



YENEPLOYA

(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

INDEX

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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

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
2020-21				
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
2019-20				
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
2018-19				
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
2017-18				
1.	2017-18	International Yoga day	500	62-63
2.	2017-18	The International Day of Yoga 2018	100	64



YENEPOYA
ಜನಮುಕ್ತಿ ಯೂನಿವರ್ಸಿಟಿ
Established under the Government of Karnataka
2013 and recognized by UGC, New Delhi

Yenepoya (Deemed to be University)

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

Reports of Yoga and wellness programs from 2016-2021

3. Yoga and wellness

2020-2021

Workshop on Yoga: Elixir of Life

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

Venue: 4th floor Yenepoya Institute of Arts, Science ,Commerce and Management

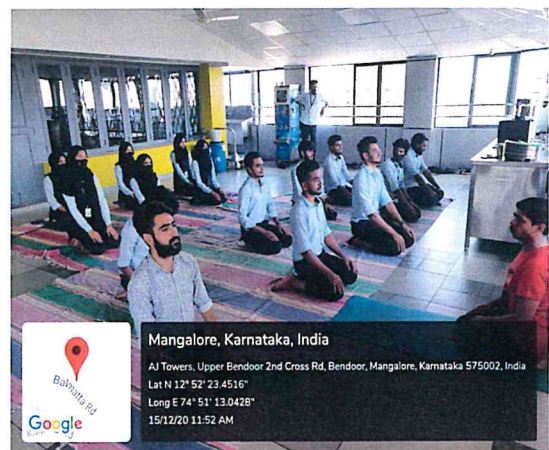
No. of Participants: 40



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 Shihan of final B.Com Professional invoked the blessings of God Almighty by reciting verses from the Holy Quran. Welcome speech was delivered by Miss. FahimaNihaf from final yearB.Com.The dignitaries who graced the occasion



Workshop on Yoga: Elixir of Life

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

Kaale
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Mangaluru-575018

ks Somayaj
Registrar
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Mangaluru - 575 018

were Principal Dr. PravadhavardiniGopalakrishnan, Vice principal Dr. Shareena.P and the resource person for the event Mr. Kushalappa Gowda, who is a prominent yoga consultant. Miss NaveedaAnjum of final yearB.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 onthe 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.



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Workshop on Yoga: Elixir of Life

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



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University Road, Derlakatte
Mangalore 575 013

VIJAYAKARNATAKA 31-12-2020

ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ

■ ವಿಶ್ವ ಸುದ್ದಿಯೊಳಗೆ ಮುಂಚೂಣಿ

ಬಹುಶಃ ಯೇನಪೋಯ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಆರ್ಟ್ಸ್ ಸೈನ್ಸ್ ಕಾಮರ್ಸ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಕಾಲೇಜಿನಲ್ಲಿ ಇತ್ತೀಚೆಗೆ ಯೋಗಾಸನ ಶಿಬಿರ ನಡೆಯಿತು.

ಯೇನಪೋಯ ಡೀವನ್ ಟು ಬಿ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಂಶೋಧನಾಧಿಕಾರಿ ಕುಶಾಲಪ್ಪ ಗೌಡ ಯೋಗ ತರಬೇತು ವಾರದಾಗಿದ್ದರು.

ಕಾಲೇಜಿನ ಪ್ರಿನ್ಸಿಪಾಲ್ ಡಾ. ಪರ್ವಧರವರ್ಧಿನಿ ಗೋಪಾಲಕೃಷ್ಣನ್ ಮಾತನಾಡಿ, ವಿದ್ಯಾರ್ಥಿಗಳು ಶಿಸ್ತುಬದ್ಧವಾದ ಜೀವನವನ್ನು ನಡೆಸಲು ಯೋಗಾಸನವು ಸಹಕಾರಿ ಎಂದರು. ಪ್ರೊ ಪ್ರಿನ್ಸಿಪಾಲ್ ಡಾ.ರಂಜನ ಪಿ. ವ್ಯಾಸಾಪ್ಪವಾಣಿ ಮಾತನಾಡಿದರು. ವಾಣಿಜ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿ ಚೈತ್ರ ಶೆಟ್ಟಿ ವಂದಿಸಿದರು.



ಶ್ರೀತೀಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ನವೀದ ಅಂಜುಮ್ ತರಬೇತುದಾರರ ಪರಿಚಯ ಮಾಡಿದರು. ಶ್ರೀತೀಯ ಬಿ. ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ಫಾತಿಮಾನಿಹ ಸ್ವಾಗತಿಸಿದರು. ಸೂರುಲ್ ಮೆಹರ್ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು. ಸಮಾರೋಹ ಸಮಾರಂಭದಲ್ಲಿ ಡಾ.ರಂಜನ ಪಿ. ತರಬೇತುದಾರರನ್ನು

ಗೌರವಿಸಿದರು. ಹಾಸ್ಟಿಟಾಲ್‌ನ ಪ್ರೊ.ಪ್ರಿನ್ಸಿಪಾಲ್ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು. ಕಾಲೇಜಿನ ಬೋಧಕ ವರ್ಗದವರಾದ ನಿಟ್ಟ ಶೆಟ್ಟಿ, ಲಕ್ಷ್ಮೀ, ಹಾಗೂ ನಿರೂಪಣ್ಣ ಪಿ. ಕಾರ್ಯಕ್ರಮದ ಯಶಸ್ಸಿಗೆ ಸಹಕರಿಸಿದರು.

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

UDAYAVANI 31-12-2020

ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ

■ ಮಹಾನಂದ, ಡಿ. 30:

ಬಹುಶಃ ಯೇನಪೋಯ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಆರ್ಟ್ಸ್ ಸೈನ್ಸ್ ಕಾಮರ್ಸ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಕಾಲೇಜಿನಲ್ಲಿ ಇತ್ತೀಚೆಗೆ ಒಂದು ವಾರದ ಕಾಲ ಯೋಗಾಸನ ಶಿಬಿರವು ಇತ್ತೀಚೆಗೆ ನಡೆಯಿತು.

ಯೋಗ ತರಬೇತುದಾರರಾಗಿ ಆಗಮಿಸಿದ್ದ ಯೇನಪೋಯ ಡೀವನ್ ಟು ಬಿ ವಿ.ವಿ.ಯ ಸಂಶೋಧನಾಧಿಕಾರಿ ಕುಶಾಲಪ್ಪ ಗೌಡ ಮಾತನಾಡಿ, ಇಂದಿನ ಒತ್ತಡದ ಜಗತ್ತಿನಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಯೋಗಾಸನದಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳುವುದರಿಂದ ಮಾನಸಿಕ ಹಾಗೂ ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬಹುದು ಎಂದರು.

ಕಾಲೇಜಿನ ಪ್ರಾಚಾರ್ಯ ಡಾ. ಪರ್ವಧರವರ್ಧಿನಿ ಗೋಪಾಲಕೃಷ್ಣನ್ ಮಾತನಾಡಿ, ವಿದ್ಯಾರ್ಥಿಗಳು ಶಿಸ್ತು ಬದ್ಧವಾದ ಜೀವನವನ್ನು ನಡೆಸಲು



ಯೇನಪೋಯ ಕಾಲೇಜಿನಲ್ಲಿ ಯೋಗಾಸನ ಶಿಬಿರ ಜರಗಿತು.

ಯೋಗಾಸನವು ಸಹಕಾರಿ ಎಂದರು. ಉಪ ಪ್ರಾಚಾರ್ಯ ಡಾ.ರಂಜನಾ ಪಿ. ವ್ಯಾಸಾಪ್ಪವಾಣಿ ಮಾತನಾಡಿದರು. ವಾಣಿಜ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿ ಚೈತ್ರಾ ಶೆಟ್ಟಿ ವಂದಿಸಿದರು. ಶ್ರೀತೀಯ ಬಿ.ಕಾಂ. (ಪ್ರೊಫೆಸರ್‌ನಲ್) ವಿದ್ಯಾರ್ಥಿನಿ ನವೀದಾ ಅಂಜುಮ್ ತರಬೇತುದಾರರ ಪರಿಚಯ ಮಾಡಿದರು. ಶ್ರೀತೀಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ ಫಾತಿಮಾನಿಹ ಸ್ವಾಗತಿಸಿ, ಸೂರುಲ್

ಮೆಹರ್ ನಿರೂಪಿಸಿದರು. ಶ್ರೀತೀಯ ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿನಿ (ಪ್ರೊಫೆಸರ್‌ನಲ್) ಅನನ್ ಅಮ್ಮದ್ ಸಿಹಾನ್ ಪ್ರಾರ್ಥಿಸಿದರು. ಸಮಾರೋಹದಲ್ಲಿ ಡಾ. ರಂಜನ ಪಿ. ತರಬೇತುದಾರರಿಗೆ ಸ್ವರಸಿಕೆಯನ್ನು ನೀಡಿ ಗೌರವಿಸಿದರು. ಹಾಸ್ಟಿಟಾಲ್‌ನ ಪ್ರೊ.ಪ್ರಿನ್ಸಿಪಾಲ್ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು. ನಿಟ್ಟ ಶೆಟ್ಟಿ, ಲಕ್ಷ್ಮೀ, ನಿರೂಪಣ್ಣ ಪಿ. ಸಹಕರಿಸಿದರು.

