellness program from 2016-2021

Sl. No.	Year	No. of Programs	No. of participants
1	2020-2021	03	128
2	2019-2020	06	983
3	2018-2019	03	1275
4	2017-2018	08	1361
5	2016-2017	02	196

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Dr. Ganadharan Ramayyil K.S.

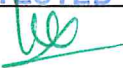
Criteria V/YDU/5.1.2/ Yoga and Wellness

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University Road, Derlakatte  
Mangalore-575 018, Karnataka

### List of the Yoga and wellness programs from 2016 - 2021

Sl.No	Year of implementation	Name of the program	Number of students enrolled	Page No
<b>2020-21</b>				
1.	2020-21	Workshop on Yoga: Elixir of life	40	8-10
2.	2020-21	Yoga camp at Hanuman Friends Club	24	11
3.	2020-21	Webinar on Yogic Practice as potential adjunctive treatment of SARS-Cov-2 infection and COVID-19	64	12-13
<b>2019-20</b>				
1.	2019-20	Virtual class on pranayama- International day of yoga	90	14-20
2.	2019-20	12 Hours Live Yoga Lecture Series- International Yoga Day 2020	500	21-32
3.	2019-20	International Day of Yoga 2020	130	33-35
4.	2019-20	Come beat the Stress'	57	36
5.	2019-20	"Lecture Demonstration on Yoga" on World elder Day	56	37
6.	2019-20	Orientation to Yoga- Importance and practices Foundation course for MBBS students of 2019-20 CBME batch	150	38
<b>2018-19</b>				
1.	2018-19	International Yoga Day 2019	125	40-49
2.	2018-19	15 hours Marathon Yoga session	1000	50-59
3.	2018-19	Guest talk on Physiological Effects & its benefits-	150	60
<b>2017-18</b>				
1.	2017-18	International Yoga day	500	62-63
2.	2017-18	The International Day of Yoga 2018	100	64

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Dr. Gangadhara Samayaji K.S.

Criteria V/YDU/5.1.2/Yoga and wellness program

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3.	2017-18	Guest Lecture on Yoga and Healthy Life	150	65
4.	2017-18	Yogasana & Pranayama training	36	66
5.	2017-18	Demonstration for sports students and Guest Talk	40	67
6.	2017-18	Report of Yogasana, Pranayama, Meditation and Relaxation Camp 11-20.6.18	15	68-69
7.	2017-18	Yogasana and pranayama demonstration and Mass yoga practice on International Yoga Day 2018	500	70-71
8.	2017-18	Pranayama, Meditation and Relaxation Workshopa at Yenepoya Research Centre	20	72
2016-17				
1.	2016-17	Yoga & Health	136	74
2.	2016-17	International Yoga day	60	75

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## Yenepoya (Deemed to be University)

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# Reports of Yoga and wellness programs from 2016-2021

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Criteria V/YDU/5.1.2/Yoga and wellness

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## Yenepoya (Deemed to be University)

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# 3. Yoga and wellness 2020-2021

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Criteria V/YDU/5.1.2/ Yoga and wellness

Dr. Garudhara Somayajulu  
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### Yenepoya Centre for Yoga and Wellness



## Workshop on Yoga: Elixir of Life

Date: 14-12-2020 to 21-12-2020 11.30am to 12.30noon

Venue: 4<sup>th</sup> floor Yenepoya Institute of Arts, Science ,Commerce and Management

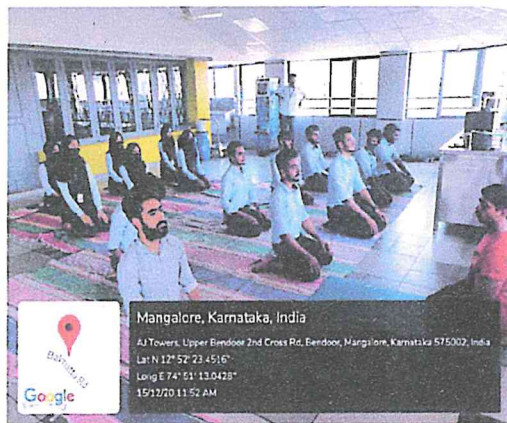
No. of Participants: 40



### Inaugural talk by Dr. Pravadhavardini Gopalakrishnan

Mangaluru,Balmatta : In today’s busy lifestyle, it’s vital to spend quality time on exercise. Quality time given to yoga during a day can be a great way to eliminate stress as it helps to rejuvenate the body, mind and soul. The Yenepoya Institute of Arts, Science ,Commerce and Management conducted one-week yoga workshop for the students of the institute .

The programme started on the first day hosted by Noorul Mehek of Final BCom (regular) highlighting the need of yoga in the present age. Mr Anas Ahmed Shihaan of final B.Com Professional invoked the blessings of God Almighty by reciting verses from the Holy Quran. Welcome speech was delivered by Miss. FahimaNihafrom final yearB.Com.The dignitaries who graced the occasion



Workshop on Yoga: Elixir of Life

Date: 14-12-2020 to 21-12-2020

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Page 8 of 75  
Dr. Ganesh Kumar Somayaji Registrar  
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## Yenepoya Centre for Yoga and Wellness



were Principal Dr. Pravadhavardini Gopalakrishnan, Vice principal Dr. Shareena.P and the resource person for the event Mr. Kushalappa Gowda, who is a prominent yoga consultant. Miss Naveeda Anjum of final year B.Com (Professional) briefly introduced the guest highlighting his qualifications and achievements in the field of yoga.

Mr. Kushalappa Gowda witnessed the most hospitable welcome by the institute as he was offered with the memento handed over by the principal Dr. Pravadhavardini Gopalakrishnan. After that the principal addressed the gathering focussing on the importance of yoga. She encouraged the students as to how yoga brings a change in a person's life. It increases life expectancy, concentration and makes a person feel serene. She also spoke on all work and no physical exercises can make a person lethargic and stressful. Hence yoga plays an important role in shaping lives. Miss Chaithra Shetty concluded the inaugural programme by delivering the vote of thanks.

On subsequent days, students of different batches of final year enthusiastically participated in the workshop and they were introduced to basic poses (asanas) i.e. Pranayama, Tadasana, Virksana, Vajrasana, Savasana and many more. Each batch were provided with 1 hour of yoga training which was conducted on two alternative days. The objective of this workshop was to inspire the students to maintain a healthy life, to reduce the stress level and also to increase concentration.

The instructor Mr. Kushalappa Gowda enthusiastically and with zeal elaborated each pose and its benefits. He also motivated the students to practice yoga daily. During the valedictory at the end of the week, Mr. Namith Raj, Final year B.H.S student thanked the instructor Mr. Kushalappa Gowda for his amazing sessions. Dr. Shareena. P gave a memento as a token of appreciation to Mr. Kushalappa Gowda for a wonderful session on Yoga. The faculty Mrs. Lakshmi, Ms. Neekshitha Shetty and Mr. Niyaz P cooperated in the smooth running of the program.

Workshop on Yoga: Elixir of Life

Date: 14-12-2020 to 21-12-2020

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Mr. Kushalappa Gowda  
Yenepoya (Deemed to be University)  
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Mangalore-575 010

VIJAYAKARNATAKA 31-12-2020

**ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ**

• ವಿಶ್ವ ಸುದ್ದಿಪೋಷಕ ಪದಾರ್ಥವು  
 ಬಹುತರದ ಯೋಗಪ್ರಾಯೋಗ ಅನುಭವಕ್ಕೆ  
 ಅರ್ಹ ಅರ್ಥಕ್ಕೆ ಸೈನ್ಯ ಕಾರ್ಯದರ್ಶಿ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಕಾಲೇಜಿನಲ್ಲಿ ಇತ್ತೀಚೆಗೆ  
 ಯೋಗಾಸನ ಶಿಬಿರ ನಡವಿಸಿತು.

ಯೇನಪೋಯ ಡೀಮ್ಡ್ ಓಂ ಬಿ  
 ವಿಶ್ವವಿದ್ಯಾಲಯದ ಕಾರ್ಯನಿರ್ವಾಹಕ  
 ಕುಲಾಚಾರ್ಯೆಗಳೇ ಯೋಗ ಕರತೆಯೇನು  
 ನಡವಿಸಿತು.

ಕಾಲೇಜಿನ ಪ್ರಿನ್ಸಿಪಾಲ್ ಡಾ.  
 ವರ್ಧಮಣ್ಣನೇ ಗೋಪಾಲಕೃಷ್ಣನ್  
 ಮಾತನಾಡಿ. ವಿಶ್ವಾಸ್ತುಗಳ  
 ಬಹುಮಟ್ಟದ ಜೀವನವನ್ನು ನಡೆಸಲು  
 ಯೋಗಾಸನವು ಸಹಕಾರಿಯೆಂದರು.  
 ಪ್ರೊ ಪ್ರಿನ್ಸಿಪಾಲ್ ಡಾ.ರಂಜಿತ್ ಎ.  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಮಾತನಾಡಿದರು.  
 ವಾಗ್ವಿಜ್ಞಾನಕ್ಕೆ ವಿಭಾಗದ ಸಹಾಯಕ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿಯಾದರು.



ಶ್ವತಿಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ನವೀನ  
 ಅನುಮದ್ ಕರತೆಯಾದರ  
 ನುಬಯದ ಮೂಡಿದರು. ಶ್ವತಿಯ ಬಿ.  
 ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ಧಾತಿಯವರು  
 ಸ್ವಾಗತಿಸಿದರು. ಕೂರೂಲ್ ಮೆಹಲ್  
 ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು.  
 ಸಮಾವೇಶದ ಸಮಾರಂಭದಲ್ಲಿ  
 ಡಾ.ರಂಜಿತ್ ಎ. ಕರತೆಯಾದರನ್ನು  
 ಸಹಕರಿಸಿದರು.

ಗೌರವಿಸಿದರು. ಹಾಸ್ಯಾಂಶಿತ ಸೈನ್ಯ  
 ಶ್ವತಿಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ  
 ಕುಮಾರಾಚಾರ್ಯೆ ಕಾರ್ಯಕ್ರಮ  
 ನಿರೂಪಿಸಿದರು. ಕಾಲೇಜಿನ ಯೋಧಕ  
 ವರ್ಧಮಣ್ಣನವರು ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿ, ಅಧ್ಯಾಪಕ  
 ವಾಗ್ವಿಜ್ಞಾನ ವಿಭಾಗದ ಸಹಾಯಕ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಸಹಕರಿಸಿದರು.

Event news appeared Vijayavani Kannada news paper On31-12-2020

UDAYAVANI 12-2020

**ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ**

• ವಿಶ್ವ ಸುದ್ದಿಪೋಷಕ ಪದಾರ್ಥವು  
 ಬಹುತರದ ಯೋಗಪ್ರಾಯೋಗ ಅನುಭವಕ್ಕೆ  
 ಅರ್ಹ ಅರ್ಥಕ್ಕೆ ಸೈನ್ಯ ಕಾರ್ಯದರ್ಶಿ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಕಾಲೇಜಿನಲ್ಲಿ ಇತ್ತೀಚೆಗೆ  
 ಯೋಗಾಸನ ಶಿಬಿರ ನಡವಿಸಿತು.

ಯೋಗ ಕರತೆಯಾದರೂ  
 ಅನುಮದ್ ಕರತೆಯ ಡೀಮ್ಡ್  
 ಓಂ ಬಿ ವಿ.ವಿ.ಯ ಸಂವಿಧಾನಾರ್ಥಿ  
 ಕುಲಾಚಾರ್ಯೆಗಳೇ ಮಾತನಾಡಿ.  
 ಕಾಲೇಜಿನ ಒತ್ತಡದ ಜಗತ್ತಿನಲ್ಲಿ  
 ವಿಶ್ವಾಸ್ತುಗಳೇ ಯೋಗಾಸನದಲ್ಲಿ  
 ಜೀವನಗೊಳಿಸುವುದು ಮೂಲಸೂತ್ರ  
 ಹಾಗೂ ಪ್ರತಿ ಅರೋಗ್ಯವನ್ನು  
 ಕಾಪಾಡಿಕೊಳ್ಳುವುದು ಎಂದರು.

• ಕಾಲೇಜಿನ ಕಾರ್ಯನಿರ್ವಾಹಕ  
 ಕುಲಾಚಾರ್ಯೆಗಳೇ ಗೋಪಾಲಕೃಷ್ಣನ್  
 ಮಾತನಾಡಿ. ವಿಶ್ವಾಸ್ತುಗಳ  
 ಬಹುಮಟ್ಟದ ಜೀವನವನ್ನು ನಡೆಸಲು  
 ಯೋಗಾಸನವು ಸಹಕಾರಿಯೆಂದರು.  
 ಪ್ರೊ ಪ್ರಿನ್ಸಿಪಾಲ್ ಡಾ.ರಂಜಿತ್ ಎ.  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಮಾತನಾಡಿದರು.  
 ವಾಗ್ವಿಜ್ಞಾನಕ್ಕೆ ವಿಭಾಗದ ಸಹಾಯಕ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿಯಾದರು.



ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ ನಡವಿಸಿತು.  
 ಯೋಗಾಸನವು ಸಹಕಾರಿಯೆಂದರು. ಮೆಹಲ್ ನಿರೂಪಿಸಿದರು.  
 ಉಪಪ್ರಾಚಾರ್ಯೆ ಡಾ.ರಂಜಿತ್ ಎ. ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಮಾತನಾಡಿದರು.  
 ವಾಗ್ವಿಜ್ಞಾನಕ್ಕೆ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿಯಾದರು.  
 ಶ್ವತಿಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ನವೀನ ಅನುಮದ್ ಕರತೆಯಾದರ ನುಬಯದ ಮೂಡಿದರು. ಶ್ವತಿಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ಧಾತಿಯವರು ಸ್ವಾಗತಿಸಿದರು. ಕೂರೂಲ್ ಮೆಹಲ್ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು.

ಗೌರವಿಸಿದರು. ಹಾಸ್ಯಾಂಶಿತ ಸೈನ್ಯ  
 ಶ್ವತಿಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ  
 ಕುಮಾರಾಚಾರ್ಯೆ ಕಾರ್ಯಕ್ರಮ  
 ನಿರೂಪಿಸಿದರು. ಕಾಲೇಜಿನ ಯೋಧಕ  
 ವರ್ಧಮಣ್ಣನವರು ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿ, ಅಧ್ಯಾಪಕ  
 ವಾಗ್ವಿಜ್ಞಾನ ವಿಭಾಗದ ಸಹಾಯಕ  
 ಪ್ರಾಚಾರ್ಯೆಗಳೇ ಸಹಕರಿಸಿದರು.

