**SDM INSTITUTE OF AYURVEDA, ANCHEPALYA**

**BENGALURU**

Programs conducted in the year 2023

**June 2023** –

**DEPARTMENT OF SWASTHAVRITTA & YOGA**

***Observation of 9th International Yoga Day***

On the occasion of International yoga day one week program was organized by department of swasthavritta& Yoga starting from 15-6-23 to 21-6-23. The details of the programs conducted are as follows:-

As part of preparation, the **Common Yoga Protocol** was **practiced** in the college ground for 1hr (4.30pm to 5.30pm) from **15/06/2023 to 20/06/2023**.

On 17-6-23, **Yoga camp** was conducted in **Benedict’s School, Anchepalya** from 9:30am to 11:00am for the school students from 1st to 5th standard.







ON 19-6-23, **Y- break** was was being conducted for 3rd year students from 1:00pm to 1:30pm.





On 19-6-23, **Yoga competition** was conducted for U.G B.A.M.S & P.G students. The competition was arranged in Yoga hall from 3:00pm to 5:00pm judged by Dr Rashmi B.V, Assistant Professor, dept of Roganidana&vikrutivigyana and Dr Manoj N, Yoga Consultant, Dept of Swasthavritta& Yoga. Total 65 participants had participated.









**Observation of International Yoga Day in the campus on 21/06/23**

The 9th International yoga day was celebrated by performing mass yoga (common yoga protocol).

The programme schedule is furnished as follows :

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| ASSEMBLING | 6.45am |
| PRAYER | 7am |
| LOOSENING PRACTICES | 10min |
| YOGASANA | 30min |
| PRANAYAMA  | 10min |
| DHYANA | 5min |
| SANKALPA | 10min |
| SHANTI PATA | 5min |
| YOGA DANCE PERFORMANCE | 5 min |
| NATIONAL ANTHEM | 5 min |

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**Observation of International Yoga Day in the Vidhana Soudha on 21/06/23**

The 9th International yoga day was celebrated by performing mass yoga (common yoga protocol) in Vidhana Soudha. **Dr.Rashma. S** accompanied 50 students to the Vidhana Soudha for the celebration.

It was organized by Government of Karnataka from the Department of Health & Family welfare and Department of AYUSH Karnataka.

The program started by 6.00am and was concluded by 10am with Naadageethe and National anthem.

The chief guest was **governor of Karnataka Thawar Chand Gehlot** , **Minister of Department of Health & Family welfare Dinesh Gundu Rao, U T Khader – Speaker of Karnataka Legislative assembly** with special invitees **Venkatesh Prasad- Cricketer, Anju Boby George – Indian Athlete, Bhavana- Kannada actress and other dignitaries** the yoga session was done by **GurujiPrakash Yogi.**

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**Observation of International Yoga Day for general public on 21/06/23**

**Yoga demonstration for general public** was organized in HongiranaJnanavikasa Kendra, K. Hollahalli in association with Shri kshetradharmasthalaGramaabhivriddhi Yojana , B.C trust, Ramnagar Taluk for women empowerment for $0-45 working ladies from 9:30am -11:30am.







**GUEST LECTURE FOR 3RD YEAR STUDENTS**

**Guest lecture** was given by **Dr Akshay .R** on topic **Relevance of Yoga in today’s world** from 11:30am-12:30 pm for 3 rd year students. Guest lecture session started around 11:30am. Varshinigave the welcome speech along with introduction of the guest. Dr Akshay .R gave the talk regarding the importance of Yoga in present. Later question and answer session of guest speaker with the students for half an hour. Felicitation of the guest was done by Dr Yeligar, Professor, Department of Samhita & Siddhanta.





**July 2023 -**

**DISHA BHARATH 2023**

**Venue** – SDM Institute of Ayurveda and Hospital, Bengaluru.

**Date** – 12-07-2023

Personality development program was conducted to 1st year UG students by Disha Bharath team and coordinated by Student council of SDMIAH Bengaluru.

The program included events like Quiz, interrogation, yoga, counselling, army games, and other informative talks about the nation that encouraged the students build a great personality and enhanced their patriotism.