Beze

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

Beze

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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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ks Soomayon
Registrar
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University Road, Deralakatte
Mangaluru - 575 018

Yoga Camp

Date 19-08-2020



Yenepoya Centre for Yoga and Wellness

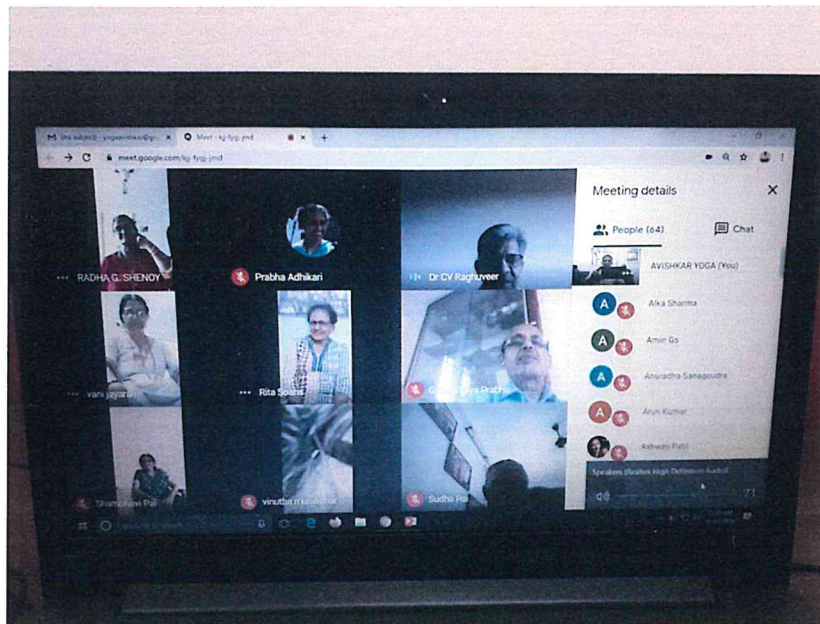


Webinar on Yogic practice as potential Adjunctive treatment of SARS-Cov-2 infection and COVID-19

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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ks Somayaj
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DEPARTMENT OF GERIATRIC MEDICINE

Yenepoya Research Centre, Yenepoya (Deemed to be University)
Is Organizing

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

Date: 30th July 2020, Thursday Time: 11.30 am, Entry: Free

Online link: <http://meet.google.com/kgjtygjjed>

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

About the speaker: Mr. Kushalappa Gowda completed M.Sc in Yogic sciences with specialization in Yoga therapy in 2006 from Manipal University, MSW with specialization Medical and Psychiatry from Mangalore University in 2012 and M.Phil (2014) from Hampi University, Currently, he is pursuing PhD from Yenepoya (Deemed to be University) under the mentorship of Guide Dr. Yashodhar P. Haradary and Co-guide Dr. Iritia and Dr. Udays 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: 03/08/2020 to 03/09/2020

- Training: 10 am to 11 am or 5 pm to 7 pm (daily one hour training)
- Yoga training free of cost (conditions apply). Public can participate.
- For Registration/Online link call: 9845588742, 9591133105

Training highlights of webinar and Training:

- Selected Yogic practices: A-shlo - Vaidya Presentation
- Yoga Training: Kriyas, Yogasana, Pranayama, Mantra, Meditation and Relaxation training.

Welcome to all

3. Yoga and wellness 2019-2020

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

Place: Naringana

Sincerely



(Dr. Supriya S)

forwarded to Registrar for Approval

[Signature]
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

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.


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. Supriya.S)



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Yenepoya Centre for Yoga and Wellness



6/20/2020

NSS International Yoga Day.jpg

**NATIONAL SERVICE SCHEME
YENEPOYA (DEEMED TO BE UNIVERSITY)**
In Association with
**DEPARTMENT OF PULMONARY MEDICINE &
YENEPOYA RESEARCH CENTRE**
Observes
INTERNATIONAL DAY OF
yoga
Online session on
Pranayama Techniques


MONDAY
10.00 am to 11.00 am

22nd


JUNE
2020

Join with Google Meet meet.google.com/gdf-fvyp-fmk

SPEAKERS



Mr. Kushalappa Gowda N.
Yoga Trainer
M.Sc. Yoga Science,
Director of Anandalee Yoga
BIP - Yenepoya Research Center
Topic: Tips for Pranayama
and its benefits in health



Dr. Irfan
Associate Professor
Department of Pulmonary Medicine
Yenepoya Medical College
Topic: Probable benefits of
Pranayama during Covid -19

Registrar
Yenepoya (Deemed to be University)

Organizing Committee
International Day of Yoga

<https://mail.google.com/mail/u/0/?tab=rm&logi=lnbox/FMtrgwJWXPQRvQKZBNBKLsCpropTk?projector=1&messagePartId=0.1>

1/1

Invitation of the event

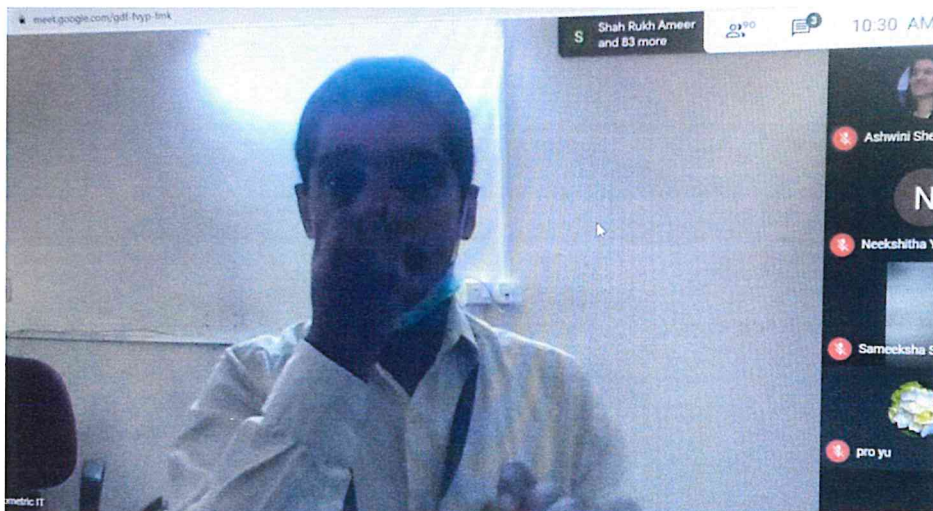
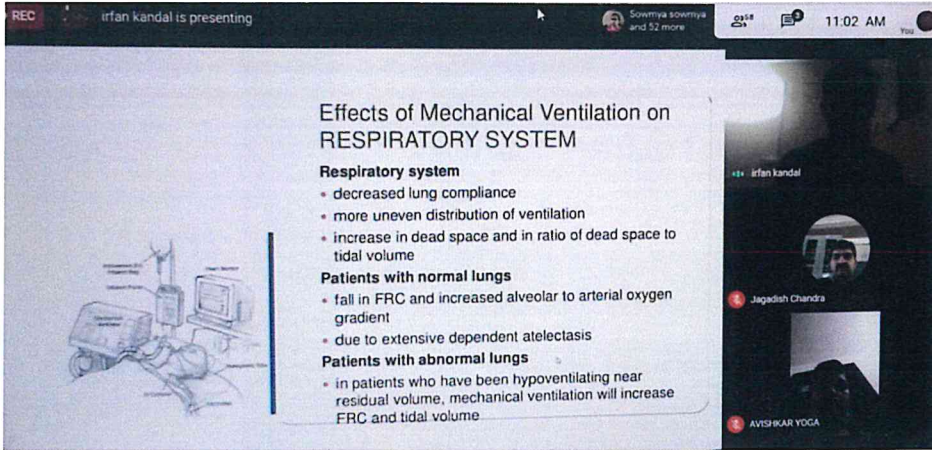
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Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangaluru-575018

NSS INTERNATIONAL DAY- 2020

Date: June 22, 2020

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

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University Road, Deralakatte
Mangaluru-575018

[Signature]
Registrar
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University Road, Deralakatte
Mangaluru - 575 018

International Day of Yoga 2020

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

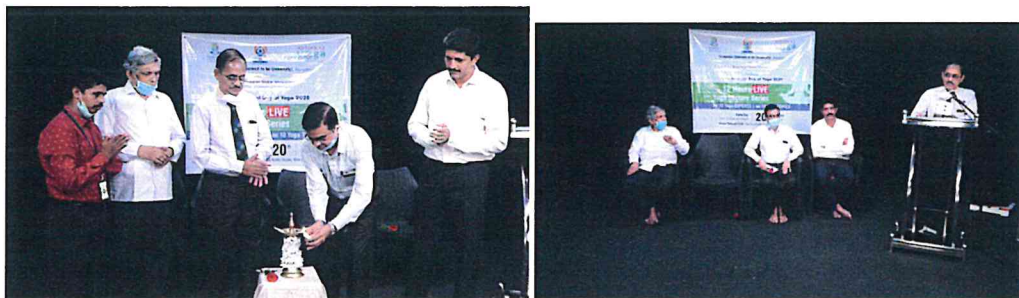
In association with Avishkar Yoga, mangaluru

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

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Mangaluru 575 018
Date: June 20, 2020

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/UCDIsXSOfIwjG_hV-K_h6hCA/live
- YouTube channel of Avishkar Yoga: <https://www.youtube.com/channel/UCN0VzYphYyjIXtO0mOwkB4g/live>
- YouTube channel of NammaKudla: <https://www.youtube.com/channel/UC2obaGJf1aHecLht6QQf1jQ/live>

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

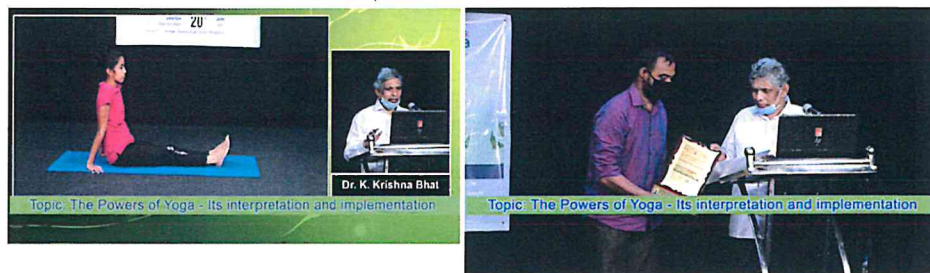
1. The first session of '12 hours LIVE yoga lecture series began sharp at 9.00 a.m. and the first speaker was **Dr. K. Krishna Bhat**, MSc, PhD, Yogacharya, Vidwat, M.A.A.N (U.S.A), and Director of Bhat's International Institute of Holistic Health Mangaluru. His topic for the session was '**The powers 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**


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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),

2. 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


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 Mangaluru 575 018

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

3. 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 Naturopathy 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.