Event news appeared Udayavani Kannada news paper On31-12-2020

**YENEPOYA Centre for Yoga and Wellness**  
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**Workshop on Yoga: Elixir of Life**

Date: 14-12-2020 to 21-12-2020

ATTESTED

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**Yenepoya Centre for Yoga and Wellness**



**Event: Yoga Camp at Hanuman friends Club, Battedadi Kuttar**

**Date 19-08-2020**

24 students and General public participated in the training program,



Students and Public doing Pranayama practice

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**Yoga Camp**

**Date 19-08-2020**

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**Dr.Gangadhara Somayaji K.S.**  
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## Yenepoya Centre for Yoga and Wellness

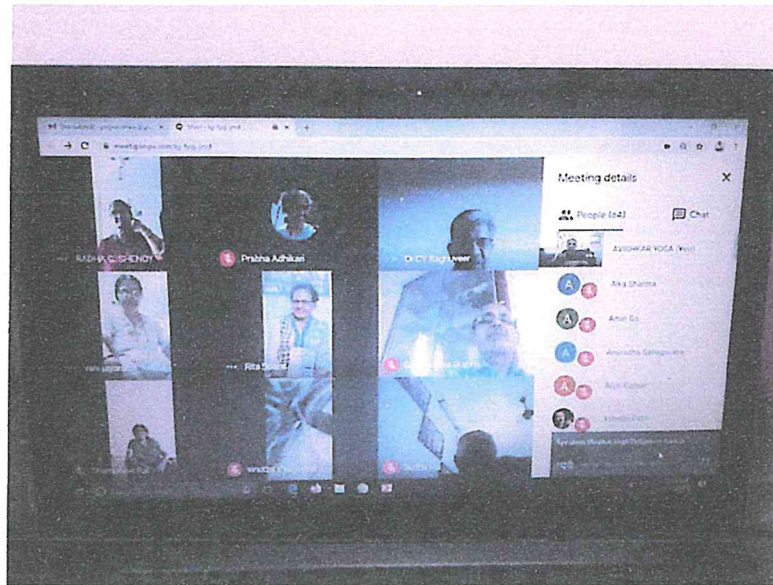


### Webinar on Yogic practice as potential Adjunctive treatment of SARS-Cov-2 infection and COVID-19

Date: 30-7-2020

Inaugural Talk by Dr. Raguveer Pro Vice Chancellor Yenepoya (deemed to be University)

He mainly spoke in relevance of the current situation that is to meet the pandemic crisis and then he made relevant reference to elaborate on the main principles of 'Yoga' in an individual's life. Progame host by Dept of Pulmonary Medicine, Yenepoya Medical Colloge Hospital in association with Yenepoya Research centre, Yenepoya (deemed to be University). Mr.Kushalappa Gowda, JRF gave PPT presentation on Selected Yogic practices as potential Adjunctive treatment of SARS-Cov-2 infection and COVID-19. 64 participants.



Inaugural Talk by Dr. Raguveer Pro Vice Chancellor Yenepoya (deemed to be University)

Webinar on Yogic practice as potential Adjunctive treatment of SARS-Cov-2 infection and COVID-19

Date: 30-7-2020

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Dr.Gangadhara Somayaji K  
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## DEPARTMENT OF GERIATRIC MEDICINE

Yenepoya Research Centre, Yenepoya (Deemed to be University)  
Mangaluru

### Webinar on Yogic practices as potential Adjunctive treatment of SARS-Cov-2 infection and COVID-19

Date: 30<sup>th</sup> July 2020, Thursday Time: 11:30 am, Entry Free  
Online link: <http://meet.google.com/ky-tyy-gnd>

Speaker: **Muthaleppa Gowda N**, Research scholar, Yenepoya Research Centre, Yenepoya (Deemed to be University), Mangaluru

**About the speaker:** Mr. Muthaleppa Gowda completed M.Sc in Yogic sciences with specialisation in Yoga therapy in 2006 from Manipal University, BSNR with specialisation Medical and Psychiatry from Manipal University in 2012 and M.Phil (2014) from Hampi University, Curuvil, he is pursuing PhD from Yenepoya (Deemed to be University) under the mentorship of Guide Dr. Yashodhar P. Bhandary and Co-guide Dr. Irim and Dr. Udaya Kumar K. Title of PhD project is "Biochemical and Immunological Assessment of Patients with Chronic Obstructive Pulmonary Disease (COPD) undergoing Yoga therapy". He has 14 years' experience in Yoga Therapy.

#### Online Yoga Training for

#### Yogic practices as potential Adjunctive treatment of SARS-Cov-2 infection, COVID-19 and as Immunity Booster

Date: 01.8.2020 to 05.08.2020

- Training: 10 am to 11 am & 5 pm to 6 pm (Daily one hour training)
- Yoga practice: Free of cost (participants apply). Fee for non participants.
- For Registration/Online link call: 96455187-2/991153165

Training highlights of webinar and training:

- Selected Yogic practices: Aahar-Vaha, Pranayama
- Yoga Training: Kriyas, Niyamas, Pranayama, Mantra, Meditation and Relaxation training.

Welcome to all

ATTESTED



Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 016, Karnataka

# 3. Yoga and wellness 2019-2020

ATTESTED

  
Dr. Gangadhara Somayaji K.S.  
Registrar

# PROGRAMME PROPOSAL LETTER

1

From,

The Department of Swasthavrutta and Yoga,  
Yenepoya Ayurveda Medical College and Hospital,  
Naringana, Manglore.

To,

The Principal,  
Yenepoya Ayurveda Medical College and Hospital,  
Naringana, Manglore.

Respected sir,

Subject: Proposal to conduct programs on account of International Yoga Day in our college.

International Yoga day is marked under calendar events of our college, which is been scheduled on 21/6/2020. From the department of Swasthavrutta and yoga, we are going to celebrate the same in our Ayush campus. Preliminary plan has been outlined and attached with this letter along with budget plan. We request you to consider our proposal and support us in conducting this program.

Date: 10/06/2020

Sincerely

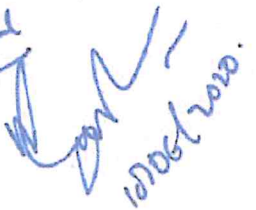


( Dr. Supriya S )

Place: Naringana

ATTESTED

  
Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Derlakatte  
Mangalore-575 018, Karnataka

*forwarded to Registrar for Approval*  
  
10/06/2020  
Dean  
Yenepoya Ayurveda Medical College & Hospital

**YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL**  
**NARINGANA, MANGLORE**  
**YENEPOYA (DEEMED TO BE UNIVERSITY)**

**PROGRAMME PROPOSAL**

1. Video blogging competition for students of YAMCH will be held as a part of International Yoga Day, winner will be announced and e-certificate and cash prize will be handed for winner of the competition.
2. A college level webinar on Yoga related topic, for faculty and students of YAMCH on 21/06/2020 evening.
3. Distribution of Pamphlets containing few basic Yoga techniques, in order to create awareness about Yoga in public.

**Project submitted by:**

- 1) Dr Supriya S, Associate Professor, Department of Swasthavrutta and Yoga, YAMCH, Naringana.
- 2) Dr Sreeraj P, Assistant Professor, Department of Swasthavrutta and Yoga, YAMCH, Naringana.

**Project Submission date: 10/06/2019**

**ATTESTED**



Dr.Gangadhara Somayaji K.S.  
Registrar  
Yenepoya(Deemed to be University)  
University Road, Derlakatte  
Mangalore-575 018, Karnataka



## DETAILS OF EVENTS

NO	EVENTS	SCHEDULED DATE AND TIME
1	Video blogging competition for students of YAMCH.	From 15/06/2020 to 19/06/2020.
2	A college level webinar for faculty and students of YAMCH on 21/06/2020 evening 5pm to 6 pm.	On 21/06/2020 from 5pm to 6.30 pm.
3	Distribution of Pamphlets containing few basic Yoga techniques, in order to create awareness about Yoga in public.	From 19/06/202 to 22/06/2020

### Note:

Name of the guest speaker has not been finalized yet. We have shortlisted the name of Dr Mohammed Rafiq, Medical director and International Coordinator-Beach healing home pvtltd, Visiting Professor in SDM Yoga and Naturopathy Institution, Inspection faculty CCRYN New Delhi, as resource person.

**ATTESTED**



Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka


## BUDGET PLAN

NO	EVENT	APPROXIMATE AMOUNT IN INR
1	Video Blogging competition prize distribution	6,000/-
2	Remuneration for resource person	2,000/-
3	Printing Charges of Pamphlets	2,000/-
	Total	10,000/-

With anticipation to approval of the plan.

Thanking you

sincerely

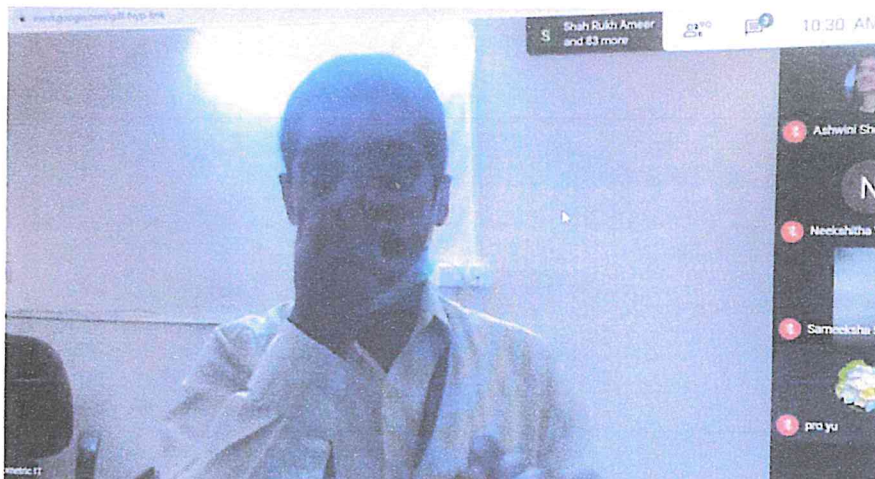
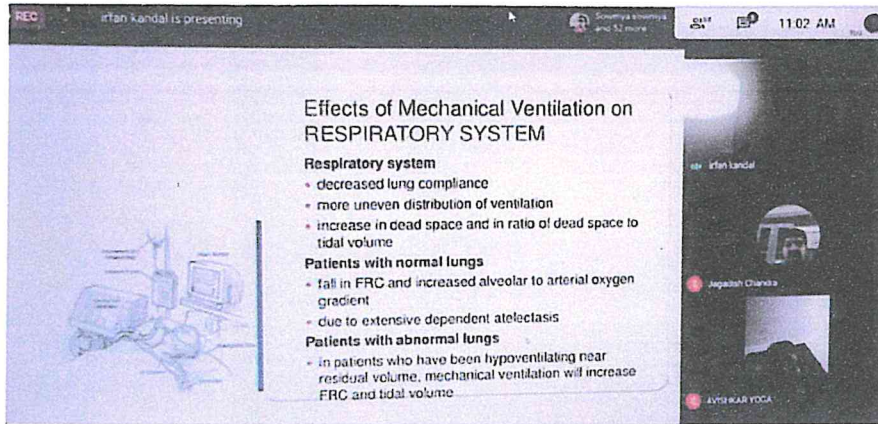
  
(Dr. Sapriya.S)

**ATTESTED**  
  
Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka



**INTERNATIONAL DAY OF YOGA HELD ON 22.06.2020**

NSS Unit of Yenepoya Deemed to be University in association with Department of Yenepoya Research Center and Department of Pulmonary Medicine observing International Day of Yoga by organizing Virtual Class on Pranayama on 22.06.2020



No. of participants: 90

*[Handwritten Signature]*

**YENEPOYA Centre for Yoga and Wellness**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

*[Handwritten Signature]*

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

**NSS INTERNATIONAL DAY- 2020**

Date: June 22, 2020

**ATTESTED**  
*[Handwritten Signature]*

Dr.Gangadhara Somayaji K.S.  
 Registrar  
 Yenepoya(Deemed to be University)  
 University Road, Deralakatte  
 Mangalore-575 018, Karnataka



## Yenepoya Centre for Yoga and Wellness



### International Day of Yoga 2020

Yenepoya (Deemed to be University), Deralakatte, Mangaluru, Karnataka

In association with Avishkar Yoga, mangaluru

### Report

### Theme: Yoga at Home

### Event: 12 Hours Live Yoga Lecture Series'

On the occasion of International Yoga Day 2020, Yenepoya (Deemed to be University) organized an event titled "12 Hours Live Yoga Lecture Series" at NammaKudla studio on June 20, 2020 in association with Avishkar Yoga, Mangaluru. This event was live telecast through NammaKudla TV channel, YouTube channels of Yenepoya (Deemed to be University), Avishkar Yoga, NammaKudla and also through Avishkar Yoga Facebook page.



The Programme was inaugurating By Dr. Ramachandra Bayari, District Health Officer (DHO), Dakshina Kannada District, Karnataka

The Programme was inaugurated By Dr. Ramachandra Bayari, District Health Officer (DHO), Dakshina Kannada District, Karnataka. He spoke on this occasion focusing on the role of being an active participant and benefits of including Yoga as part of our daily routine. He also said that 'Yoga helps to manage physical, mental, social and spiritual health.' Programme was presided by Dr. Sripathi Rao, Pro Vice Chancellor, Yenepoya (Deemed to be University), During his presidential address, he expressed the need of

International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series

*keje*  
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Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575018

ATTESTED

*Dr. Gangadhara S. K.*  
Dr. Gangadhara S. K.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018 Karnataka

Page 21 of 75

Date: June 20, 2020

*Dr. Sripathi Rao*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

having a scientific study on yoga therapy and effects of Yoga. Dr. K Krishna Bhat, Director of Bhat's International Institute of Holistic Health, Mangaluru, and Sri Leelaksha Karkera Director Namma Kudla Channel was also present during the inaugural ceremony. Mr. Kushalappa Gowda N JRF, Yenepoya Research Centre, Yenepoya (Deemed to be University), Yoga therapist Avishkar Yoga, the programme coordinator of this event presented a floral welcome for the dignitaries on this occasion.

In this programme 10 yoga experts delivered lectures on 10 different topics related to 'Health and Yoga.' Around 500 students participated in the event.

**Due to pandemic this programme telecasted through:**

- NammaKudla TV channel
- YouTube channel of Yenepoya (Deemed to be University): [https://www.youtube.com/channel/UCDI5XSOfIwJG\\_hV-K\\_h6hCA/live](https://www.youtube.com/channel/UCDI5XSOfIwJG_hV-K_h6hCA/live)
- YouTube channel of Avishkar Yoga: <https://www.youtube.com/channel/UCN0VzYphYyjIXtO0mOwkB4g/li>
- YouTube channel of NammaKudla: <https://www.youtube.com/channel/UC2obaGJf1aHecLht6OOf1jQ/live>

**BREIFINGS ON THE TOPICS AND RESOURCE PERSON'S AND GUEST OF HONOR DURING THE SESSIONS:**

1. The first session of '12 hours LIVE yoga lecture series began sharp at 9.00 a.m. and the first speaker was **Dr. K. Krishna Bhat**, MSc, PhD, Yogacharya, Vidwat, M.A.A.N (U.S.A), and Director of Bhat's International Institute of Holistic Health Mangaluru. His topic for the session was '**The powers of Yoga-its interpretation and implementation.**' He mainly spoke in relevance of the current situation that is to **International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

Date: June 20, 2020

*(Signature)*  
YENEPOYA Centre for Yoga and Wellness  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575018

**ATTESTED**

*(Signature)*  
Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)

Page 22 of 75

meet the pandemic crisis and then he made relevant reference to elaborate on the main principles of 'Soucha' in an individual's life. His main focus was on the very same principle to inculcate the basic norms of regulations to lead a meaningful and healthy life. There was a brief Yogic practice demonstration by Ms. Savitha and Ms. Mithra. The first session was concluded at 10.05 a.m. **Mr. Harish Bhat**, Resident Yoga guru, **Banyan Tree-GROUP OF RESORT'S Maldives**, was the Guest of Honor for this session he presented the mementos to the speaker (as a token of gratitude) and also for the demonstrators of this session.





**Speaker Dr. K. Krishna Bhat**, MSc, PhD, Yogacharya, Vidwat, M.A.A.N (U.S.A),

- The next session commenced at 10.10a.m after a short commercial break. By **Mr. Umanath K**, Lecturer in Yogic Science, Mangalore University College, Mangaluru. His talk was on the topic '**Basics of Pranayama for better Immunity**', along with the presentation by the speaker, this session also included few Pranayama, asana demonstrations by the speaker. He later answered to the questions from the audience moderated by the MC desk. He encouraged the young minds to take up the practice of Pranayama in their routine to deliberate concentration and discipline in their lifestyle. **Yogacharya Sri V L Rego**, Founder and President of Integral Yoga Satsanga Pumpwell, Mangaluru, was the Guest of Honor for this session, he presented the memento to the speaker (as a token of gratitude). V L Rego sir, spoke on this occasion sharing his experience of practicing Yoga for fifty years. Though he is seventy four years old he said Yoga helped him overcome his drawbacks in life and create a new form of life to which helped him explore all his option and beyond. He also addressed the audience with encouraging courage to overcome the chaos of Pandemic period and look for the optimistic side by utilizing all the chances in life

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

Date: June 20, 2020

  
 Dr. Gangadhara Somayaji K.S.  
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Dr. Gangadhara Somayaji K.S.  
 Registrar  
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 University Road, Deralakatte  
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and expressed his gratitude and congratulated the organizers at this occasion. This session concluded at 11.15 a.m. followed by a short commercial break.



**Mr. Umanath K,**



**Yogacharya Sri V L Rego**

- The third session commenced at 11.20 a m, and the speaker for the same was **Dr. Kunal**, Associate Professor Centre for Basic Sciences, Kasturba Medical College, Mangaluru (MAHE Manipal) he handled the topic of **'Effect of Yoga on human Body, Mind and Soul: A Doctor's Perspective'**, he presented few demonstrations and gave a clear reading about his findings with certain the scientific relevance and reference in accordance to Bhagavatgeeta and other ancient scripts and also answered few questions from the audience. **Mrs.Poornima Ashok Rao**, Director Shaha Naturopaty and Yoga therapy Centre, Mangaluru, graced the occasion as the Guest of Honor and presented the memento to the speaker(as a token of gratitude) and addressed the audience expressing her opinions over the relevance of such events and the essential benefits to observe in the same by practice. The session concluded at 12.25 p.m. and was followed by a commercial break.



**Dr. Kunal**




**Mrs.Poornima Ashok Rao**

- Dr. Sriharisukesh N**, Lecturer, Department of Yoga Studies, Central University of Kerala, was the speaker for this session that commenced at 12.30p.m. His topic was **'Elderly**

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

Date: June 20, 2020

  
**YENEPOYA Centre for Yoga and Wellness**  
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 University Road, Deralakatte  
 Mangaluru-575018

**ATTESTED**  
  
**Dr.Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575 018




**Healthy Life need of Yoga Practice**'his focus was on the means that could help the Elderly individuals in being active participants of yoga and along with it he presented few demonstrations which could be easily executed in the house and did an elaborative presentation about the pros and cons when followed by rules and when detached from the objective relevance. He also answered few questions from the audience. **Mr. LeelakshaKarkera**, Director of NammaKudla Channel, was the Guest of Honor, he presented the memento to the speaker (as a token of gratitude) the session concluded at 1.35 p.m. and was followed by a commercial break.




**Dr. Sriharisukesh N**

**Mr. LeelakshaKarkera**

5. The session commenced at 1.40p.m. The speaker for this session was **Ms. Rashmitha**, Research scholar, Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri. Her topic for the session was '**Yoga for women's Health**', her presentation carried most relevant reference to the issue followed by women and girls during their periods and she also highlighted the points of being cautious at the early stages rather than suffering with serious conditions during the pregnancy. **Ms. Priyanka Bhat**, was the demonstrator who presented few asana with the supervision of the speaker, the demonstrator presented the asanas'. The session duly addressed the audience questions too. **Ms.Usha K.** Yoga Instructor at Avishkar yoga, Mangaluru, was the Guest of Honor for this session and she presented the mementos to the speaker and the demonstrator (as a token of gratitude). The session concluded at 2.15p m followed by a commercial break.

  
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 Mangaluru-575018

  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru 575 018

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

Date: June 20, 2020

**ATTESTED**  


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



**Ms. Rashmitha**

**Ms. Usha K**

6. **Mr. Vishith B**, Yoga (trainer) Instructor, Avishkar Yoga, MSc Yogic Science student at Mangalore University, Mangaluru. He presented an elaborative demonstration of 'Yogic Practice for Kids and Youth' from 2.20p.m. -2.45p.m. It included some advanced asana such as Swastikasana, Paschimotasana, Kapalabathi, etc. This session concluded followed by a short commercial break.

**Mr. Shrikanth S V**, Yoga Therapist, Ayaama Yoga & Healing Centre, Falnir, Mangaluru, was the speaker for the session commenced at 2.50pm on the topic 'Yoga for Kids and Youth' presented a talk on the diet and the relevance of practicing yoga as a kid and youth to manage the demands of the current lifestyle inclusive of virtual and commercial demanding instant results. He addressed the questions of audience during the session. **Dr. SangeethaLaxmi** BNYS Practitioner, Ayaama Yoga and Naturopathy healing Centre Mangalore, was the Guest of Honor for this session and she presented the memento for the speaker(as a token of gratitude). The session concluded at 3.55pm followed by a commercial break.



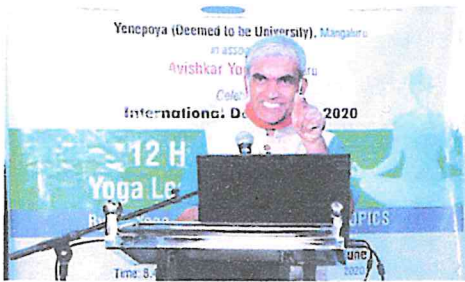
**Mr. Shrikanth S V,**

**Dr. SangeethaLaxmi**

7. **Dr. K. Krishna Sharma**, Chairman Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri, was the resource person for this session that commenced at 4.00p.m. His topic for this session was 'Empowerment through Yoga

*Res* **International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

**Atma-Nirbhar Bharat'**; his was completely focused on the important aspects of Yoga. He spoke with relevant current issues and the principles of yoga that would improve the empowerment of development in our country which could yield great results. He then addressed a clarification to the question raised by the audience on 'Chitta' and addressed the audience about the misunderstandings and impact of Yoga if practiced reaping only benefits in due consideration. **Mr. Vishith B**, Yoga trainer, Avishkar Yoga, Mangalore, was the Guest of Honor for this session he presented a memento to the speaker (as a token of gratitude). The session concluded at 5.05pm followed by a commercial break.



**Dr. K. Krishna Sharma**



**Mr. Kushalappa Gowda**

8. The next session commenced at 5.10pm, and the speaker for this session was **Mr. Anantha Krishna B S**, Research Scholar, Department of Human Consciousness and yogic Sciences, Mangalore University, Mangalagangothri. His topic for the session was '**Yoga as a Holistic therapy for psychological well-being and mental health issue**' he presented in focus to the point of views which was majorly involving the autistic kids and others. He drew relevant comparison of psychological benefits by practicing Yoga. **Mr. Adhiya Krishna Bhat** demonstrated few Yogic practices for mental wellbeing as instructed by the speaker of the session. The speaker addressed the questions of the audience too with relevance to the topic of the session.

**Dr. Yashodhar P Bandhary**, Associate Professor, Yenepoya Research Centre, Yenepoya (Deemed to be University), was the Guest of Honor for the session and he presented a memento as a token of gratitude to the speaker and the demonstrator of this session. The session concluded at 6.15pm followed by a commercial break.

*Kok* **International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

**YENEPOYA Centre for Yoga and Wellness**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

**Dr. Gangadhara Somayaji**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore-575 018, Karnataka

*Dr. Somayaji*  
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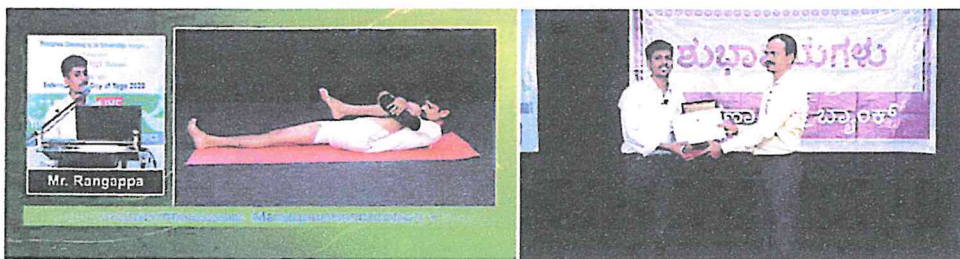
Date: June 20, 2020



**Mr. Anantha Krishna B S**

**Dr. Yashodhar P Bandhary**

9. **Mr. Rangappa**, Research scholar, Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri, handled the next session which commenced at 6.20pm, followed by the topic 'Weight loss and Management through Yoga' along with his insightful presentation and talk on the necessary practice in order to manage weight through regular practice of Yoga. He stressed on the essential ingredient that was to be aware and to maintain a proper diet. The session also included Yogic practices for weight management and weight reduce which was demonstrated by **Mr. Vishith B**, Yoga trainer, Avishkar Yoga, Mangalore. **Mr. Vijayanada Shetty**, Marketing executive Yenepoya Medical college Hospital, Mangaluru, was the Guest of Honor for the session. He presented the mementos to the speaker of the session and the demonstrator (as a token of gratitude). The session concluded at 7.25pm followed by a commercial break.



**Mr. Rangappa & Mr. Vishith B**

**Mr. Vijayanada Shetty**

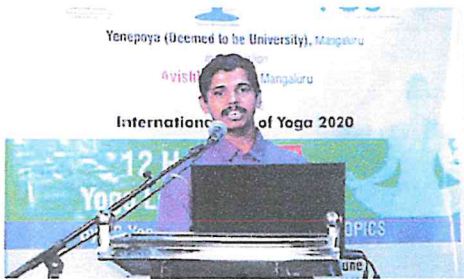
10. The Speaker for the last session was **Mr. Kushalappa Gowda**, Research Scholar, Yenepoya Research Centre, Yenepoya (Deemed to be University), Mangalore, Yoga Therapist, Avishkar Yoga, Mangalore. His topic for this session was 'Hatha Yoga: A way to find a new comfort zone by yourself', as he is a part of the organizing committee he addressed the objective of the event and then commenced to his session at 7.30p.m. He extracted the relevance of being with the true line of control in living one's life in reference

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

*Handwritten signature*

Date: June 20, 2020

to the principles of Hatha Yoga. He then addressed the questions of the audience. Before concluding he addressed the future projects which are in the planning stages to create awareness amidst the audience and for a better lifestyle in future. **Mr. Prameshwar R Hedge**, Proprietor, Goran Apps, and AI- Design Engineer, Yenepoya Technology Incubator, Yenepoya (Deemed to be University), was the Guest of Honor for the session he presented a memento to the speaker (as a token of gratitude). And the session concluded at 8.30pm.



**Mr. Kushalappa Gowda**



**Mr. Prameshwar R Hedge**

- **Mr. Kushalappa Gowda** delivered the Vote of thanks.




**M.C: Ms. Kausalya Devi Himani**




**Practical Demo by Mr. Vishith B**

- Master of ceremony for the programme was by **Ms. Kausalya Devi Himani**, Final year student in MA in English Literature SDM PG Centre, Ujire.

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

  
**YENEPOYA Centre for Yoga and Wellness**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

**ATTESTED**  
  
  
**Dr. Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575 018, Karnataka

Date: June 20, 2020



**Namma Kudla Channel Studio**



**Do yoga at home this year: AYUSHI**

**STAFF REPORTER**  
**MANGALURU**  
 The Department of AYUSHI has called upon the people to practice yoga indoors on the occasion of International

**12-hour live lecture on yoga today**

**SPECIAL CORRESPONDENT**  
**MANGALURU**  
 Yenepoya (Deemed to be University) in association with Avishkar Yoga will organize a 12-hour virtual live lecture series on 10 yoga topics by ex-

ports on June 20. It will be organized as part of the International Day of Yoga. Ramachandra Babu, District Health and Family Welfare Officer, will inaugurate the

lecture series at 8.45 a.m. It can be viewed on Namma Kudla television channel, YouTube channels of Avishkar Yoga, Namma Kudla and Yenepoya varsity, and Facebook page of Avishkar Yoga.

**DECCAN HERALD**  
**Saturday**  
**June 20, 2020**

**12-hour live Yoga lecture today**

**MANGALURU, DRUGS:** Yenepoya (Deemed to be University) in association with Avishkar Yoga will organize a 12-hour live Yoga lecture series on 10 yoga topics as part of the International Day of Yoga 2020 celebration on June 20. District Health Officer Dr. Ramachandra Babu will inaugurate the lecture series. Yenepoya University Vice-Chancellor Dr. B. H. Sripathi Rao will preside over the programme. Top well-known resource persons K. Krishna Bhat,

Umesh K. Karim, S. Hanumanth N. Radhanatha, Shrikant S. V. K. Krishna Narayan, Anitha Krishna B. N., Raghupathi and Kushappa Gowda N will deliver the talks. Each talk will last for 15 minutes. The first lecture will begin at 8 a.m. and the final will end at 8.30 p.m. These talks can be viewed on Namma Kudla channel, YouTube channels of Avishkar Yoga, Namma Kudla and Yenepoya (Deemed to be University) and 14 page Avishkar Yoga.

**THE TIMES OF INDIA, MANGALURU**  
**SATURDAY, JUNE 20, 2020**

**International Day of Yoga lecture series today**  
**MANGALURU:** As part of International Day of Yoga 2020 celebrations, Yenepoya (Deemed to be university) and Avishkar Yoga will jointly organize a 12-hour live yoga lecture series on 10 yoga topics by as many experts on Saturday. Dr. Ramachandra Babu, district health and family welfare officer, will inaugurate the lecture series in the presence of Dr. B. H. Sripathi Rao, vice-chancellor, Yenepoya (Deemed to be university). The sessions can be viewed on Namma Kudla channel, YouTube channels of Avishkar Yoga, Namma Kudla and Yenepoya (Deemed to be university) and the Facebook page of Yenepoya and Kushappa Gowda.