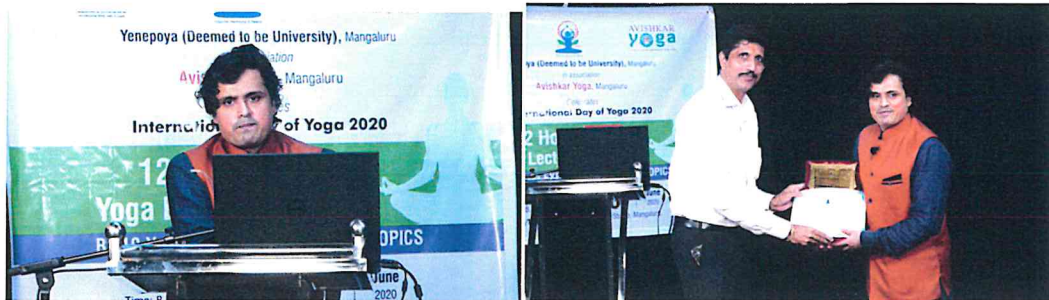
Dr. Kunal

Mrs.Poornima Ashok Rao

- 4.**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


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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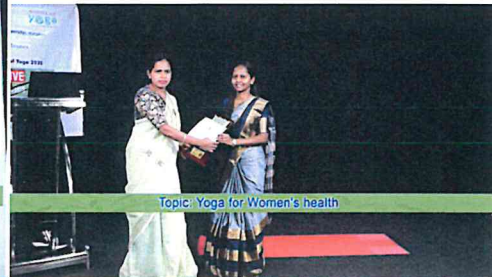

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International Day of Yoga 2020, Event: 12 Hours Live Yoga Lecture Series

Date: June 20, 2020



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, Aayaama 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,

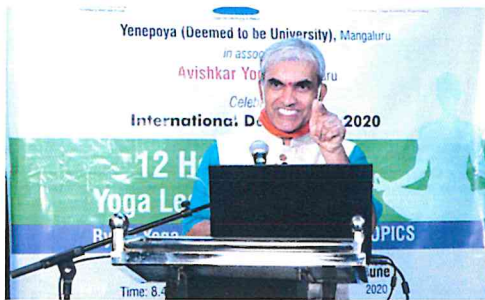


Dr. SangeethaLaxmi

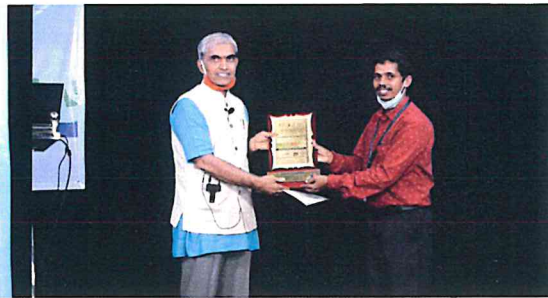
7. **Dr. K. Krishna Sharma**, Chairman Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri, was the resource person for this session that commenced at 4.00p.m. His topic for this session was 'Empowerment through Yoga

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.

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

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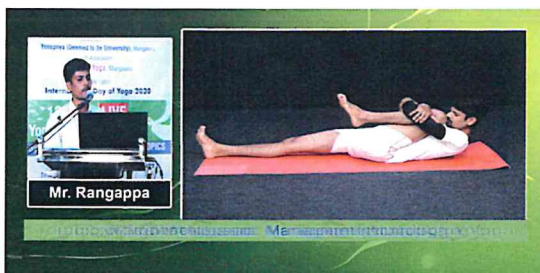


Mr. Anantha Krishna B S



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

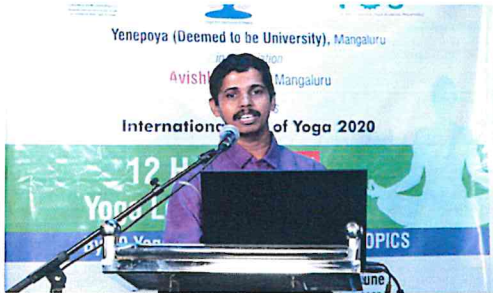


Mr. Vijayanada Shetty

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 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

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

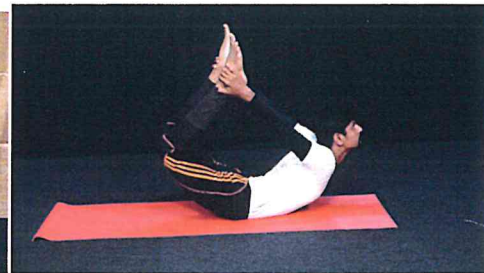


Mr. Prameshwar R Hedge

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




M.C: Ms. Kausalya Devi Himani

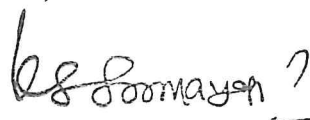


Practical Demo by Mr. Vishith B

- 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


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Yenepooya Centre for Yoga and Wellness



Namma Kudla Channel Studio



Do yoga at home this year: AYUSH

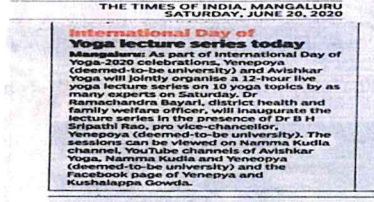
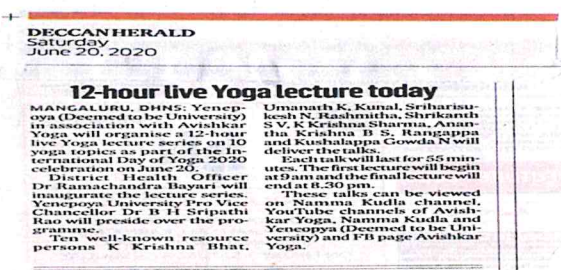
STAFF REPORTER
DISALWAD
The Department of AYUSH has called upon the people to practise yoga indoors on the occasion of International

12-hour live lecture on yoga today

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

perts on June 20. It will be organised as part of the International Day of Yoga. Ramachandra Baiyy, Dakshina Kannada 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 Yenepooya varsity and Facebook page of Avishkar Yoga.



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

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

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Yenepoya Centre for Yoga and Wellness



Yoga for Harmony & Peace



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
Time: 8.45am to 8.45pm

20th

June

2020

Venue/Telecast from : Namma Kudla Studio, Mangaluru.

Inauguration at 8.45 a.m.

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

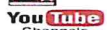
Presided by : Dr. B.H. Sripathi Rao
Pro Vice Chancellor, Yenepoya (Deemed to be University)

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

Live through



Namma Kudla channel



Avishkar Yoga
Namma Kudla
Channels - Yenepoya (Deemed to be University)



Yenepoya University and Kushalappa Gowda

Inaugural function Invitation

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

Date: June 20, 2020

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



Topic: The powers of Yoga - Its interpretation and implementation
Time: 9:00am to 10:05am

Dr. K. Krishna Bhat MSc, Ph.D. Yogacharya, Vidvat, M.A.A.N.U.S.A. Director, Bhat's International Institute of Holistic Health, Mangaluru



Topic: Basics of Pranayama for better Immunity
Time: 10:10am to 11:15am

Mr. Umanath, K M.Sc. (Yogic Sciences), D.C.A. Lecturer in Yogic Sciences, Mangaluru University College, Mangaluru



Topic: Effect of Yoga on Human Body, Mind and Soul - A Doctor's Perspective
Time: 11:20am to 12:25noon

Dr. Kunal MBBS, MD, PhD, Assistant professor, Centre for Basic Sciences, Kasturba Medical College, Mangaluru (KMC), Mangaluru



Topic: Elderly Healthy life need of Yoga practice
Time: 12:30noon to 1:35pm

Dr. Sriharisukesh N M.Sc. Ph.D. (Yogic sciences), Lecturer, Dept of Yoga Studies, Central University of Kerala



Topic: Yoga for Women's health
Time: 1:40pm to 2:45pm

Ms. Hashmitha M.Sc. (Yogic sciences), Research scholar, Department of Human Consciousness and Yogic Sciences, Mangaluru University, Mangalagangothri



Topic: Yoga for kids and youth
Time: 2:50pm to 3:55pm

Mr. Shrikanth S.V. M.Sc. (Yogic sciences), Yoga Therapist, Aayana Yoga & Healing Centre, Lalur, Mangaluru



Topic: Empowerment through Yoga Atma-nirbhar Bharat
Time: 4:00pm to 5:05pm

Dr. K. Krishna Sharma M.A., M.Sc., PGDY, Ph.D. Chairman, Department of Human Consciousness and Yogic Sciences, Mangaluru University, Mangalagangothri



Topic: Yoga as a holistic therapy for psychological well-being and mental health issue
Time: 5:10pm to 6:15pm

Mr. Anantha Krishna B.S MA, M.Sc. (Yogic Sciences), Research scholar, Department of Human Consciousness and Yogic Sciences, Mangaluru University, Mangalagangothri



Topic: Weight loss and Management through Yoga
Time: 6:20pm to 7:25pm

Mr. Rangappa M.Sc. (Yogic sciences), Research scholar, Department of Human Consciousness and Yogic Sciences, Mangaluru University, Mangalagangothri



Topic: Hatha Yoga - A way to find a new comfort zone by yourself
Time: 7:30pm to 8:30pm

Mr. Kusalappa Gowda N M.Sc. (Yogic Sciences) M.W., M.Phil. Research scholar, Department of Human Consciousness and Yogic Sciences, Mangaluru University, Mangalagangothri

For Enquiry : 98455 88740, 95911 30105 (Avishkar Yoga) Resource

persons of the Event



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

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

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 1st and 2nd 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 , 2nd year BAMS won 1st place
 - ii. Miss Ancesa Noor, 2nd year BAMS won 2nd place.
 - iii. Miss Sana T V, 2nd year BAMS won 3rd place.
3. On 21st 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 Raghuvier. 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.

PHOTOS OF WEBINAR

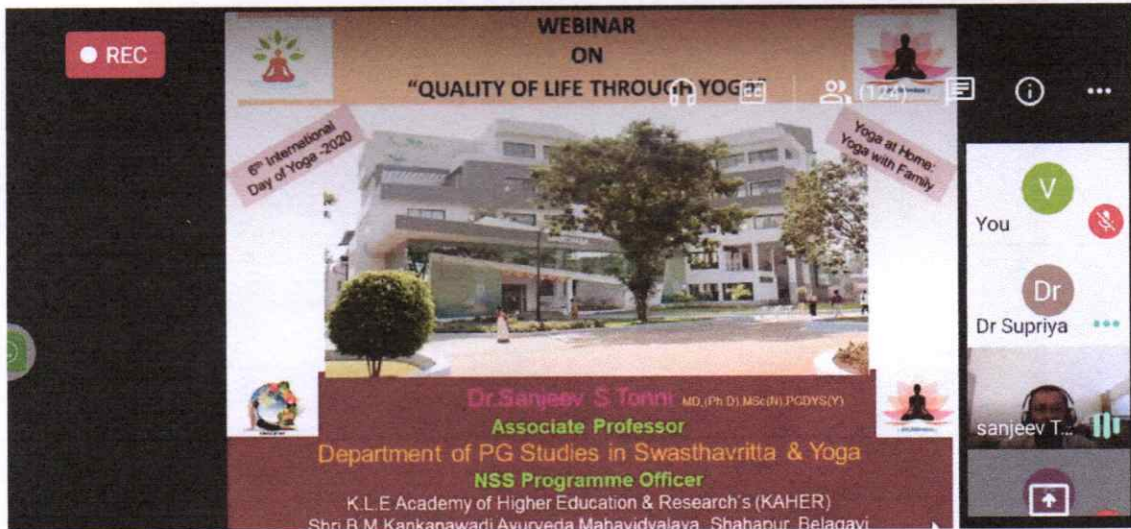


Fig.1: Screen shot of PowerPoint presentation by the Resource person



21/06/2020

International day of YogaPage 2

Supriya

(Dr Supriya S)

Dean

YenePOYA Ayurveda Medical College & Hospital

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

Fig 2 : Photo of Resource person presenting in the webinar

PHOTOS OF WEBINAR

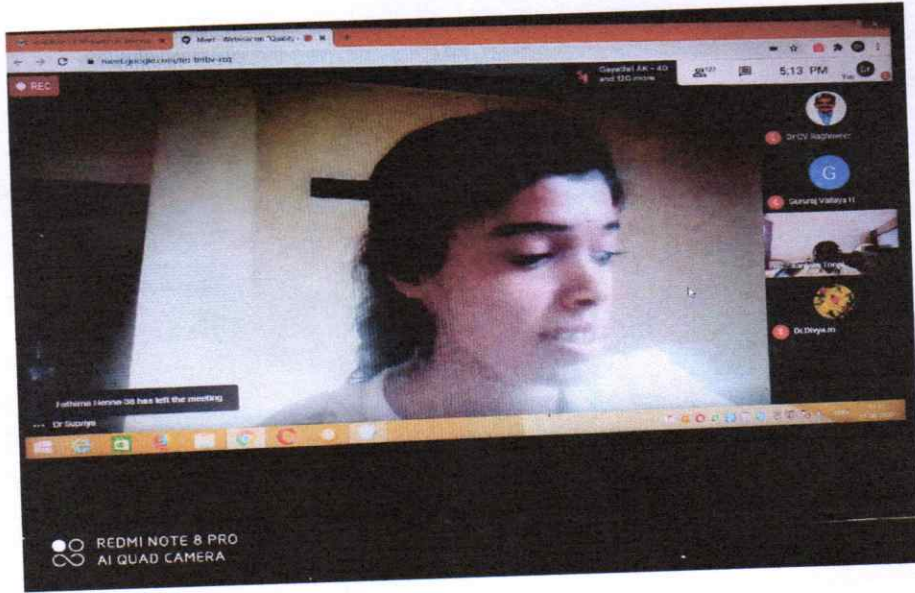


Fig 3 : Screen shot of Program coordinator Dr Supriya S hosting the program

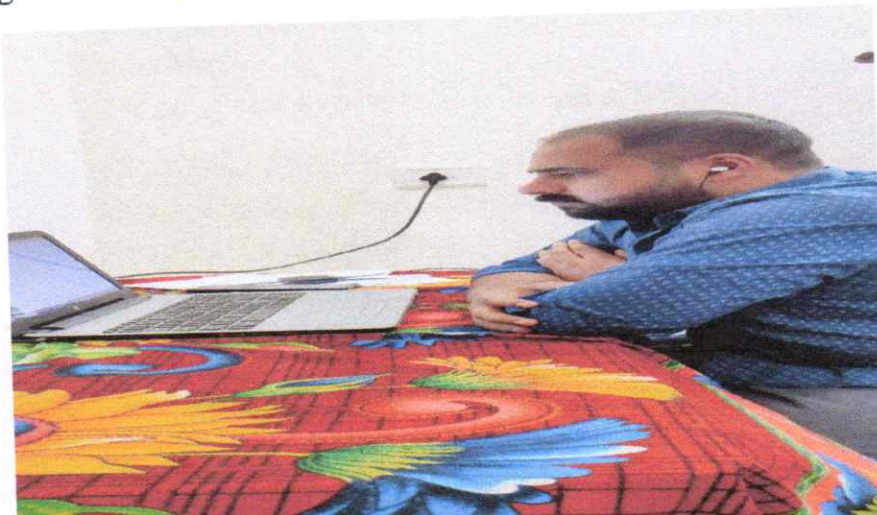


Fig 4: Photo of Program coordinator Dr Sreeraj P delivering vote of thanks

Handwritten signature in green ink.

Handwritten signature in blue ink.

(Dr Supriya S)

Yoga camp :“Come Beat the Stress”

Department of Physiology organized yoga camp :“Come Beat the Stress” from 11th November to 10th 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

[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

Yoga camp :“Come Beat the Stress”

11-11-2019 to 10-12-2019

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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 Mangaluru 575 018

Yoga Guest Lecture Report

05.10.2019

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
- Bhranmari pranayama introduction and benefits
- Introduction on Yama and Niyama

Topic Orientation to Yoga-Importance and practices	Date and Time of the Session
	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

acefe
YENEPOYA Centre for Yoga and Wellness
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Mangaluru-575018

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

Orientation to Yoga –MBBS

05/8/2019 to 29/8/2019



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Accredited by NAAC with 'A' Grade

3. Yoga and wellness 2018-2019

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,

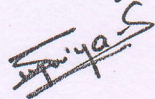
Subject: Proposal to conduct programs on account of International Yoga Day in our college.

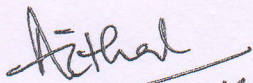
International Yoga day is marked under calendar events of our college, which is ^{being} ~~been~~ scheduled on 21/6/2019. From the department of Swasthavrutta and yoga, we are going to celebrate the same in our Ayush campus. Preliminary plan has been outlined and attached with this letter along with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

Date: 10/05/2019

Place: Naringana

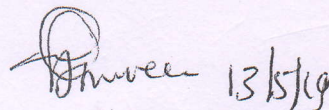
Sincerely


(DrSupriya S)


11/5/2019

Dean
Yenepoya Ayurveda Medical College & Hospital

Recommended


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

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.

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 .

Achhal

Supriya
(Dr Supriya.S.)