Event news appeared English news papers On 20-06-2020

*Handwritten signature*  
 YENEPOYA Centre for Yoga and Wellness  
 Yenepoya (Deemed to be University)  
 University Road, Derlakatte  
 Mangalore - 575 018

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

Date: June 20, 2020

**ATTESTED**

*Handwritten signature: K. Somayaji*

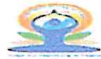
**Dr. Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Derlakatte  
 Mangalore - 575 018, Karnataka



## Yenepoya Centre for Yoga and Wellness



Event news appeared Kannada news papers On 20-06-2020



**Yenepoya (Deemed to be University), Mangaluru**  
*in association*  
**Avishkar Yoga, Mangaluru**  
*Celebrates*  
**International Day of Yoga 2020**

### 12 Hours LIVE Yoga Lecture Series

By 10 Yoga EXPERTS | on 10 Yoga TOPICS

**Saturday** | **20<sup>th</sup>** | **June**  
 Time: 8.45am to 8.45pm | **2020**

**Venue/Telecast from : Namma Kudla Studio, Mangaluru.**

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Inauguration at 8.45 a.m.

Inauguration by : **Dr. Ramachandra Bayari**  
 District Health & Family welfare officer D.K. Dist

Presided by : **Dr. B.H. Sripathi Rao**  
 Pro Vice Chancellor, Yenepoya (Deemed to be University)

Gracious presence : **Dr. K. Krishna Bhal**  
 Director, Bha's International Institute of Holistic Health, Mangaluru  
**Sri Leelaksha Karkera**  
 Director, Namma Kudla Channel

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Live through ➔

Namma Kudla channel

**You Tube** Avishkar Yoga (Namma Kudla Channels) Yenepoya (Deemed to be University)

Yenepoya University and Kushalappa Gowda

Inaugural function Invitation

YENEPOYA Centre for Yoga and Wellness  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

K.S. Somayaji

Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru - 575 018

**International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series**

ATTESTED

K.S.

Dr.Gangadhara Somayaji K.S.  
 Registrar  
 Yenepoya(Deemed to be University)  
 University Road, Deralakatte  
 Mangalore-575 018, Karnataka

Date: June 20, 2020





YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL,  
NARINGANA  
Dept. Of Swasthavrutta and Yoga

3

INTERNATIONAL DAY OF YOGA 2020

REPORT

Department of swasthavrutta and Yoga of Yenepoya Ayurveda Medical college and Hospital, Naringana, Mangaluru, A unit of Yenepoya (Deemed to be) University, has conducted few programmes on account of "International Day of Yoga". Details of programmes are mentioned below.

1. As a part of public awareness programme, around 500 handbills containing information about Yoga Asanas, were distributed in and around Manjanady and Deralakatte vicinity between 18/06/2020 to 20/06/2020. It reached around 1500-2000 people.
2. A college level Video- blogging competition was held for 1<sup>st</sup> and 2<sup>nd</sup> BAMS students under the tagline "SWASTHYA YOGA" from 16/06/2020 to 19/06/2020. Total 6 students had participated in the competition. Judgement of competition was done by the committee three judges. Judges of competition were
  - i. Mr Kushalappa Gowda, Junior Research fellow, YRC, Yenepoya (Deemed to be) University.
  - ii. Dr Mrudula K S, Assistant Professor, Dept of Prasutitantra and Streeroga, YAMCH.
  - iii. Dr Sreeraj P, Assistant Professor, Dept of Swasthavrutta and Yoga, YAMCH.

According to judgement given by them result was as follows

- i. Miss Arpita , 2<sup>nd</sup> year BAMS won 1<sup>st</sup> place
  - ii. Miss Aneesa Noor, 2<sup>nd</sup> year BAMS won 2<sup>nd</sup> place.
  - iii. Miss Sana T V, 2<sup>nd</sup> year BAMS won 3<sup>rd</sup> place.
3. On 21<sup>st</sup> June, 2020 from 5pm to 6pm, a Webinar was conducted. Resource person Dr Sanjaeev S Tonni, Associate Professor, Dept of Swasthavrutta and Yoga, Shri. B.M. Kankanawadi Ayurveda College, KLE Academy of Higher education and research center, Belagavi, spoke about "Quality of Life through Yoga". Programme was presided over by Dr C.V Raghuvver. Pro- Vice Chancellor, Yenepoya (Deemed to be) University. Dr Gururaja H, Principal, YAMCH, was the guest of honour for the programme. Around 130 members including staff and students of YAMCH participated in the programme.

21/06/2020

International day of Yoga Page 1

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Mangalore-575018, Karnataka

Dean

Yenepoya Ayurveda Medical College & Hospital

PHOTOS OF WEBINAR

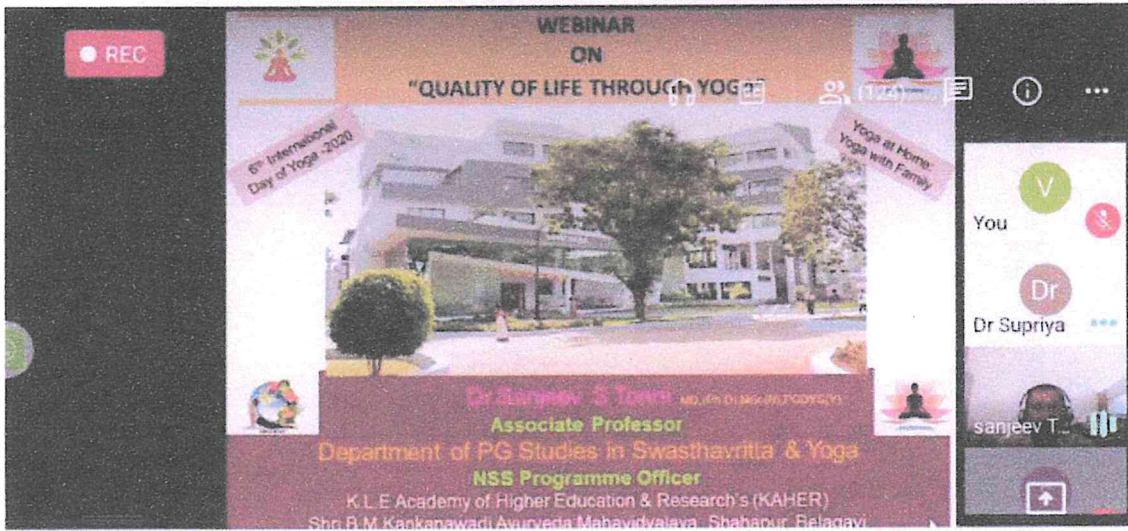
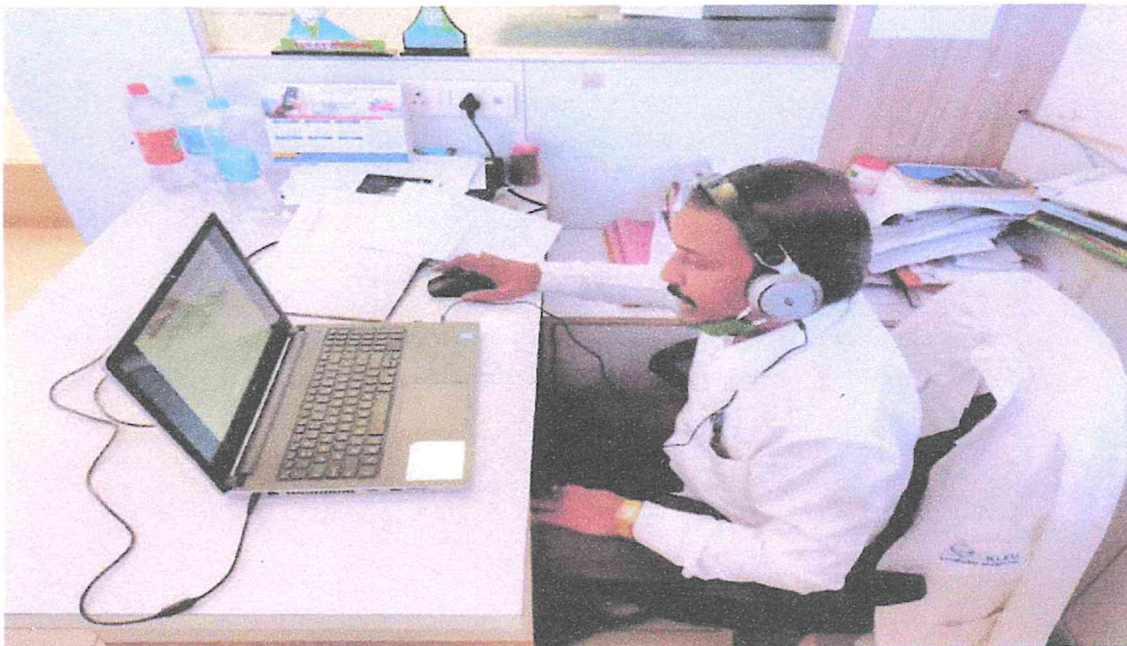


Fig.1: Screen shot of PowerPoint presentation by the Resource person



21/06/2020

International day of YogaPage 2

*Supriya*

ATTESTED  
*[Signature]*

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University Road, Deralakatte  
Mangalore- 575 018, Karnataka

Dean

YenePOYA Ayurveda Medical College & Hospital

*[Handwritten Signature]*

*(Dr Supriya S)*

Fig 2 : Photo of Resource person presenting in the webinar

PHOTOS OF WEBINAR

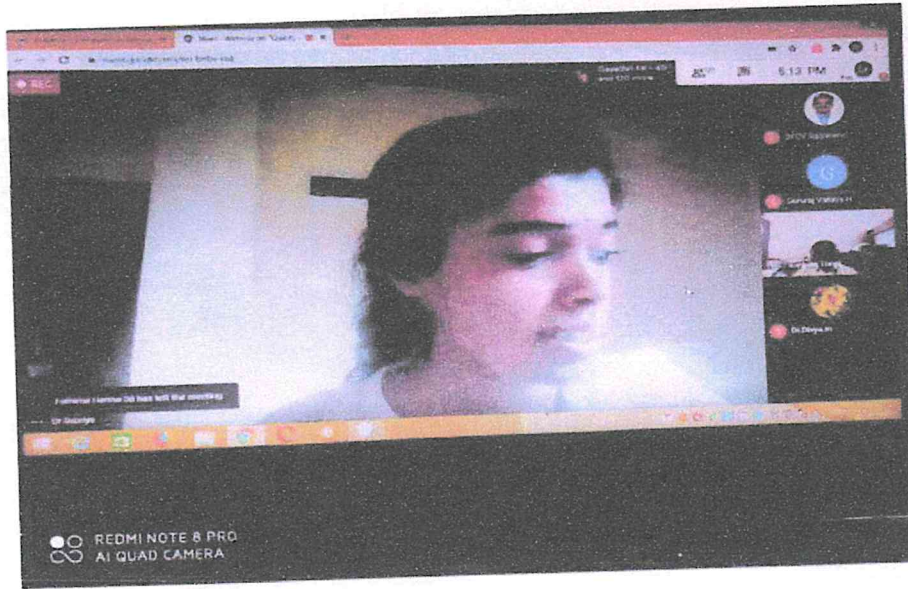


Fig 3 : Screen shot of Program coordinator Dr Supriya S hosting the program

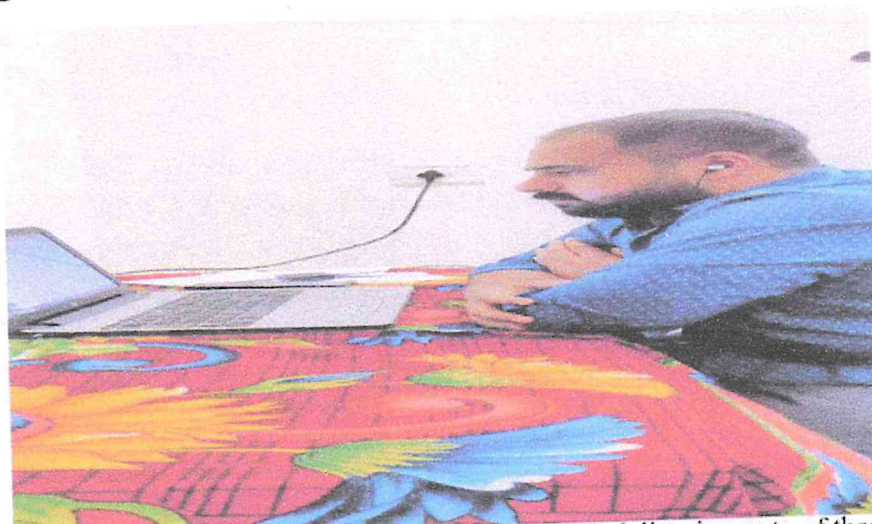


Fig 4: Photo of Program coordinator Dr Sreeraj P delivering vote of thanks

21/06/2020

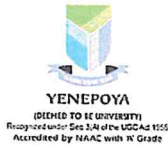
International day of Yoga Page 3

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Mangalore-575 018, Karnataka

Dean  
Yenepoya Ayurveda Medical College & Hospital

(Dr Supriya S)



## Yenepoya Centre for Yoga and Wellness



### Yoga camp :“Come Beat the Stress”

Department of Physiology organized yoga camp :“Come Beat the Stress” from 11<sup>th</sup> November to 10<sup>th</sup> December 2019 between 12.30 p.m. – 10.30 p.m. in Department of Physiology Lab, Yenepoya Medical College.

Participants: 57 participants are participated in this camp.



Practical training at Physiology Lab, YMC

*[Signature]*  
**YENEPOYA Centre for Yoga and Wellness**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

*[Signature]*  
 Registrar  
 Yenepoya (Deemed to be University)  
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 Mangalore 575 018

**Yoga camp :“Come Beat the Stress” 11-11-2019 to 10-12-2019**

**ATTESTED**

*[Signature]*  
**Dr. Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore- 575 018, Karnataka

### Guest Lecture Report

Mr. Muddu Krishna  
Yoga Guru  
Mysore



MR. Muddu Krishna (Yellow shirt), Yoga expert from Mysore

### *Yogasanas*

05.10.2019

No of Participants : 56 students and 60 elders

Report: The Department of Geriatric Medicine organised a guest lecture on World elder Day "Lecture Demonstration on Yoga" by Muddu Krishna, Yoga expert from Mysore on 05/10/2019 at EMD Building Auditorium. He demonstrated complex asanas and educated people on the value of yoga.


Mr. Muddukrishna said he had been practising yoga from the age of 50.


"I was suffering from gastric trouble and received no relief from any allopathy medicine. It was out of sheer desperation that I began to practise yogasana. Not only did the disease disappear, I also became a yoga practitioner, helping other to get rid of their disease" stressed Mr. Muddukrishna from KR Nagar.

Yoga and positive thinking will help an individual to walk from darkness into light, he added.

Prior to the interaction with audience, comprising senior citizen from old age homes, Abhayashrama and olavinahalli, Muddukrishna and his two disciples demonstrated yoga posture.

Nearly 60 elders participated in the programme.

  
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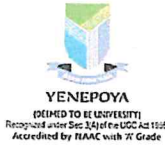
  
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Yenepoya (Deemed to be University)  
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Mangaluru - 575 018

Yoga Guest Lecture Report

05.10.2019

**ATTESTED**

  
Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka



## Yenepoya Centre for Yoga and Wellness



### Orientation to Yoga-Importance and practices

#### Foundation course-August 2019

MBBS Students of 2019-2020 CBME Batch

Venue: Yendurance zone from 8 am to 4 pm. (First 10 days)  
Indoor Auditorium (Last 20 days)

Resource person: Mr. Kushalappa Gowda, YRC

A Sensitization session for these sessions was carried out on 23.07.2019.  
These sessions were interactive and activity based.

- Introduction on Kriyas, Asanas , its benefits
- Introduction on Pranayama, its benefits
- Introduction on Yoganidra Meditation, its benefits
- Introduction to Surya namaskara , its benefits
- Introduction prone postures asans
- Bhramari pranayama introduction and benefits
- Introduction on Yama and Niyama

Topic	Date and Time of the Session
Orientation to Yoga-Importance and practices	
	5/8/2019 8 am to 9 am
	14/8/2019 8 am to 9 am
	19/8/2019 8 am to 9 am
	20/8/2019 8 am to 9 am
	21/8/2019 8 am to 9 am
	22/8/2019 8 am to 9 am
	26/8/2019 8 am to 9 am
	27/8/2019 8 am to 9 am
	28/8/2019 8 am to 9 am
	29/8/2019 8 am to 9 am
No. of participants: 150	

*Keeffe*  
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University Road, Deralakatte  
Mangaluru-575018

*Ke Somayaji*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

Orientation to Yoga –MBBS

05/8/2019 to 29/8/2019

ATTESTED  
*Ke*  
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Mangalore-575 018, Karnataka



YENEPOYA  
Established in 1984  
Recognized under Sec 3 of the UGC Act 1956  
Accredited by NAAC with 'B' Grade

## Yenepoya (Deemed to be University)

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# 3. Yoga and wellness 2018-2019

ATTESTED

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Criteria V/YDU/5.1.2/Yoga and wellness

Dr. J. S. Srinivas, K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deemed to be  
Mangalore-575 018, Karnataka

## PROGRAMME PROPOSAL LETTER

From,

The Department of Swasthavrutta and Yoga,  
Yenepoya Ayurveda Medical College and Hospital,  
Naringana, Manglore.

To,

The Principal,  
Yenepoya Ayurveda Medical College and Hospital,  
Naringana, Manglore.

Respected sir,

Subject: Proposal to conduct programs on account of International Yoga Day in our college.

International Yoga day is marked under calendar events of our college, which is <sup>being</sup> ~~been~~ scheduled on 21/6/2019. From the department of Swasthavrutta and yoga, we are going to celebrate the same in our Ayush campus. Preliminary plan has been outlined and attached with this letter along with budget plan. We request you to consider our proposal and support us in conducting this program.

Date: 10/05/2019

Place: Naringana

Sincerely

(DrSupriya S)

*Aithal*  
**ATTESTED**  
11/5/2019 *kes*  
Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Dargahpet  
Naringana, Mangalore-575018, Karnataka  
Dean  
Yenepoya Ayurveda Medical College & Hospital

Recommended

*Shree* 13/5/19  
Pro Vice Chancellor  
Yenepoya Deemed to be University  
Mangalore-575018



YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL  
NARINGANA,MANGLORE  
YENEPOYA (DEEMED TO BE UNIVERSITY)

PROGRAMME PROPOSAL

1. Basic Yoga training program for students and staffs will be held as a part of International Yoga Day from 10/06/2019 to 18/06/2019.
2. Mass Yoga performance from students, college and Hospital staffs on International Yoga Day (i.e. on 21/06/2019 morning).
3. Stage program followed by guest lecture on "Yoga and its role in maintaining health" by a resource person on 21/6/2019.

Project submitted by: Dr Supriya S, Department of swasthavrutta and Yoga,YAMCH,Naringana.

Project Submission date: 10/05/2019

ATTESTED



Dr.Gangadhara Somayaji K.S.  
Registrar  
Yenepoya(Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka


## DETAILS OF EVENTS

NO	EVENTS	SCHEDULED DATE AND TIME
1	Basic Yoga training program for students and staffs, for 7 days (1 hour daily).	From 10/06/2019 to 18/06/2019, from 4pm to 5pm excluding on 15/06/2019 and 16/06/2019, which will be third Saturday and Sunday.
2	Mass yoga performance by students and staffs.	On 21/06/2019 from 10.30 am to 11.30 am.
3	Refreshment	11.30 am to 12pm
4	Stage program followed by guest lecture on "Yoga and its role in maintaining health" By a resource person.	On 21/6/2019 from 12 pm to 1 pm.

**Note:**

Name of the guest speaker has not been finalized yet. We have shortlisted the name of Dr Mohammed Rafeeq , Medical director and International coordinator-Beach healing home pvt ltd, Visiting Professor in SDM Yoga and Naturopathy Institution, Inspection faculty CCRYN New Delhi, as resource person.

**ATTESTED**

  
Dr.Gangadhara Somayaji K.S.  
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University Road, Deralakatte  
Mangalore-575 018, Karnataka

## BUDGET PLAN

NO	EVENT	APPROXIMATE AMOUNT IN INR
1	Banner	2,000/-
2	Refreshment for around 80 members	8,000/-
3	Remuneration and Memento for resource person and Yoga trainer with Travel allowance.	10,000/-
4	Stage arrangements	2,000/-
Total		22,000/-

It would be very helpful if half of the budget money is sanctioned at the earliest as it is very essential to begin the preparation.

With anticipation to approval of the plan.

Thanking you

sincerely

Forwarded.

*Achal*

*(Dr Supriya.S)*

Recommended

*Dr. Anurag B/S/19*

Dean  
Yenepoya Ayurveda Medical College & Hospital

**Dr. Gangadhara Somayaji K.S.**  
Registrar

Yenepoya (Deemed to be University)  
University Road, Derlakatte  
Mangalore-575018, Karnataka

**Pro Vice Chancellor**  
Yenepoya Deemed to be University  
Mangalore-575018



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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/184/Yoga Day/2019

24.05.2019

The Principal  
Yenepoya Ayurveda Medical College & Hospital

Sub: Permission to conduct programs on account of International Yoga Day

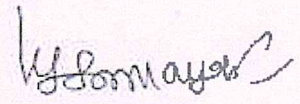
Ref: Your letter dated 10.05.2019

\*\*\*\*\*

Permission is granted to conduct programmes at Ayush Campus as per the scheduled mentioned below:-

No.	Events	Scheduled date and time
1.	Basic Yoga training program for students and staff for 7 days (1 hour daily)	From 10.06.2019 to 18.06.2019, from 4.00p.m. to 5.00p.m. excluding on 15.06.2019 and 16.06.2019, which will be third Saturday and Sunday
2.	Mass Yoga performance by students and staffs	On 21.06.2019 from 10.30 a.m. to 11.30 a.m.
3.	Refreshment	11.30 a.m. to 12.00 p.m.
4.	Stage program followed by guest lecture on "Yoga and its role in maintaining health" By a resource person	On 21.06.2019 from 12.00p.m. to 1.00 p.m.

Sanction is accorded for the budget of Rs.22,000/- (Rupees twenty two thousand) for conducting the programme.

  
REGISTRAR 24/5

Copy to:

1. Pro-Vice Chancellor
2. Finance Officer
3. PRO
4. File Copy

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Dr. Gangadhara Somayaji K.S.  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka

**YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL  
NARINGANA**



**Dept. of Swasthavrutta and Yoga  
INTERNATIONAL DAY OF YOGA 2019  
REPORT**

Department of swasthavrutta and yoga of Yenepoya Ayurveda Medical College and Hospital, Naringana, Mangalore. A Unit of Yenepoya (Deemed to be) University, has conducted basic yoga training programme from 10/06/2019 to 20/06/2019, For first year BAMS students and staff, to create awareness about Yoga. Total number of participants were 125.

On 20/06/2019 Marathon Yoga teaching programme was held at Yenepoya (Deemed to be) University. Our students and staff actively participated and volunteered the programme, from 5am to 8pm in 10 different sessions.

On 21<sup>st</sup> june 2019, from 9am to 10:30am Mass Yoga practice was conducted for all students and staff. Later on a formal stage programme was arranged .Guest speaker Mr. Kushalappa Gowda gave a talk on astanga yoga and its benefits. Presidential address was delivered by Pro. Vice Chancellor Dr. C.V. Raghuvver. Dr. S.G. Prasanna Aithal, Dean of Ayurveda Medical college and and Hospital, Dr. Vivekanand Vernekar Dean of of Yenepoya Homoeopathy college and Hospital Shared the dais.

Yenepoya Ayurveda Medical College & Hospital

21/06/2019

**ATTESTED**

International day of Yoga Page 1

Dr.Gangadhara Somayaji K.S.  
Registrar

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

Page 45 of 75

(Dr Supniga.S)

**PHOTOS**  
**PHOTOS OF TRAINING PROGRAMME**



Fig 1: Students performing Vrukshasana



Fig 2: Students performing Vrukshasana



Fig 3: Instructor demonstrating Vajrasana

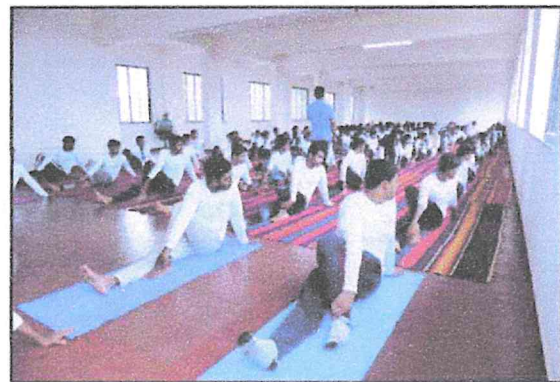


Fig 4 : Performing Ardhamatsendrasana



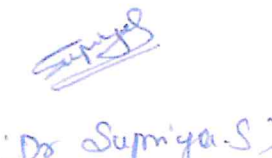
Fig 5: Students performing Uttita padasana



Dean  
Yenepoya Ayurveda Medical College & Hospital

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Mangalore-575 018, Karnataka

  
Dr. Supriya S

PHOTOS OF STAGE PROGRAMME



Fig 6 : Photo of Inaugural program



Fig 7 :Speech by Guest Mr Kushalappa Gowda




Fig 8 : Audience in the program



Dean

Yenepoya Ayurveda Medical College & Hospital

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(Dr. Supriya S)

**PUBLISHED IN NEWS PAPER**



Fig 9: News published in Udayavani



Fig 10: News published in Vijaya karnataka

**Participation In Yoga Marathon Teaching on 20<sup>th</sup> June 2019**



Fig 11 :Students performing Pranayama in Yoga marathon session

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Yenepoya Ayurveda Medical College & Hospital

21/06/2019

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International day of Yoga Page 4

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(Dr Supriya S)



**YENEPOYA AYURVEDA MEDICAL COLLEGE AND HOSPITAL  
NARINGANA**



**Dept. of Swasthavrutta and Yoga**



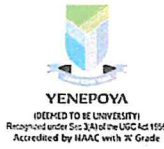
Fig 12: Students performing meditation in Yoga Marathon teaching

*Supriya S*  
(Dr Supriya S)

Dean  
Yenepoya Ayurveda Medical College & Hospital

**ATTESTED**  
*kes*

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## Yenepoya Centre for Yoga and Wellness



### 15 Hours Marathon Yoga Session Organized with Massive Participation at Yenepoya (Deemed to be University)

International Yoga Day 2019 was observed at the Yenepoya (Deemed to be University) on 20 June 2019 with a Marathon Yoga Teaching Program lasting for 15 hours continuously from 5.00 am to 8.00 pm in the evening. More than 1000 participants were trained by Mr.Kushalappa Gowda N., Yoga Expert and Junior Research Fellow, Yenepoya Research Centre in ten sessions. Each session had 100-120 participants and was for a duration of one hour and thirty minutes. The participants included students, faculty/ doctors, staff and the general public. They received training in Yoga Kriya, Yoga asanas, Pranayama, Vishranti and meditation. This training program was conducted in accordance with the guidelines received from the Department of AYUSH, Government of India. Free T-shirts and study materials on yoga were given to all participants to help them to continue with the yoga practice on a daily basis. Written feedback was collected from the participants. Ninety percent of the participants opined that the program was very good and helpful.

The Marathon Yoga teaching program was formally inaugurated by the Chief Guest for the program, Dr. Sateesh Kumar Bhandary, Vice Chancellor, NITTE (Deemed to be University). In his inaugural address, he said that there were a lot of misconceptions about yoga few years back, but now it is a prescription for a meaningful and purposeful life. Yoga is like a nectar to people's life, if it is practiced on a regular basis, it will benefit people immensely and reduce stress and other life-style diseases. He congratulated Dr. Vijayakumar, Vice-chancellor of Yenepoya (deemed to be University) for taking this initiative for organizing this mega event and hoped that some record is created.



Program was Formally inaugurated by the Chief Guest for the program, Dr. Sateesh Kumar Bhandary. Vice Chancellor, NITTE (Deemed to be University)

IYD-2019 15 Hours Marathon Yoga Session

20-6-2019

ATTESTED  
*[Signature]*

*[Signature]*

Dr.Gangadhara Somayaji K.S.  
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Yenepoya(Deemed to be University)  
University Road, Deralakatte  
Mangalore- 575 018, Karnataka

Registrar  
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*K.S.*  
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Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575018

Dr. Shoba Rani, District Ayush Officer who represented Dr. Mohamad Iqbal, AYUSH department was also present. She congratulated the University for successfully conducting this yoga Day. She said that the main aim of the government was mainstreaming Yoga; as Yoga is a way of life and it has a connection between the mind and the body. She mentioned that the Theme for the International Yoga day 2019 is 'Love your heart', so she gave a message 'Let us join hands and strengthen our hearts.'

Dr. Vijayakumar M. Vice Chancellor, Yenepoya (deemed to be University) presided over the program. In his presidential address, he said that a person cannot have a sound mind in a frail body, it is important that we do yoga everyday atleast for an hour and that will take care of the rest of the 23 hours in one day.