Recommended

Dr. Anurag 13/5/19

Dean
Yenepoya Ayurveda Medical College & Hospital

Pro Vice Chancellor
Yenepoya Deemed to be University
Mangalore-575018



YENEPOYA

(DEVELOPED TO BE UNIVERSITY)
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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

**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 21st 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.


Dean

Yenepoya Ayurveda Medical College & Hospital

PHOTOS
PHOTOS OF TRAINING PROGRAMME



Fig 1: Students performing Vrukshasana

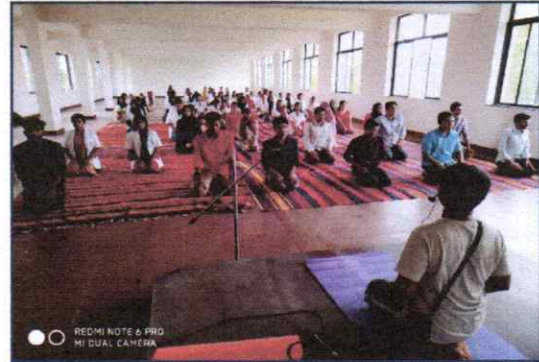


Fig 2: Students performing Vrukshasana

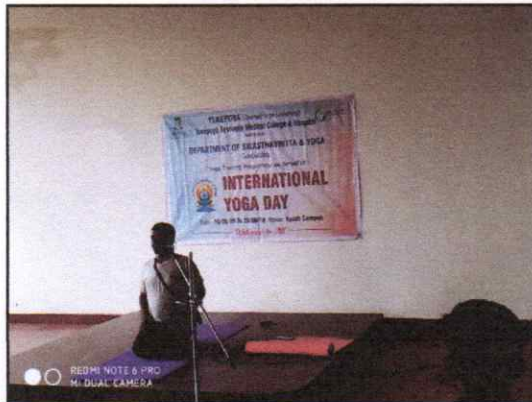


Fig 3: Instructor demonstrating Vajrasana

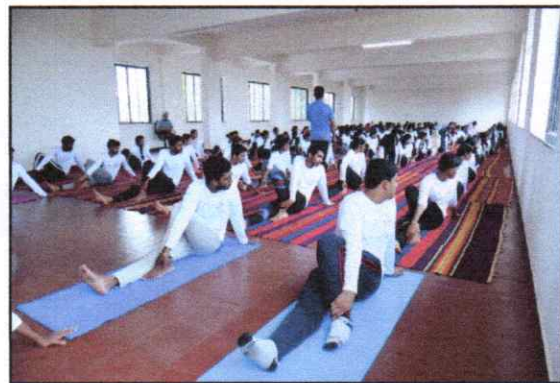


Fig 4 : Performing Ardhamatsendrasana

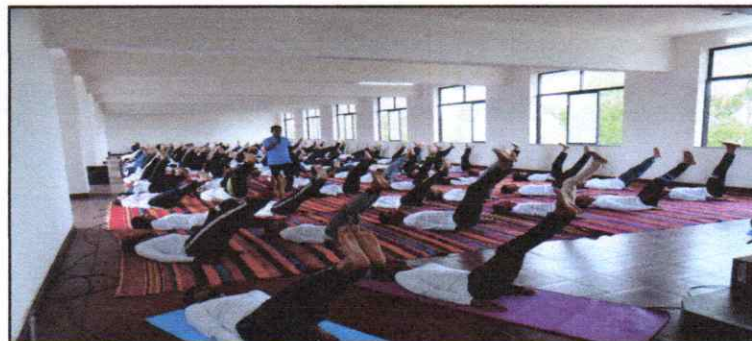


Fig 5: Students performing Uttita padasana

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Dean
Yenepoya Ayurveda Medical College & Hospital

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Dept. of Swasthavrutta and Yoga

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

Supriya
(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 20th June 2019



Fig 11 :Students performing Pranayama in Yoga marathon session

Dean

Yenepoya Ayurveda Medical College & Hospital

(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)

A handwritten signature in green ink, likely belonging to the Dean of the institution.

Dean
Yenepoya Ayurveda Medical College & Hospital

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

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

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

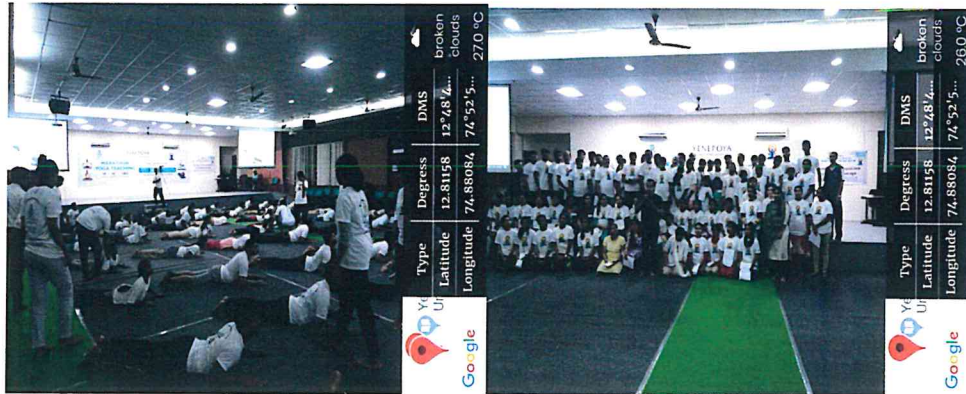
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IYD-2019 15 Hours Marathon Yoga Session

20-6-2019


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 Mangaluru-575018

ks Somayaji
 Registrar
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 Mangalore 575 018





YENEPOYA
(DEEMED TO BE UNIVERSITY)



Yoga for Harmony & Peace

Welcomes you all to the

MARATHON YOGA TEACHING

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

Trainer : KUSHALAPPA GOWDA
JRF, Yenepoya Research Centre

THURSDAY
5 am to 8 pm

20th

JUNE
2019

Venue:
Indoor Auditorium, Yenepoya Medical College

Formal Function : 10.45 am to 11.30 am

Chief Guest :
Dr. Satheesh 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

Koolo

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

K.S. Somayaji

Registrar

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



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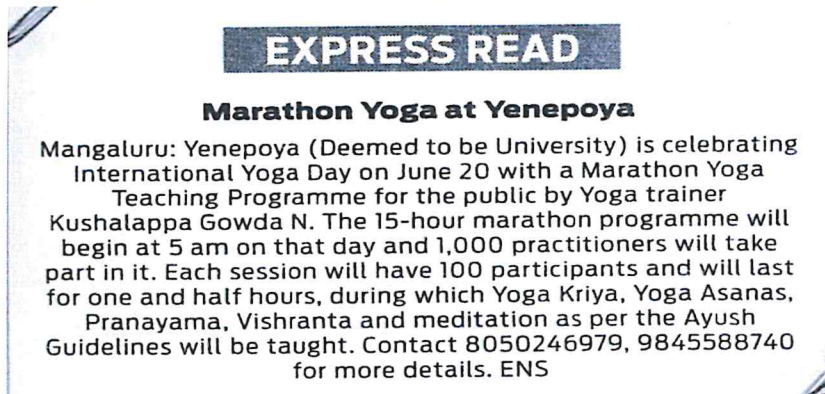
Yenepoya Centre for Yoga and Wellness



Patron Committee	Chancellor	-	Mr. Y. Abdulla Kunhi
	Pro Chancellor	-	Mr. Y. Mohammad Farhad
	Vice Chancellor	-	Dr. M. Vijayakumar
	Pro Vice Chancellor	-	Dr. C.V. Raghuv eer
Organizing Committee	Chairman:	-	Dr. K.S. Gangadhara Somayaji
	Treasure	-	Dr. Rekha P. D.
	Secretary	-	Mr. Kushalappa Gowda N.
	Joint-secretary	-	Mr. Parameshwara R. Hegde
Supporting Committees and Members			
Technical Committee	Head	-	Dr. Prabha Adhikari
1. Members:			1. Dr. Irfan 2. Dr. Supriya S. 3. Dr. Padmini
2. Stage Committee	Head	-	Dr. Ashwini Dutt
Members:			1. Dr. Vinitha Pai
3. Reception Committee	Head	-	Dr. Ramdas Nayak
Members:			1. Dr. Mohammed Guttigar 2. Mr. Jagadish K.
4. Publicity Committee	Head	-	Mr. Vijayananda Shetty
Members:			1. Mr. Shivaprasad 2. Mr. Abdul Razaq
5. Discipline Committee	Head	-	Dr. Ashwini Shetty
Members:			1. Dr. Bindu 2. Dr. Shreya 3. Dr. Pullana
6. Food Committee	Head	-	Dr. Yashodhar P. Bhandary
Members:			1. Dr. Rajesh P. Shastry 2. Dr. Sudeep Ghate
7. Documentary Committee	Head	-	Dr. Mamatha
Members:			1. Mrs. Sabitha 2. Mr. Hemachandra
8. Transport Committee	Head	-	Mr. Arun

Organizing Committee of MARATHON YOGA TEACHING

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



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

IYD-2019 15 Hours Marathon Yoga Session

20-6-2019

Handwritten signature
Yenepoya Centre for Yoga and Wellness
(Deemed to be University)
University Road, Deralakatte
Mangaluru-575015

Handwritten signature: K.S. Somayaji
Registrar
Yenepoya (Deemed to be University)
University Road, Deralakatte
Mangaluru-575015

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 would 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 Kriya, 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 ಮಾರಥನ್

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಮಂಗಳೂರು

ದೇರಳಕಟ್ಟೆಯ ಯೇನವೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಜೂನ್ 20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ (ಮಾರಥನ್) ಯೋಗ ತರಬೇತಿ ನಡೆಯಲಿದೆ.

ದೇರಳಕಟ್ಟೆ ಯೇನವೋಯ ವೈದ್ಯಕೀಯ 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 ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಹಿರಿಯ ನಾಗರಿಕರ ವಿಭಾಗ ಮುಖ್ಯಸ್ಥ ಡಾ. ಪ್ರಭಾ ಅಧಿಕಾರಿ ಮಂಗಳವಾರ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ತಿಳಿಸಿದರು.