Dr. C. V. Raghuvver, Pro Vice Chancellor, Yenepoya (Deemed to be University), Dr. Gangadhar Somayaji, Registrar, Yenepoya (Deemed to be University), Mrs. Nasreen Yenepoya, Mrs. Mishriya Javed Yenepoya, and Mr.Kushalappa Gowda were also present at the inaugural program





The participants included students, faculty/ doctors, staff and the general public

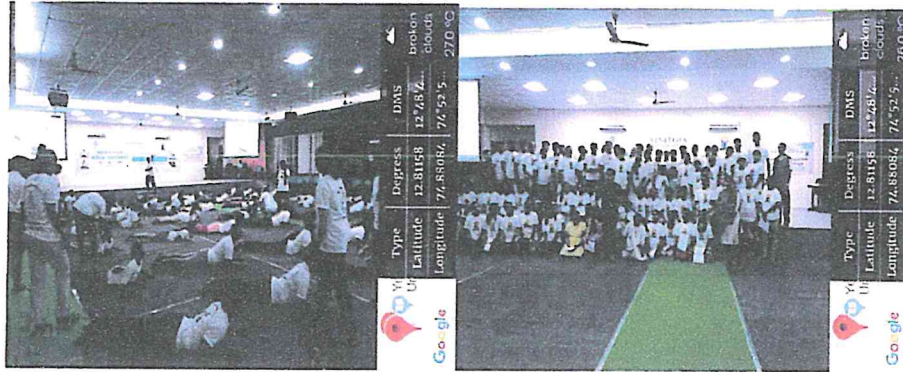
**IYD-2019 15 Hours Marathon Yoga Session**


20-6-2019

  
 YENEPOYA Centre for Yoga and Wellness  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018


**ATTESTED**  
  
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 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru 575 018





**YENEPOYA**  
(DEEMED TO BE UNIVERSITY)



Welcomes you all to the

## MARATHON YOGA TEACHING

**15** | **10** | **1000**  
 hours | batches | participants

**Trainer : KUSHALAPPA GOWDA**  
 JRF, Yenepoya Research Centre

**THURSDAY** | **20<sup>th</sup>** | **JUNE**  
5 am to 8 pm | | 2019

**Venue:**  
 Indoor Auditorium, Yenepoya Medical College

**Formal Function : 10.45 am to 11.30 am**


**Chief Guest :**  
**Dr. Sathesh Kumar Bhandary**  
 Vice Chancellor, NITTE (Deemed to be University)

**Guest of Honour :**  
**Mrs. Nasreen Yenepoya**

**Dr. M. Vijayakumar**  
 Honourable Vice Chancellor, Yenepoya (Deemed to be University)  
 Will be preside

**Dr. K.S. Gangadhara Somayaji**  
 Registrar

**Invitation of MARATHON YOGA TEACHING**

  
**YENEPOYA Centre for Yoga and Wellness**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangaluru-575018

**IYD-2019 15 Hours Marathon Yoga Session**

20-6-2019

ATTESTED  


  
 Registrar

**Dr. Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore-575 018, Karnataka

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



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

## Yenepoya Centre for Yoga and Wellness



<b>Patron Committee</b>		
Chancellor	-	Mr. Y. Abdulla Kunhi
Pro Chancellor	-	Mr. Y. Mohammad Farhad
Vice Chancellor	-	Dr. M. Vijayakumar
Pro Vice Chancellor	-	Dr. C.V. Raghuv eer
<b>Organizing Committee</b>		
Chairman:	-	Dr. K.S. Gangadhara Somayaji
Treasure	-	Dr. Rekha P. D.
Secretary	-	Mr. Kushalappa Gowda N.
Joint-secretary	-	Mr. Parameshwara R. Hegde
<b>Supporting Committees and Members</b>		
<b>Technical Committee</b>		
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<b>Members:</b>		
1. Dr. Vinitha Pal		
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<b>Members:</b>		
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1. Mr. Shivaprasad		
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2. Dr. Sudeep Ghate		
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<b>Members:</b>		
1. Mrs. Sabiha		
2. Mr. Hemachandra		
<b>8. Transport Committee</b>		
Head	-	Mr. Arun

### Organizing Committee of MARATHON YOGA TEACHING

APPEAR THE NEW INDIAN EXPRESS DTD ON 19-06-2019

#### EXPRESS READ

#### Marathon Yoga at Yenepoya

Mangaluru: Yenepoya (Deemed to be University) is celebrating International Yoga Day on June 20 with a Marathon Yoga Teaching Programme for the public by Yoga trainer Kushalappa Gowda N. The 15-hour marathon programme will begin at 5 am on that day and 1,000 practitioners will take part in it. Each session will have 100 participants and will last for one and half hours, during which Yoga Kriya, Yoga Asanas, Pranayama, Vishranta and meditation as per the Ayush Guidelines will be taught. Contact 8050246979, 9845588740 for more details. ENS

Event news appeared Indian Express news paper On 19-06-2019

IYD-2019 15 Hours Marathon Yoga Session

20-6-2019

Yenepoya Centre for Yoga and Wellness  
 (Deemed to be University)  
 University Road, Derlakatte  
 Mangalore-575 018, Karnataka

**Dr. Gangadhara Somayaji K.S.**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Derlakatte  
 Mangalore-575 018, Karnataka



APPEARED IN THE HINDU DTD ON 19-06-2019

# Marathon teaching session to mark Yoga Day

**SPECIAL CORRESPONDENT MANGALURU**

International Yoga Day will be celebrated at the Yenepoya (Deemed to be University) on June 20 with a marathon yoga teaching programme for the public. Entry is free.

Planned for 15 hours without a break, the programme will be conducted by yoga trainer and Junior Research Fellow at Yenepoya Research Centre N. Kushalappa Gowda. Starting at 5 a.m.,

the programme will end at 8 p.m. with 10 batches of one-and-a-half-hour session each.

In a release, Mr. Gowda said that about 1,000 participants are expected for the sessions, which are being conducted as per the guidelines of the Department of AYUSH. Participants would receive training in Yoga Kritya, Yogasanas, Pranayama, Vishranti and meditation during the session. They would also be given free stu-

dy material and free T-Shirt. Prior registration is mandatory.

Sessions would start at 5 a.m., 6.30 a.m., 8 a.m., 9.30 a.m., 11 a.m., 12.30 p.m., 2 p.m., 3.30 p.m., 5 p.m. and 6.30 p.m. at indoor auditorium, Yenepoya Medical College, Deralakatte.

Mr. Gowda completed his post-graduate studies in Yogic Sciences from Mangalore University in 2006.

Call Ph: 8050246979 or 9845588740 for registration.

Event news appeared The Hindu news paper On 19-06-2019

APPEARED IN VIJAYAVANI DTD ON 19-06-2019

# ಯೇನವೋಯ ಯೋಗ ಮ್ಯಾರಥಾನ್

ವಿಜಯವಾಣಿ ಸುದ್ದಿಪಾಲ ಮಂಗಳೂರು ದೇಶಕಟ್ಟೆಯ ಯೇನವೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಜೂನ್ 20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ(ಮ್ಯಾರಥಾನ್) ಯೋಗ ತರಬೇತಿ ನಡೆಯಲಿದೆ.

ದೇಶಕಟ್ಟೆಯ ಯೇನವೋಯ ವೃದ್ಧಕೀಯ ಕಾಲೇಜಿನ ಒಳಾಂಗಣ ಸಭಾಂಗಣದಲ್ಲಿ ಬೆಳಿಗ್ಗೆ 5ರಿಂದ ರಾತ್ರಿ 8ರವರೆಗೆ 10 ಬ್ಯಾಚ್‌ಗಳಲ್ಲಿ ತಲಾ ಒಂದೂವರೆ ಗಂಟೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ಪ್ರತಿ ಬ್ಯಾಚ್‌ನಲ್ಲಿ 100 ಮಂದಿಯಂತೆ

ಒಟ್ಟು 1000 ಮಂದಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಲು ಉದ್ದೇಶಿಸಲಾಗಿದೆ ಎಂದು ಯೇನವೋಯ ವೃದ್ಧಕೀಯ ಕಾಲೇಜು ಹಿರಿಯ ನಾಗರಿಕರ ವಿಭಾಗ ಮುಖ್ಯಸ್ಥ ಡಾ. ಪ್ರಭಾ ಅಧಿಕಾರಿ ಮಂಗಳವಾರ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ತಿಳಿಸಿದರು.

ಭಾಗವಹಿಸುವ ಪ್ರತಿ ಶಿಬಿರಾರ್ಥಿಗೆ ಒಂದೂವರೆ ಗಂಟೆಯಲ್ಲಿ ಆಯುಷ್ ಇಲಾಖೆ ನಿರ್ದೇಶಿಸಿದ ಯೋಗ ದಿನದ ಯೋಗಾಭ್ಯಾಸದ ತ್ರಿಯೆ, ಯೋಗಾಸನ, ಪ್ರಾಣಾಯಾಮ, ವಿಶ್ರಾಂತಿ ಹಾಗೂ ಧ್ಯಾನ

ತರಬೇತಿಯೊಂದಿಗೆ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ನೀಡಲಿಲ್ಲ. ಯೋಗಾಭ್ಯಾಸ ಮುಂದುವರಿಸಲು ಉಚಿತ ಪುಸ್ತಕ, ಟಿಶರ್ಟ್ ನೀಡಲಾಗುವುದು. ಪ್ರವೇಶ ಉಚಿತ ಎಂದು ಯೇನವೋಯ ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ಯೋಗ ಚಿಕ್ಕಾ ಸಂಶೋಧಕ ಕುಶಾಲಪ್ಪ ಗೌಡ ಎನ್. ತಿಳಿಸಿದರು.

**ನಾಳೆ 10 ಬ್ಯಾಚ್‌ಗಳಲ್ಲಿ 15 ತಾಸು ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ**

ಬೆಳಿಗ್ಗೆ 5ರಿಂದ 6.30, 6.30ರಿಂದ 8, 8ರಿಂದ 9.30, 9.30ರಿಂದ 11, 11ರಿಂದ ಮಧ್ಯಾಹ್ನ 12.30, 12.30ರಿಂದ 2, 2ರಿಂದ 3.30, 3.30ರಿಂದ ಸಾಯಂಕಾಲ 5, 5ರಿಂದ 6.30, 6.30ರಿಂದ ರಾತ್ರಿ 8ರವರೆಗೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ಬೆಳಿಗ್ಗೆ 10.45ರಿಂದ 11.15ರವರೆಗೆ ಗಡ್ಡರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. ಮಾಹಿತಿ ಮತ್ತು ನೋಂದಣಿಗಿ ದೂ. 8050246979, 9845588740 ಸಂಪರ್ಕಿಸಬಹುದು ಎಂದು.

ಸಂಶೋಧಕ ಪರಮೇಶ್ವರ ಹೆಗಡೆ, ಮಾರ್ಕೆಟಿಂಗ್ ಎಕ್ಸಿಕ್ಯೂಟಿವ್ ವಿಜಯಾನಂದ ಶೆಟ್ಟಿ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿದ್ದರು.

Event news appeared Vijayavani Kannada news paper On 19-06-2019

**IYD-2019 15 Hours Marathon Yoga Session 20-6-2019**


**ATTESTED**  
  
**Registrar**  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore-575 018, Karnataka


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

Page 54 of 75



**YENEPOOYA**  
(DEEMED TO BE UNIVERSITY)  
Recognized under Sec. 3, Act of UCAA, 1956  
Accredited by NAAC with 'A' Grade

## Yenepooya Centre for Yoga and Wellness



APPEARED IN VARTHA BHARATI DTD ON 19-06-2019

### ನಾಳೆ ಯೆನಪೊಯ ವಿವಿಯಲ್ಲಿ ಮ್ಯಾರಥಾನ್ ಯೋಗ ತರಬೇತಿ

ಮಂಗಳೂರು, ಜೂ.18: ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ದೇಶಕ್ಕಿಂತಲೂ ಯೆನಪೊಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದಲ್ಲಿ ಜೂ.20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ (ಮ್ಯಾರಥಾನ್) ಯೋಗ ತರಬೇತಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ಯೆನಪೊಯ ವ್ಯವಹಾರ ಕಾಲೇಜಿನ ಒಂಟಿ ನಾಗರಿಕರ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ವಾ.ಪ್ರಭಾ ಅಧಿಕಾರಿ ತಿಳಿಸಿದ್ದಾರೆ.

ಮಂಗಳವಾರ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ಮಾತನಾಡಿದ ಅವರು, ಯೆನಪೊಯ ಸಂಯೋಜನಾ ಕೇಂದ್ರದ ಬೆಂಗಳೂರು ಯೋಗ ಸಂಯೋಜಕ ಕುಲಾಲಪ್ಪ ಗೌಡ ಎನ್. ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಅಂದು ಬೆಳಿಗ್ಗೆ 5ರಿಂದ ರಾತ್ರಿ 8ರವರೆಗೆ 10 ಬ್ಯಾಚ್‌ಗಳಲ್ಲಿ ತಲಾ ಒಂದೂವರೆ ಗಂಟೆಯ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ದೇಶಕ್ಕಿಂತಲೂ ಯೆನಪೊಯ ವ್ಯವಹಾರ ಕಾಲೇಜಿನ ಒಳಾಂಗಣ ಸಭಾಂಗಣದಲ್ಲಿ ನಡೆಯುವ ಏಕದಿನದ್ದು ಪ್ರತಿ ಬ್ಯಾಚ್‌ನಲ್ಲಿ 100 ಮಂದಿಯಂತೆ ಒಟ್ಟು 1000 ಮಂದಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಲು ಉದ್ದೇಶಿಸಲಾಗಿದೆ. ಆಯುಷ್ ಲಲಾವೆ ಬಿಡುಗಡೆಗೊಳಿಸಿದ ಯೋಗ ದಿನದ ಯೋಗಾಭ್ಯಾಸದ ಏಜ್‌ಬಾರದಂತೆ ತರಬೇತಿ ನೀಡಲಾಗುವುದು ಎಂದು ಮಾಹಿತಿ ನೀಡಿದರು.

ಬೆಳಿಗ್ಗೆ 10:45ರಿಂದ 11:15ರವರೆಗೆ ಗಣ್ಯರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. ಮಾಹಿತಿ ಮತ್ತು ನೋಂದಣಿಗೆ ಮೊ. 8050246979, 9845588740 ಸಂಪರ್ಕಿಸಬಹುದು ಎಂದು.

ಮ್ಯಾರಥಾನ್ ಯೋಗದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಪ್ರತಿ ಏಕದಿನದ ಯೋಗಾಭ್ಯಾಸದ ಕ್ರಿಯೆ, ಯೋಗಾಸನ, ಪ್ರಾಣಾಯಾಮ, ವಿಶ್ರಾಂತಿ ಹಾಗೂ ಧ್ಯಾನ ತರಬೇತಿಯೊಂದಿಗೆ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ಸಿಗಲಿದೆ. ಯೋಗಾಭ್ಯಾಸ ಮುಂದುವರಿಸಲು ಉಚಿತ ಪ್ರವೇಶ ಹಾಗೂ ಒಂದು ಟೀಕರ್ಸ್ ನೀಡಲಾಗುವುದು. ಪ್ರವೇಶ ಉಚಿತವಾಗಿರುತ್ತದೆ. ಆಸಕ್ತರು ಮೊದಲು ನೋಂದಣಿ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಬೆಳಿಗ್ಗೆ 5ರಿಂದ 6:30, 6:30ರಿಂದ 8, 8ರಿಂದ 9:30, 9:30ರಿಂದ 11, 11ರಿಂದ ಮಧ್ಯಾಹ್ನ 12:30, 12:30ರಿಂದ 2, 2ರಿಂದ 3:30, 3:30ರಿಂದ ಸಂಜೆ 5, 5ರಿಂದ 6:30, 6:30ರಿಂದ ರಾತ್ರಿ 8ರವರೆಗೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ಸಾರ್ವಜನಿಕರು ಯಾವುದೇ ಆವಧಿಯಿಲ್ಲದೆ ಮೊದಲು ಹೆಸರು ನೋಂದಾಯಿಸಿ ಭಾಗವಹಿಸಬಹುದು ಎಂದು ಯೆನಪೊಯ ಸಂಯೋಜನಾ ಕೇಂದ್ರದ ಯೋಗ ಬೆಂಗಳೂರು ಸಂಯೋಜಕ ಕುಲಾಲಪ್ಪ ಗೌಡ ಎನ್. ತಿಳಿಸಿದರು.

ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ಸಂಯೋಜಕ ಪರಮೇಶ್ವರ ಮಾಡೆ, ಮಾರ್ಕೆಟಿಂಗ್ ಎಕ್ಸ್‌ಕ್ಯೂಟಿವ್ ವಿಜಯಾನಂದ ಶೆಟ್ಟಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

Page No. 2 Jun 19, 2019  
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*Handwritten signature*  
Yenepooya Centre for Yoga and Wellness  
Yenepooya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575018

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Registrar  
Yenepooya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575 018

IYD-2019 15 Hours Marathon Yoga Session 20-6-2019

ATTESTED  
*Handwritten signature*  
Dr.Gangadhara Somayaji K.S.  
Registrar  
Yenepooya(Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka



## Yenepoya Centre for Yoga and Wellness



APPEARED IN THE TIMES OF INDIA DTD ON  
19-06-2019

### Yenepoya: Yoga training organised

TIMES NEWS NETWORK

**Mangaluru:** Yenepoya (deemed to be university) will celebrate International Yoga Day with a marathon yoga teaching programme for public at the indoor auditorium of Yenepoya Medical College at Deralakatte near here on June 20. Kushalappa Gowda N, a yoga expert and a junior research fellow, Yenepoya Research Centre, will be the trainer who will conduct 10 sessions of 90-minute duration each, for 15 hours from 5am to 8pm.

The organisers plan to accommodate 100 participants in each of the batches and the target is to have 1,000 participants in 10 sessions. The training programme will be conducted as per guidelines laid down by department of Ayush of the Union government. It is for the first time that the programme is being conducted in a private deemed to be university. The training session is open to public and those interested should register in advance.

Kushalappa Gowda told reporters here that the event is being held not to create any record, but to create awareness among the masses about yoga and its long-term benefits. Participants will receive training in yoga kriya, yoga asanas, pranayama, vishranti and meditation in the 90-minutes as per Ayush guidelines.

Participants will receive free T-shirt and study material which will help them continue with yoga practice on a daily basis, he said. Call: 9660266666/9645588740.

APPEARED IN UDAYAVANI DTD ON 19-06-2019

### ಯೋಗ ದಿನಾಚರಣೆ: ನಾಳೆ ಸುದೀರ್ಘ ಯೋಗ ತರಬೇತಿ

ಮಂಗಳೂರು, ಜೂ. 18: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ದೇಶದಾದ್ಯಂತ ಯೋಗದ ಪರಿಚಯವನ್ನು ಹರಿಸುವ ಉದ್ದೇಶದಿಂದ ಸುದೀರ್ಘ ಯೋಗ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಜೂ. 20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ (ಮ್ಯಾರಥನ್) ಯೋಗ ತರಬೇತಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ಸುದೀರ್ಘ ಯೋಗ ತರಬೇತಿ ಹಿರಿಯ ನಾಗರಿಕರ ವಿಭಾಗ ಮುಖ್ಯಸ್ಥೆ ಡಾ| ಪ್ರಭಾ ಅಧಿಕಾರಿ ಪತ್ರಿಕಾಗೋಷ್ಠಿಯಲ್ಲಿ ತಿಳಿಸಿದರು.

ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ಚಿಕಿತ್ಸಾತ್ಮಕ ಯೋಗ ಸಂಶೋಧಕ ಕುಶಾಲಪ್ಪ ಗೌಡ ಎನ್. ಮಾರ್ಗದರ್ಶನ ನೀಡುವರು. ಬೆಳಿಗ್ಗೆ 5ರಿಂದ ರಾತ್ರಿ 8ರ ವರೆಗೆ 10 ತಂಡಗಳಲ್ಲಿ ತಲಾ ಒಂದೂವರೆ ಗಂಟೆಯ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ಪ್ರತಿ ತಂಡದಲ್ಲಿ 100 ಮಂದಿಯಂತೆ ಒಟ್ಟು 1,000 ಮಂದಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಲು ಉದ್ದೇಶಿಸಲಾಗಿದೆ ಎಂದರು.

ಕುಶಾಲಪ್ಪ ಗೌಡ ಮಾತನಾಡಿ, ಪ್ರತಿ ಶಿಬಿರಾರ್ಥಿಗೆ ಒಂದೂವರೆ ಗಂಟೆಯಲ್ಲಿ ಆಯುಷ್ ನಿರ್ಧಾರಿತ ಯೋಗಾಸನ, ಪ್ರಾಣಾಯಾಮ, ಏಶ್ವಾಸಿ ಹಾಗೂ ಧ್ಯಾನ ತರಬೇತಿ ಯೋಗದಿಂದ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ನಡೆಸಲಾಗುವುದು. ಯೋಗಾಭ್ಯಾಸ ಮುಂದುವರಿಸಲು ಉಚಿತ ಪುಸ್ತಕ ಹಾಗೂ ಒಂದು ಟೀಶರ್ಟ್ ನೀಡಲಾಗುವುದು. ಪ್ರವೇಶ ಉಚಿತ. ಮೊದಲು ನೋಂದಣಿ ಮಾಡಿಸಿಕೊಂಡವರಿಗೆ ಪ್ರಾಶಸ್ತ್ಯ. ಬೆಳಿಗ್ಗೆ 5ರಿಂದ 6.30, 6.30ರಿಂದ 8, 8ರಿಂದ 9.30, 9.30ರಿಂದ 11, 11 ರಿಂದ ಮಧ್ಯಾಹ್ನ 12.30, 12.30ರಿಂದ 2, 2ರಿಂದ 3.30, 3.30ರಿಂದ ಸಂಜೆ 5, 5 ರಿಂದ 6.30, 6.30ರಿಂದ ರಾತ್ರಿ 8ರ ವರೆಗೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ ಎಂದು ತಿಳಿಸಿದರು.

ಸಂಶೋಧಕ ಪರಮೇಶ್ವರ ಹೆಗಡೆ, ಮಾರ್ಕೆಟಿಂಗ್ ಇನ್‌ಫಾರ್ಮೇಷನ್ ವಿಜಯಾನಂದ ಶೆಟ್ಟಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

Yenepoya Centre for Yoga and Wellness  
(Deemed to be University)  
University Road, Deralakatte  
Mangaluru-575018  
K. S. Somayaji Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore-575 018, Karnataka

Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte





**APPEARED IN THE HINDU DTD ON**  
**21-06-2019**  
**Over 1,000 take part in 15-hour**  
**yoga session at Yenepoya**

**SPECIAL CORRESPONDENT**  
**MANGALURU**

A day ahead of International Day of Yoga, Yenepoya (Deemed to be University) organised a marathon yoga teaching lasting 15 hours on its premises in Deralakatte here on Friday. More than 1,000 persons practised yoga in 10 batches.

According to yoga teacher Kushalappa Gowda N., who is also a junior research fellow at the deemed to be university, the participants were taught 16 asanas, three pranayamas, meditation and relaxation.

Teaching sessions, which began at 5 a.m., ended at 8 p.m., he said.

Each session lasted one



Participants in action at the 15-hour marathon yoga learning session at Yenepoya Deemed to be University in Deralakatte, Mangaluru, on Thursday. -SPECIAL ARRANGEMENT

hour and 30 minutes. Each batch had over 100 participants. Teaching was imparted as per guidelines of the

Department of AYUSH, he said. The participants were given free study material which will help them conti-


nue with their yoga practice on a daily basis.


Speaking at the inaugural session, Sateesh Kumar Bhandary, Vice-Chancellor, Nitte (Deemed to be University), said that practising yoga daily helped in reducing stress and avoiding lifestyle diseases. "Now, it is a prescription for a meaningful and purposeful life," he said.

Shoba Rani, AYUSH Department official, said that the theme for the International Yoga Day 2019 is "Love your heart".

Vijayakumar M., Vice-Chancellor, Yenepoya (Deemed to be University), said that one can practice yoga for at least one hour in a day.

Event news appeared The Hindu news paper On 21-06-2019


  
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**IYD-2019 15 Hours Marathon Yoga Session**

20-6-2019

**ATTESTED**

  
 Dr.Gangadhara Somayaji K.S.  
 Registrar  
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 University Road, Deralakatte  
 Mangalore-575 018, Karnataka



**GUEST TALK ON**  
**“YOGA: PHYSIOLOGICAL EFFECTS AND ITS BENEFITS”**

Department of Physiology conducted Guest talk on “Yoga: Physiological effects and its benefits” by Mr. Kushalappa Gowda, Yoga Instructor and JRF, Yenepoya Research Centre, Yenepoya (Deemed to be University) on 14<sup>th</sup> February 2019 at 3 pm in Lecture Hall II, YMC Block.

No. of students: 150, I MBBS students (2018-19 batch).



Facilitation By Department of Physiology YMC ./ Mr. Kushalappa Gowda./ MBBS students  
Doing pranayama

*Kaife*  
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*Kaife*  
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Date: 14-2-2019

*Kaife*

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University Road, Deralakatte  
Mangalore - 575 018

# 3. Yoga and wellness 2017-2018

ATTESTED



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Criteria V/YDU/5.1.2/Yoga and wellness

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## Yenepoya Centre for Yoga and Wellness



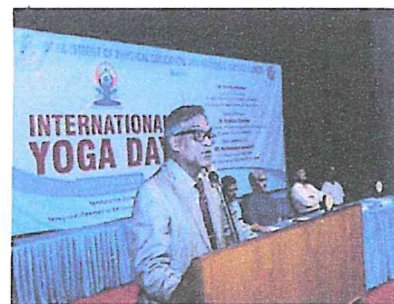
### INTERNATIONAL YOGA DAY ON JUNE 21<sup>ST</sup> 2018

Department of Physical Education and National Service Scheme organized yoga Programme from March 13th To June 20th, to highlight and to mark the Importance of International Yoga Day on June 21st 2018. The programme culminated by the stage programme on June 21st 2018 which was inaugurated by the Vice Chancellor of Yenepoya Deemed to be University. Dr Ashwini S Shetty NSS Programme Coordinator welcomed the gathering.



Chief Guest Dr. Krishna Sharma, Chairman, Department of Yogic Science highlighted the significances of yoga and encouraged students to practice yoga in their life to lead healthy life style.

Vice chancellor Dr M Vijayakumar Oncosurgeon spoke on how the yoga practice helps the cancer patients in post chemotherapy and how it is essential in our daily life and emphasized on the significances of yoga practice.



There was a demonstration of yoga for the students of Yenepoya deemed to be University by the Yoga Demonstrator Mr. Kushalappa. Around 500 students participated in the programme. Dr. G Shreekumar Menon, Registrar Yenepoya Deemed to be

*Kool*

INTERNATIONAL YOGA DAY- 2018

YENEPOYA Centre for Yoga and Wellness  
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Mangaluru-575018

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*[Signature]*

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JUNE 21<sup>ST</sup> 2018

*[Signature]*

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## Yenepoya Centre for Yoga and Wellness



University and the Chairman of sports committee Mr. Mohammed Bava were present on the dias. Mr. Jobin NSS Programme Officer of Yenepoya Nursing College proposed vote of thanks. Mrs. Shilpashree Asst Director Physical education department compeered the programme.



**DEPARTMENT OF PHYSICAL EDUCATION AND NATIONAL SERVICE SCHEME**  
Cordially invite you to participate in the

# INTERNATIONAL YOGA DAY

**On Thursday 21<sup>st</sup> June, 2018  
at Yendurance Zone, from 3 to 4pm  
Yenepoya (Deemed to be University) Campus**

**Dr. M Vijayakumar**  
Hon'ble Vice Chancellor  
Yenepoya (Deemed to be University), Mangaluru  
*will inaugurate and Preside over the function*

*Guest of honour*  
**Dr. Krishna Sharma**  
Chairman, Department of Human Consciousness and Yogic Sciences  
Mangalore University, Mangaluru

**Mr. Kushaleppa Gowda N**  
M.Sc (Yogic science), MSW, MPhil  
*will Demonstrate Yoga and Pranayama*

---

Dr. G. Shree Kumar Menon Registrar      Dr. Ashwini Shetty NSS Coordinator      Mrs. Shilpashree Asst. Director, Dept. of Physical Education

*Keeze*

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INTERNATIONAL YOGA DAY- 2018

*Keeze*  
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*Keesomayon?*

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## Yenepoya Centre for Yoga and Wellness



### REPORT OF THE INTERNATIONAL DAY OF YOGA HELD ON 19/06/2018.

#### NATIONAL SERVICE SCHEME-YENEPOYA DENTAL COLLEGE UNIT-1 & DEPARTMENT OF PUBLIC HEALTH DENTISTRY

The NSS-YDC unit-1 and Department of Public Health Dentistry, observed the international day of yoga-2018 on 19/06/2018. Dr. B.H. Sripathi Rao, Dr. Akhter Husain and Mr. Kushallappa were the dignitaries on the dias. Dr. Akhter Hussain gave the welcome Address and vote of thanks was given by the Dr. Imran Pasha M, Ms. Aishwarya Nair, Intern was the master of the ceremony.

Mr. Kushallappa, delivered the guest lecture, the main aim was to raise awareness and ignite a passion for fitness and yoga among the students. In the present day when students face stress, tension, fear, etc., simple asanas can help dispel these.

Dr. B.H. Sripathi Rao, said that Yoga provides mental and physical strength to people. And Finally Dr. Akhter Hussain summarized, by saying "Yoga is essential for inner and physical growth and suggested to make the yoga compulsory for the students for their overall development. 100 students participated in the program.