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

ತರಬೇತಿಯೊಂದಿಗೆ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ನೀಡಿದೆ. ಯೋಗಾಭ್ಯಾಸ ಮುಂದುವರಿಸಲು ಉಚಿತ ಪುಸ್ತಕ, ಟಿಶರ್ಟ್ ನೀಡಲಾಗುವುದು. ಪ್ರವೇಶ ಉಚಿತ ಎಂದು ಯೇನವೋಯ ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ಯೋಗ ಚಿಹ್ನಾ 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 ಗಣ್ಯರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. ಮಾಹಿತಿ ಮತ್ತು ನೋಂದಣಿಗೆ 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



YENEPOYA Centre for Yoga and Wellness

 Yenepoya (Deemed to be University)

 University Road, Deralakatte

 Mangalore-575018



 Yenepoya (Deemed to be University)

 University Road, Deralakatte

 Mangalore - 575 018

APPEAR IN VARTHA BHARATI DTD ON 19-06-2019

ನಾಳೆ ಯೆನೆಪೊಯ ವಿವಿಯಲ್ಲಿ ಮ್ಯಾರಥಾನ್ ಯೋಗ ತರಬೇತಿ

ಮಂಗಳೂರು, ಜೂ.18: ಅಂತರ್‌ರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ದೇಶಕ್ಕಿಂತಲೂ ಯೆನೆಪೊಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದಲ್ಲಿ ಜೂ.20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ (ಮ್ಯಾರಥಾನ್) ಯೋಗ ತರಬೇತಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ಯೆನೆಪೊಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಓರಿಯ ನಾಗರಕರ ವಿಭಾಗದ ಮುಖ್ಯವೈದ್ಯಾಧಿಕಾರಿ ತಿಳಿಸಿದ್ದಾರೆ.

ಮಂಗಳವಾರ ಸುದ್ದಿಗೊಟ್ಟಿಯಲ್ಲಿ ಮಾತನಾಡಿದ ಅವರು, ಯೆನೆಪೊಯ ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ಚಿಕಿತ್ಸಾತ್ಮಕ ಯೋಗ ಸಂಶೋಧಕ ಕುಶಾಲಪ್ಪ ಗೌಡ ಎನ್. ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಅಂದು ಬೆಳಿಗ್ಗೆ 50ಂದ ರಾತ್ರಿ 8ರವರೆಗೆ 10 ಬ್ಯಾಚ್‌ಗಳಲ್ಲಿ ತಲಾ ಒಂದೂವರೆ ಗಂಟೆಯ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ದೇಶಕ್ಕಿಂತಲೂ ಯೆನೆಪೊಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಒಳಾಂಗಣ ಸಭಾಂಗಣದಲ್ಲಿ ನಡೆಯುವ ಏಕದಿನದ ಪ್ರತಿ ಬ್ಯಾಚ್‌ನಲ್ಲಿ 100 ಮಂದಿಯಂತೆ ಒಟ್ಟು 1000 ಮಂದಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಲು ಉದ್ದೇಶಿಸಲಾಗಿದೆ. ಆಯುಷ್ ಇಲಾಖೆ ಬಿಡುಗಡೆಗೊಳಿಸಿದ ಯೋಗ ದಿನದ ಯೋಗಾಭ್ಯಾಸದ ಏಕಾಚಾರದಂತೆ ತರಬೇತಿ ನೀಡಲಾಗುವುದು ಎಂದು ಮಾಹಿತಿ ನೀಡಿದರು.

ಬೆಳಿಗ್ಗೆ 10:45ಂದ 11:15ರವರೆಗೆ ಗಣ್ಯರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಅಂತರ್‌ರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. ಮಾಹಿತಿ ಮತ್ತು ನೋಂದಣೆಗೆ ಪೂ. 8050246979, 9845588740 ಸಂಪರ್ಕಿಸಬಹುದು ಎಂದು.

ಮ್ಯಾರಥಾನ್ ಯೋಗದಲ್ಲಿ ಭಾಗವಹಿಸುವ ಪ್ರತಿ ಏಕದಿನದವರಿಗೂ ಒಂದೂವರೆ ಗಂಟೆಯಲ್ಲಿ ಆಯುಷ್ ನಿರ್ಧರಿಸಿದ ಯೋಗ ದಿನದ ಯೋಗಾಭ್ಯಾಸದ ಕ್ರಿಯೆ, ಯೋಗಾಸನ, ಪ್ರಾಣಾಯಾಮ, ವಿಶ್ರಾಂತಿ ಹಾಗೂ ಧ್ಯಾನ ತರಬೇತಿಯೊಂದಿಗೆ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ಸಿಗಲಿದೆ. ಯೋಗಾಭ್ಯಾಸ ಮುಂದುವರಿಸಲು ಉಚಿತ ಪುಸ್ತಕ ಹಾಗೂ ಒಂದು ಟೀರ್ಟ್ ನೀಡಲಾಗುವುದು. ಪ್ರವೇಶ ಉಚಿತವಾಗಿರುತ್ತದೆ. ಆಸಕ್ತರು ಮೊದಲು ನೋಂದಣಿ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಬೆಳಿಗ್ಗೆ 50ಂದ 6:30, 6:30ಂದ 8, 80ಂದ 9:30, 9:30ಂದ 11, 110ಂದ ಮಧ್ಯಾಹ್ನ 12:30, 12:30ಂದ 2, 20ಂದ 3:30, 3:30ಂದ ಸಂಜೆ 5, 50ಂದ 6:30, 6:30ಂದ ರಾತ್ರಿ 8ರವರೆಗೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ. ಸಾರ್ವಜನಿಕರು ಯಾವುದೇ ಅವಧಿಯಲ್ಲಿ ಮೊದಲು ಹೆಸರು ನೋಂದಾಯಿಸಿ ಭಾಗವಹಿಸಬಹುದು ಎಂದು ಯೆನೆಪೊಯ ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ಯೋಗ ಚಿಕಿತ್ಸಾ ಸಂಶೋಧಕ ಕುಶಾಲಪ್ಪ ಗೌಡ ಎನ್. ತಿಳಿಸಿದರು.

ಸುದ್ದಿಗೊಟ್ಟಿಯಲ್ಲಿ ಸಂಶೋಧಕ ಪರಮೇಶ್ವರ ಹೆಗಡೆ, ಮಾರ್ಕೆಟಿಂಗ್ ಎಕ್ಸ್‌ಕ್ಯೂಟಿವ್ ವಿಜಯಾನಂದ ಶೆಟ್ಟಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

Page No. 2 Jun 19, 2019
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YENEPEYA Centre for Yoga and Wellness
 Yenepeya (Deemed to be University)
 University Road, Derlakatte
 Mangaluru-575018

(Handwritten Signature)

Registrar
 Yenepeya (Deemed to be University)
 University Road, Derlakatte
 Mangaluru - 575 018



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

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: 9850245979, 9845588740.

APPEARED IN UDAYAVANI DTD ON 19-06-2019

ಯೋಗ ದಿನಾಚರಣೆ: ನಾಳೆ ಸುದೀರ್ಘ ಯೋಗ ತರಬೇತಿ

ಮಂಗಳೂರು, ಜೂ. 18: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ದೇಶದಾದ್ಯಂತ ಯೋಗದ ಪ್ರಚಾರಕ್ಕಾಗಿ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನಲ್ಲಿ ಜೂ. 20ರಂದು 15 ಗಂಟೆಗಳ ಸುದೀರ್ಘ (ಮ್ಯಾರಥನ್) ಯೋಗ ತರಬೇತಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ 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, ವಿಶ್ರಾಂತಿ ಹಾಗೂ ಧ್ಯಾನ ತರಬೇತಿ ಯೊಂದಿಗೆ 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, 11ರಿಂದ ಮಧ್ಯಾಹ್ನ 12.30, 12.30ರಿಂದ 2, 2ರಿಂದ 3.30, 3.30ರಿಂದ ಸಂಜೆ 5, 5ರಿಂದ 6.30, 6.30ರಿಂದ ರಾತ್ರಿ 8ರ ವರೆಗೆ ತರಬೇತಿ ನಡೆಯಲಿದೆ ಎಂದು ತಿಳಿಸಿದರು.

ಸಂಶೋಧಕ ಪರಮೇಶ್ವರ ಹೆಗಡೆ, ಮಾರ್ಕೆಟ್ ಟಿಂಗ್ ಎಕ್ಸ್‌ಕ್ಯೂಟಿವ್ ವಿಜಯಾನಂದ ಶೆಟ್ಟಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

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

Registration
Registrar

APPEARED IN UDAYAVANI DTD ON 21-06-2019

ಆರೋಗ್ಯ | ಯೇನಪೊಯ: ಯೋಗ ಮ್ಯಾರಥಾನ್ ಯೋಗಾಭ್ಯಾಸದಿಂದ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ಬದಲಾವಣೆ: ಸತೀಶ್



ಯೇನಪೊಯ ವಿವಿದಲ್ಲಿ ಆಯಾಕಾಶ್ಯಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ಯೋಗ ಮ್ಯಾರಥಾನ್ ಪರಿಗಮ.