#### GLIMPSES OF THE PROGRAM:



*Korla*  
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 YDC - INTERNATIONAL DAY OF YOGA HELD

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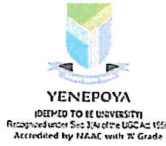
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**Dr. Gangadhara Somayajulu**  
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Page 64 of 75

ON 19/06/2018

*[Signature]*  
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## Yenepoya Centre for Yoga and Wellness



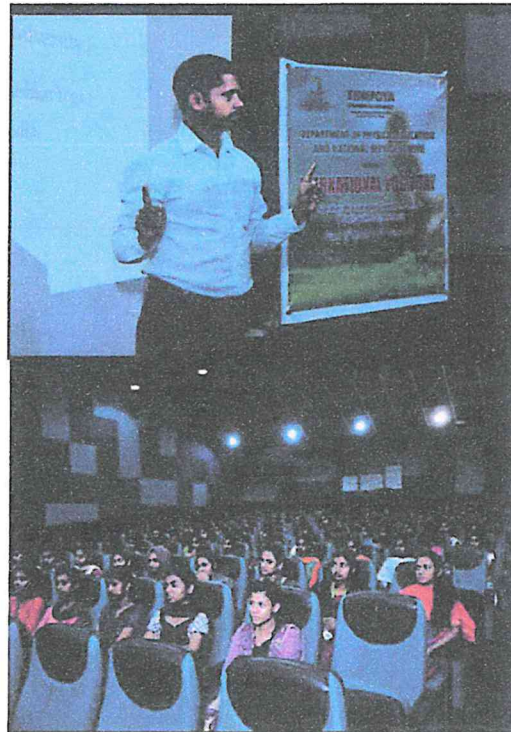
**Guest lecture on Yoga for Health life**

**Resource Person: Kushalappa Gowda JRF YRC**

**Date 19-06-2018, Organised by : Yenepoya Nursing College**

**Venue: Mini Theater, Yenepoya endurance**

150 Nursing students participated in the event. Kushalappa Giowda JRF, Yenepoya Research Centre presented on 'Yoga for healthy life', his presentation carried the most relevant reference to the issue followed by women and girls during their periods and she also highlighted the points of being cautious at the early stages rather than suffering from serious conditions during the pregnancy. He explained need of Yoga practice in nursing profession.



*[Signature]*  
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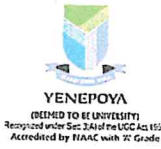
Guest lecture on Yoga for Health life

19-06-2018

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*[Signature]*

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**Yenepoya Centre for Yoga and Wellness**



**Yogasana and Pranayama training**

**Date 13-06-2018, Organised by : Yenepoya Physiotherapy College**

Kushalappa Giowda JRF, Yenepoya Research Centre gave few demonstrations and Pranayama practice and gave a clear reading about his findings with certain the scientific relevance and reference in accordance to Astanga Yoga effect and other ancient scripts and also answered few questions from the audience.



Yenepoya Physiotherapy College principal Dr. Padma Kumar, Physical Education director Ms. Shilpa, NSS coordinator Dr. Ashwini Shetty . Mr. Kushalappa Gowda gave pranayama Training

*Kee*  
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Yogasana and Pranayama training

*ks Somayaji*

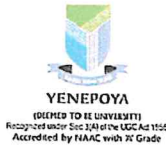
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13-06-2018

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Dr.Gangadhara Somayaji K.S Page 66 of 75  
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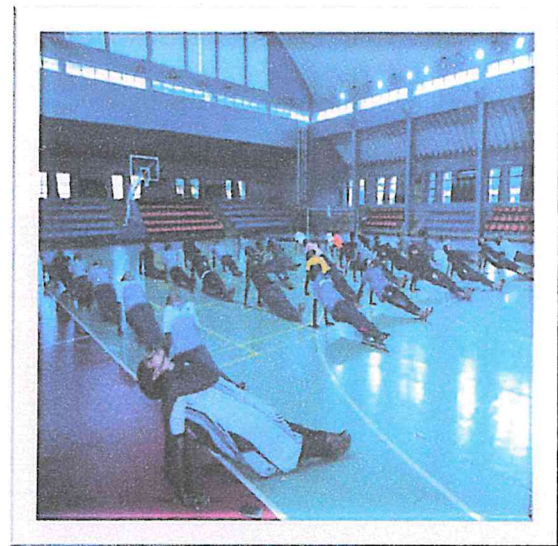
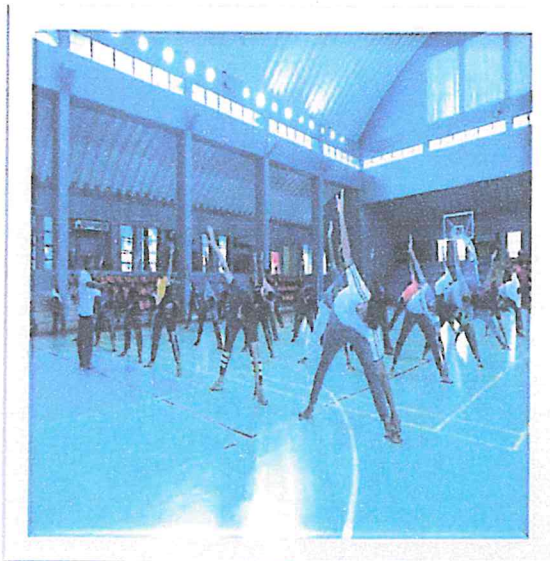
**Yenepoya Centre for Yoga and Wellness**



**DEMONSTRATION FOR SPORTS STUDENTS BY MR KUSHALAPPA GOWDA N MASTER IN YOGIC SCIENCE DELIVERED THE GUEST TALK AND ADDRESSED THE STUDENTS. ON 04.06.2018 AT YENDURANCE ZONE.**

Demonstration for Sports Students by Mr Kushalappa Gowda N master in Yogic Science delivered the guest talk and addressed the students. On 04.06.2018 at Yendurance Zone.

Number of participants: 40



**Yogasana Practice at Yendurance Zone**

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**Yoga for SPORTS STUDENTS DEMONSTRATION 04.06.2018**

**ATTESTED**

**Dr. Gangadhara Somayaji K.S.**  
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### Yenepoya Centre for Yoga and Wellness



#### Report of Yogasanas, Pranayama, Meditation and Relaxation Camp

11-6-2018 to 20-6-2018, @ Yenepoya Research Centre

An account of International day of Yoga 2018, Yenepoya Reserch centre organised 10 days Yogasana, Pranayama and Meditation for for the faculty and research scholars of Yenepoya research centre. Sessions were scheduled 4pm to 5pm , conducted by Mr. Kushalappa Gowda, Yoga trainer, Director, Avishkar Yoga, JRF at Yenepoya research Centre. 15 participates completed camp then participated International Day of Yoga 2018 event which was organised by Yenepoya University on June21, 2018.



The faculty and research scholars doing Pranayama practice at YRC seminar hall

*Kayse*  
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*kg somayaji*  
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Yogasanas, Pranayama, Meditation and Relaxation Camp 11-6-2018 to 20-6-2018

**ATTESTED**

*kg*  
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Yoga for body, mind and soul

NSS Units department of Physiotherapy College in association with Physical Education organised seminar on Yoga for Body Mind and Soul held on 05.06.2018 and Mr. Kushalappa Gowda N master in Yogic Science delivered the guest talk and addressed the students.



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Yoga for body, mind and soul DEMONSTRATION 05.06.2018

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## International day for Yoga organized by Department of Physical Education and National Service Scheme Yenepoya University 2017

Department of Physical Education and National Service Scheme Yenepoya University have organized International Day for Yoga on June 21st 2017 at Yendurance Zone. Program was inaugurated by HOD Physiology Dr.Rajendran as chief guest.

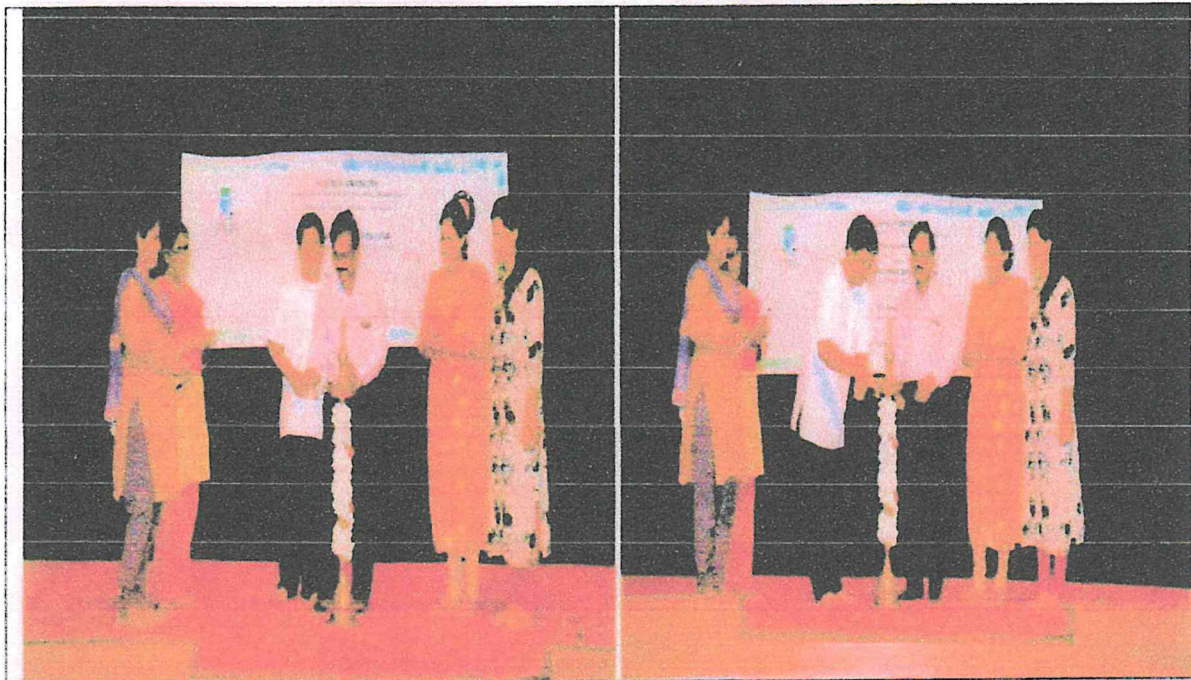



FIG:1 YOGA INAUGRAL PROGRAMME

And Guest of honour Dr.Shreekanth S.V Director of Ayama Yoga Center spoke on significance of Yoga followed by there was demonstration & yoga practices by all the Yenepoya University Students. Around 500 students and NSS Volunteers of Yenepoya University participated in the program

Before start the program participants have taken Oath by words: **I pledge to make yoga and Integral part of my daily life** leading by Mrs. Umarani Staff of YNC. Welcome address by Mrs.Shilpashree Asst.Physical Director and Dr.Ashwini Shetty proposed Vote of thanks

Prof   
Physical Director  
Yenepoya University  
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# YENEPOYA UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

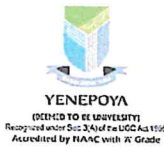


Photographs of International day for yoga celebration at Yenepoya University

  
Physical Director  
Yenepoya University  
Deralakatte, Mangalore-575018

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## Yenepoya Centre for Yoga and Wellness



### Report of Pranayama, Meditation and Relaxation Workshop - 14.5.2018 to 17.5.2018 @ Yenepoya Research Centre

Yenepoya Research Centre had conducted 4 days Yoga Pranayama , Meditation and relaxation workshop for the faculty and research scholars of Yenepoya research centre, Yenepoya Deemed to be University from 14/5/2018 to 17/5.2018. The programme was inaugurated in presence of Dr. Rekha, Dy. Director, YRC, and other faculty members. Sessions were conducted by Mr. Kushalappa Gowda, Yoga trainer, Director, Avishkar Yoga, JRF at Yenepoya research Centre at research Centre Seminar hall, 13rd floor, academic block, YMC. Sessions were scheduled at 4 p. m. to 5 p. m. There are 20 faculty's and JRF's benefited the event.



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The faculty and research scholars doing Pranayama practice at YRC seminar hall

Workshop on Yogasanas, Pranayama, Meditation and Relaxation 14.5.2018 to 17.5.2018

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*[Signature]*

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*[Signature]*

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## 3. Yoga and wellness 2016-2017

ATTESTED



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Criteria V/YDU/5.1.2/Yoga and wellness  
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# YENEPOYA UNIVERSITY

## Yenepoya Centre for Yoga and Wellness



### Guest Lecture Report

Mr. Sathyanarayana Rao  
Lecturer  
Govt. College, Bokkapatna



Yoga and Health  
28.02.2017  
Three important components for life i.e., breathing, importance of water and the role of food were stressed upon by the speaker. Energizing hand exercises was demonstrated and the audience also performed the act.  
No. of participants: 136



Yoga activates

*Kushalappa G N*  
Yoga Yoga Instructor

ATTESTED

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**INTERNATIONAL YOGA DAY- 21st JUNE 2016**

International Yoga Day was held at Yenepoya University Yendurance Zone under the guidance of the Dept.of Physical Education. A.V.Suresh , Physical Director, explained the importance of yoga in the present circumstances. Shilpashree, Asst. Physical Director, led the demonstration class in which 60 students participated.



FIG:1 YOGA SESSION MEN

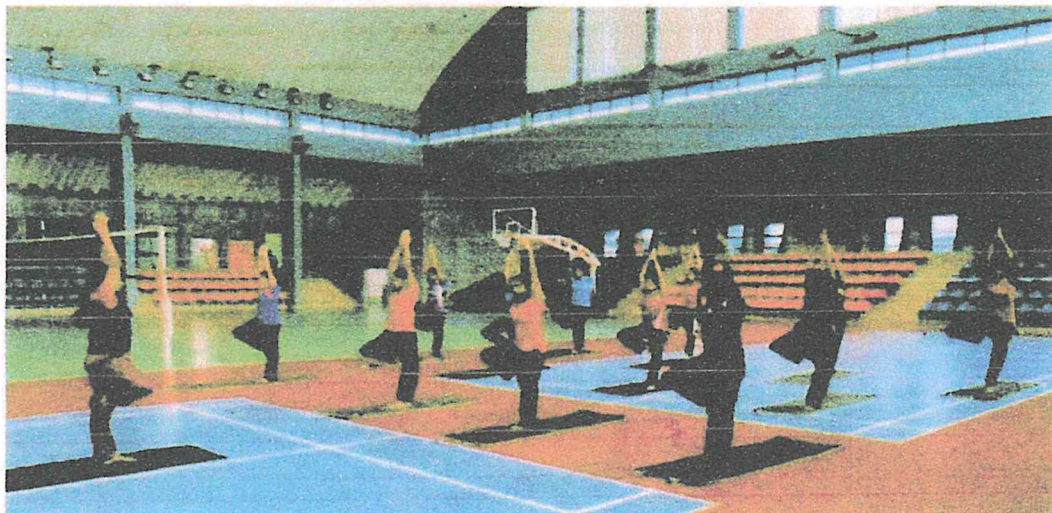


FIG:1 YOGA SESSION WOMEN

21-06-2016

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