- ▶ ಯೋಗ ದಿನಾಚರಣೆ ಹಿನ್ನೆಲೆ
- ▶ ಸುದೀರ್ಘ ಯೋಗ ಮ್ಯಾರಥಾನ್
- ▶ ಸಾವಿರ ಶಿಬಿರಾರ್ಥಿಗಳು ಭಾಗಿ

ದೇಶಕ್ಕಷ್ಟೆ ಜೂ. 20: ಮನುಷ್ಯನ
 ಒತ್ತಡ ಗಂಭೀರವಾಗಿ ಹಿಡಿದು ಕ್ಯಾನ್ಸರ್
 ತಡೆಗಟ್ಟುವುದಕ್ಕೆ ಯೋಗಾಭ್ಯಾಸ
 ಪರಿಣಾಮಕಾರಿಯಾಗಿದೆ. ನಿರಂತರ
 ಯೋಗಾಭ್ಯಾಸದಿಂದ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ
 ಬದಲಾವಣೆಯಾಗುತ್ತದೆ. ದುರಾಭ್ಯಾಸಗಳನ್ನು
 ದೂರವಾಗಿರಿಸಲು ಸಾಧ್ಯ ಎಂದು
 ನಮ್ಮ ಪಂಗಡದವರು ಹೇಳುತ್ತಾರೆ. ವಿವಿ
 ಉಪನಿರ್ದೇಶಕಿ ಡಾ. ಸತೀಶ್ ಕುಮಾರ್
 ಭಂಪನಿ ಹೇಳಿದರು.
 ಯೇನಪೊಯ ಪಂಗಡದವರು
 ವಿಶ್ವವಿದ್ಯಾನಿಲಯದಲ್ಲಿ ಆಯಾಕಾಶ್ಯಯ
 ಯೋಗ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ

15 ಗಂಟೆ ಮ್ಯಾರಥಾನ್ ಯೋಗ

ಯೇನಪೊಯ ವಿವಿ ಕ್ಯಾಂಪಸ್ ನ ಎಂಡ್ಲೋಸ್ ಸಭಾಂಗಣದಲ್ಲಿ
 ಕುಳಿತುಕೊಂಡು ಗೌರವ ನೇತೃತ್ವದಲ್ಲಿ 15 ಗಂಟೆಗಳ ಮ್ಯಾರಥಾನ್
 ಯೋಗ ವೇಳೆಗೆ 5 ಗಂಟೆಯಿಂದ ಆರಂಭಗೊಂಡು ಸಂಜೆ 8 ಗಂಟೆ
 ಯವರೆಗೆ ನಡೆದ ಒಂದೂವರೆ ಗಂಟೆ ಅವಧಿಯ ತರಬೇತಿಯಲ್ಲಿ
 ವಿಧ್ಯಾರ್ಥಿಗಳು, ಸಿಬ್ಬಂದಿಗಳು, ಸಹಿತ ಸಾವಿರಕ್ಕೂ ಮಿಕ್ಕೂ
 ಶಿಬಿರಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಆಯುಷ್ ಬಿಡುಗಡೆಗೊಳಿಸಿದ
 ಯೋಗಾಭ್ಯಾಸದ ಶಿಷ್ಟಾಚಾರದಂತೆ ತರಬೇತಿ ನಡೆಯಿತು.

ಮ್ಯಾರಥಾನ್ ಯೋಗ ಬೋಧನೆ ದಿನಾಚರಣೆ ಫೋರಮ್‌ನ ಬಳಿ
 ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಅಂವ ಮೂಡಿದ ಎಂದರು.
 ಭಾಗವಹಿಸಿ ಮಾತನಾಡಿದರು. ಜಿನ್ಯಾ ಆಯುಷ್ ಅಧಿಕಾರಿ ಡಾ.
 ಯೋಗ ಕುರುಕು ಒಂದು ಕಾಲದಲ್ಲಿ ಶೋಭಾರಾಜೆ ಮಾತನಾಡಿ, ಜೀವ
 ಬಳವು ತನ್ನ ಶಿವಪರಾಕೆಗಳು ಇವತ್ತು. ಮತ್ತು ಮನಸ್ಸನ್ನು ಒಗ್ಗೂಡಿಸಲು ಯೋಗ
 ಅದೇನು ಫಾರ್ಮುಲಾ ಸಂಬಂಧಿಸಿದ ಸಹಕಾರ. ಯೋಗ ಚಿಕಿತ್ಸೆಯಿಂದ ರೋಗಿ
 ವಿಚಾರವೆಲ್ಲ ಜೀವನದ ಅಷ್ಟೇ ಆಗಿ ಮತ್ತು ವೈದ್ಯರ ನಡವಣಿಗೆ ಸಂಬಂಧ
 ಅನುಭವದ ಆಯಾಕಾಶ್ಯಯ ಯೋಗ ಗಟ್ಟಿಗೊಳಿಸುವ ಎಂದರು. 4

Event news appeared Udayavani Kannada news paper On 21-06-2019

APPEARED IN UDAYAVANI DTD ON 21-06-2019

ಯೋಗಾಭ್ಯಾಸದಿಂದ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ಬದಲಾವಣೆ: ಸತೀಶ್




ಯೇನಪೊಯ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಾಯಿತು.

(ಒಂದನೇ ಪುಟದಿಂದ)
 ಸಾಸ್ವಿನಾ ಯೇನಪೊಯ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದರು. ಜಿನ್ಯಾ ಯೇನಪೊಯ ಕಾಲೇಜು ನಿರ್ದೇಶಕಿ ಮಿಕ್ಕೂಡಾ ಜಾವೇದಾ ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿದ್ದರು. ಯೇನಪೊಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಉಪ ಕುಲವತಿ ಡಾ. ಎಂ. ವಿನಯಕುಮಾರ್, ಯೇನಪೊಯ ಆಸ್ತಿ ವ್ಯವಹಾರ ಅಧೀಕ್ಷಕಿ ಡಾ. ವಿದ್ಯಾರಾಣಿ ಉಪಕುಲವತಿ ಡಾ. ಶ್ರೀವಾಣಿ ಮತ್ತು ಡಾ. ವಧಿರಿ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು. ಕುಲಸಚಿವ ಡಾ. ಗೋವಿಂದ ಸೋಮಯಾಜಿ ಸ್ವಾಗತಿಸಿದರು. ಯೋಗ ತರಬೇತುದಾರ ಕುಳಿತುಕೊಂಡು ಗೌರವ ನೀಡಿದರು.
 ಒಂದೂವರೆ ಗಂಟೆ ಅವಧಿಯಲ್ಲಿ 16 ಆಸನಗಳು ಯೋಗಾಭ್ಯಾಸದ ಕ್ರಿಯೆ, 3 ಪ್ರಾಣಾಯಾಮ, ವಿಶ್ರಾಂತಿ ಆಸನ, ಕ್ರಿಯಾ ಹಾಗೂ ಧ್ಯಾನ ತರಬೇತಿಯೊಂದಿಗೆ ಯೋಗ ಸಿದ್ಧಾಂತದ ತರಗತಿ ನೀಡಲಾಯಿತು. ಪ್ರತಿ ಶಿಬಿರಾರ್ಥಿಗಳ ಉಚಿತವಾಗಿ ನಡೆದ ಪ್ರವೇಶಾಂತಿಯಲ್ಲಿ ತರಬೇತಿ ಮುಂದುವರಿಸಿದ ಸಲುವಾಗಿ ಉಚಿತ ಮಾಹಿತಿ ಕೈಪಿಡಿ ಪ್ರಸ್ತುತವನ್ನು ನೀಡಲಾಯಿತು. ಅನಿವಾರ್ಯ ಯೋಗ ಕೇಂದ್ರದ ಸಹಾಯಕಿಯಾದ ಸ್ವಿತಾ ಕೆ. ಮತ್ತು ಶೈಲಾ ಪ್ರಾಣೇಶ್ ನಡೆಸಿಕೊಟ್ಟರು. ಯೇನಪೊಯ ಆಯುಷ್‌ವೇದ ಕಾಲೇಜಿನ ವಿಧ್ಯಾರ್ಥಿಗಳು ಪ್ರಭುತ್ವವೇರಲಾಗಿ ಭಾಗವಹಿಸಿದರು.


YENEPEYA Centre for Yoga and Wellness
 Yenepeya (Deemed to be University)
 University Road, Derlakatte
 Mangaluru-575018

IYD-2019 15 Hours Marathon Yoga Session

20-6-2019


 Registrar
 Yenepeya (Deemed to be University)
 University Road, Derlakatte
 Mangaluru - 575 018

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.

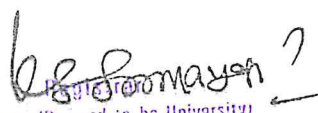
Speaking at the inaugural session, Sateesh Kumar Bhandary, Vice-Chancellor, Nitte (Deemed to be University), said that practising yoga daily helped in reducing stress and avoiding lifestyle diseases. "Now, it is a prescription for a meaningful and purposeful life," he said.

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


YENEPOYA Centre for Yoga and Wellness
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 Mangaluru 575 018

IYD-2019 15 Hours Marathon Yoga Session

20-6-2019

APPEAR IN PRAJAVANI DTD ON 21-06-2019

**ಯೇನಪೋಯ ಪರಿಗಣಿತ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಮ್ಯಾರಥನ್ ಯೋಗ ಶಿಬಿರ
ಸಾವಿರ ಶಿಬಿರಾರ್ಥಿಗಳ 15 ಗಂಟೆ ಯೋಗ**

ಪ್ರಜಾವಾನಿ ವಾರ್ತೆ

ಬಾಲ್ಯ: ನಾವರ ಶಿವಕುಟುಂಬ
15 ಗಂಟೆಗಳ ಕಾಲ ಮ್ಯಾರಥನ್ ಯೋಗ ಕಾರ್ಯಕ್ರಮವನ್ನು ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

ಬೆಳಿಗ್ಗೆ 5 ಗಂಟೆಯಿಂದ ಸಂಜೆ 8 ಗಂಟೆ ವರೆಗೆ 'ಮ್ಯಾರಥನ್' ಯೋಗ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ. ಗಂಟೆಗೆ 100 ಮಂದಿಯವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

- ಮುಖ್ಯಾಂಶಗಳು**
- ಯೋಗದ ಆರೋಗ್ಯ ಸುಧಾರಣೆ
 - ಯೋಗದ ಮೂಲಭೂತ ನಡವಳಿ
 - ಯೋಗದ ದುರಾಭ್ಯಾಸಗಳೂ ದೂರ

ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.



ದೇಶಗಳಲ್ಲೂ ಯೋಗದ ಪ್ರಚಾರಕ್ಕಾಗಿ ಮ್ಯಾರಥನ್ ಯೋಗ ಶಿಬಿರಕ್ಕೆ ಸಾಕಷ್ಟು ಯೋಗಿಗಳನ್ನು ಆಹ್ವಾನಿಸಲಾಗಿದೆ.

ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

APPEAR IN VIJAYAVANI DTD ON 21-06-2019

**ಯೇನಪೋಯ ವಿಶ್ವವಿದ್ಯಾಲಯ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯಲ್ಲಿ ಡಾ.ಸತೀಶ್ ಕುಮಾರ್ ಅಭಿಮತ
ಯೋಗಾಸನ ಯಾವುದೇ ಜಾತಿ, ಧರ್ಮಕ್ಕೆ ಸೀಮಿತವಲ್ಲ**

■ ವಿಜಯವಾರ್ತೆ ಸುದ್ದಿಪಾಲಕರು
170 ವೇಳೆಗಳಲ್ಲಿ ಇಂದು ವಿಶ್ವ ಯೋಗ ದಿನ ಆಚರಿಸಲಾಗುತ್ತಿದ್ದು, ಯೋಗ ಯೋಗದೇ ಧರ್ಮ, ಜಾತಿಗೆ ಸೀಮಿತವಲ್ಲ ಎನ್ನುವುದನ್ನು ಸಾಮಾನ್ಯರಿಗೆ ತಿಳಿಸುವುದು ಮತ್ತು ಯೋಗದ ಮೂಲಭೂತ ನಡವಳಿಗಳನ್ನು ತಿಳಿಸುವುದು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಉದ್ದೇಶವಾಗಿತ್ತು. ಯೋಗ ಯೋಗದೇ ಧರ್ಮ, ಜಾತಿಗೆ ಸೀಮಿತವಲ್ಲ ಎನ್ನುವುದನ್ನು ಸಾಮಾನ್ಯರಿಗೆ ತಿಳಿಸುವುದು ಮತ್ತು ಯೋಗದ ಮೂಲಭೂತ ನಡವಳಿಗಳನ್ನು ತಿಳಿಸುವುದು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಉದ್ದೇಶವಾಗಿತ್ತು.



ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನ ಪ್ರಯುಕ್ತ ನಡೆದ ಯೋಗ ಮ್ಯಾರಥನ್ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನವರು ಪಾಲ್ಗೊಂಡು ಕಾರ್ಯಕ್ರಮವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದರು.

ಯೋಗ ಮ್ಯಾರಥನ್
ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನ ಪ್ರಯುಕ್ತ ಯೋಗದೇ ಧರ್ಮ, ಜಾತಿಗೆ ಸೀಮಿತವಲ್ಲ ಎನ್ನುವುದನ್ನು ಸಾಮಾನ್ಯರಿಗೆ ತಿಳಿಸುವುದು ಮತ್ತು ಯೋಗದ ಮೂಲಭೂತ ನಡವಳಿಗಳನ್ನು ತಿಳಿಸುವುದು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಉದ್ದೇಶವಾಗಿತ್ತು.

Event news appeared in Vijayavani news paper On 21-06-2019

IYD-2019 15 Hours Marathon Yoga Session 720-6-2019

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

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

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 14th 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

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

YOGA: PHYSIOLOGICAL EFFECTS

Date: 14-2-2019

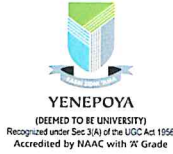
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Mangalore 575 018



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

3. Yoga and wellness 2017-2018



Yenepeya Centre for Yoga and Wellness



INTERNATIONAL YOGA DAY ON JUNE 21st 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 Yenepeya Deemed to be University.

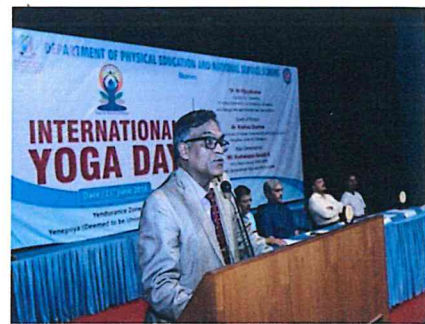


Dr Ashwini S Shetty NSS Programme Coordinator welcomed the gathering.



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 Yenepeya deemed to be University by the Yoga Demonstrator Mr. Kushalappa.

Around 500 students participated in the programme. Dr. G Shreekumar Menon, Registrar Yenepeya Deemed to be

[Handwritten signature]

INTERNATIONAL YOGA DAY- 2018




YENEPEYA Centre for Yoga and Wellness
Yenepeya (Deemed to be University)
Univesrity Road, Deralakatte
Mangaluru-575018

JUNE 21st 2018 *[Handwritten signature]*

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


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 21st 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. Kushalappa 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


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

Invitation of International day of Yoga 2018


 Registrar

INTERNATIONAL YOGA DAY- 2018

JUNE 21st 2018

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

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:



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

INTERNATIONAL DAY OF YOGA HELD

ON 19/06/2018

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

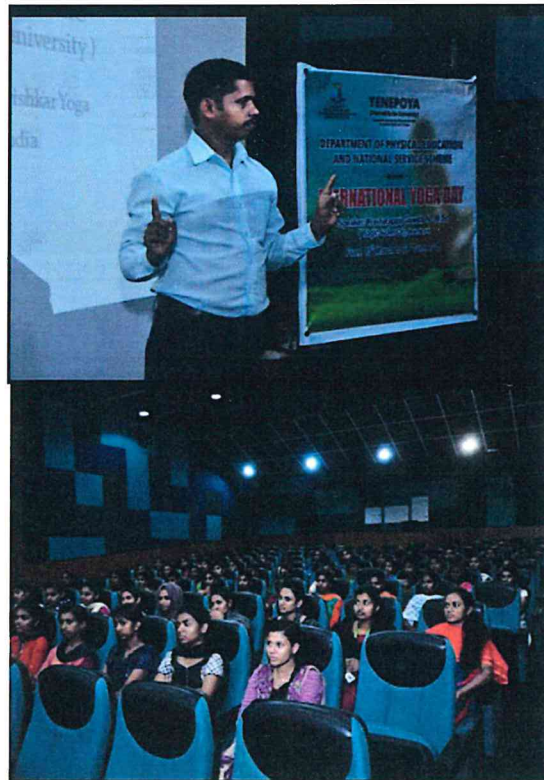
Guest lecture on Yoga for Health life

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.



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Guest lecture on Yoga for Health life

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19-06-2018



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

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Yogasana and Pranayama training

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13-06-2018

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



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

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Yogasanas, Pranayama, Meditation and Relaxation Camp 11-6-2018 to 20-6-2018

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

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.

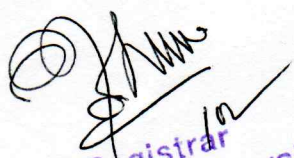


FIG:1 YOGA INAUGRAL PROGRAMME

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

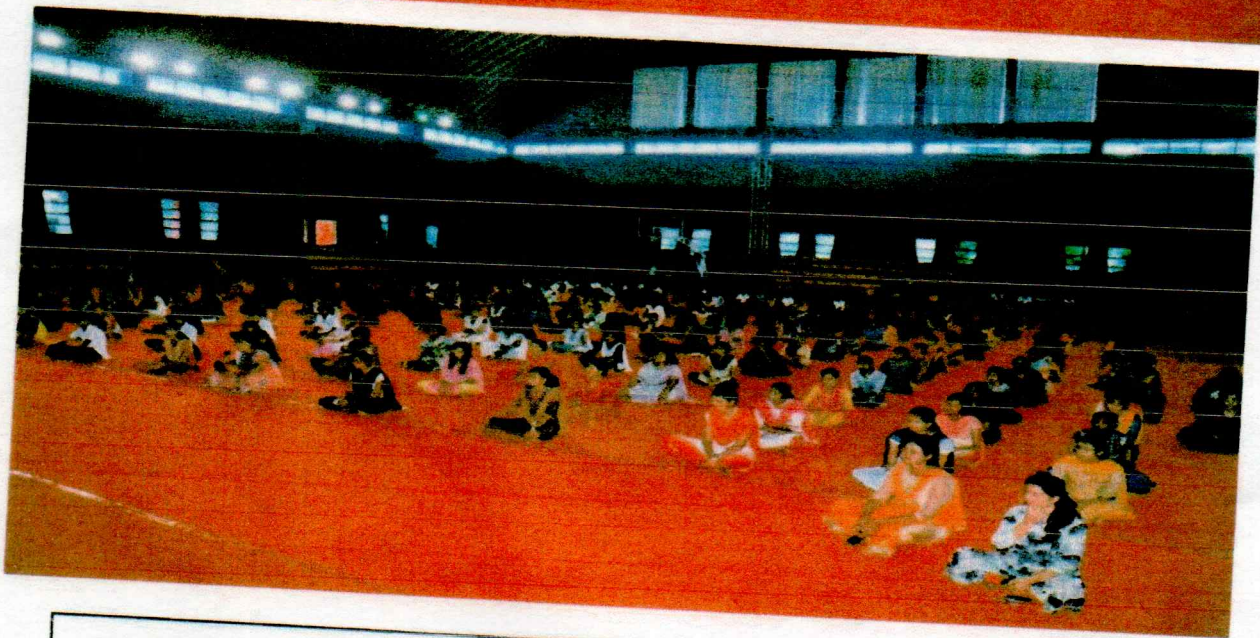
Before start the program participants have taken Oath by words: **I pledge to make yoga and Integral part of my daily life** leading by Mrs. Umarani Staff of YNC. Welcome address by Mrs.Shilpashree Asst.Physical Director and Dr.Ashwini Shetty proposed Vote of thanks


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YENEPOYA UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION



Photographs of International day for yoga celebration at Yenepoya University


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

K. Somanath

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3. Yoga and wellness 2016-2017



YENEPOYA UNIVERSITY

Yenepoya Centre for Yoga and Wellness



Guest Lecture Report

Mr. Sathanarayana 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
Kushalappa - G N
Yoga Yoga Instructor

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YENEPOYA UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

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


Physical Director
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