



SRI DEVARAJ URS COLLEGE OF NURSING

A Unit of Sri Devaraj Urs Educational Trust)
Tamaka, Kolar - 563 103, Karnataka.

Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore
Recognized by Karnataka State Nursing Council, Bangalore & Indian Nursing Council, New Delhi



In Collaboration With

Department of Integrative Medicine (Yoga), SDUAHER

is organizing

International Yoga Day 2022

“SOOKSHMA MEDITATION”



Guest Speakers

SUMITHA AMMA

Founder, Peace Tree Innovation Society

DR. SUMAN KOLLIPARA

President & Co-Founder Peace Tree, Innovations
Society, Vancouver, Canada

Date: 03/06/22 at 10am

Venue: PG Auditorium, SDUAHER, Kolar



**SRI DEVARAJ URS COLLEGE OF NURSING.
TAMAKA, KOLAR-563101**

REPORT

| | |
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| Format No. | PRN-05 |
| Issue No. | 02 |
| Rev. No. | 00 |
| Date. | 01-08-2018 |

Date :- 23/06/22

REPORT ON INTERNATIONAL YOGA DAY-2022

In view of 8th International Yoga Day 2022 celebration, the common yoga protocol demonstration (Mass Yoga) has been organized by the Integrative medicine, NSS unit of SDUAHER in coordination with Sri Devaraj Urs College of Nursing on 21st June 2022.

During the programme the following events were conducted;

1. Mass yoga.

During this time, the students and faculty participated in mass yoga which was organized in the Open Air Auditorium of SDUMC between 6:30 am 7:30 am.



2. Release of Book.

To commemorate 8th International Day of Yoga-2022 Department of Integrative Medicine, Sri Devaraj Urs Academy of Higher Education and Research, Kolar organized a "SAMANVAYA 2022 International conference on Integrative Medicine for Humanity & Wellness" from 21st to 24th June 2022 supported by Inter University Center for Yogic Science, Bengaluru. During this time, (between 11:30 am to 12:30pm), the book was released on yoga "WELLNESS FROM WITHIN"



3. Experts given speech about importance of yoga in daily life.

The chief guest of the day **Dr. R Nagendra**, Medical Director, Arogyadhama, S-VYASA, Bengaluru addressed the gathering emphasized that "integrative medicine is future for wellness and there are many evidences to prove yogacan be best tool in managing different diseases".

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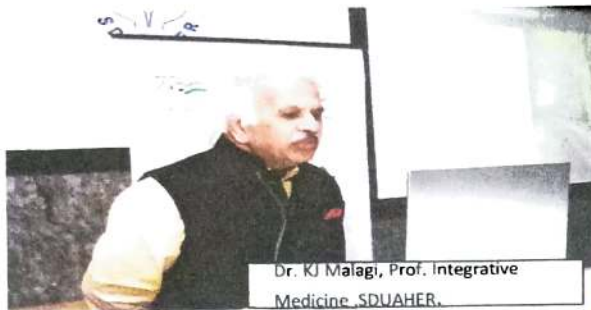
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Sri Devaraj Urs College of Nursing,
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Dr. H. Lucy Guest (Dr. Divya Prabha), Co-Founder, Yoga Mission, United Kingdom & International Chandramauli charitable trust Varanasi, India emphasized on how Patanjali Yoga sutras can be implemented in the present days, to overcome the stress and control the mind.

Dr. K J Malagi, Professor, Dept. of Integrative Medicine, SDUAHER, Kolar spoke about the "Importance of Wellness in modern days and ways to attain wellness".

Dr. Gopinath K, Padmashree Awardee, Professor & Head, R L Jalappa Institute of Oncology, Kolar emphasized on "how yoga can be utilized for the management of Cancer and current research evidences in yoga & cancer".

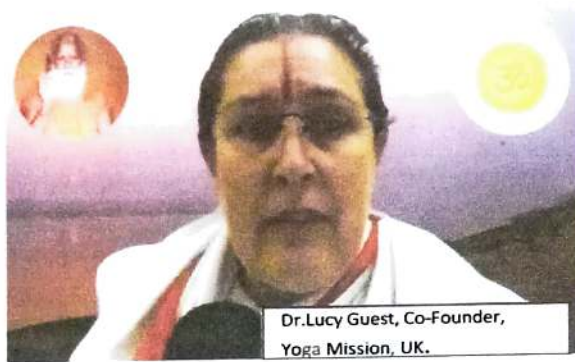
Later valedictory function started with a welcome speech by Dr. C D Dayananda welcomed the gathering and **Dr. Patil N J**, organizing chairman briefed the conference report of SAMANVAYA-2022".



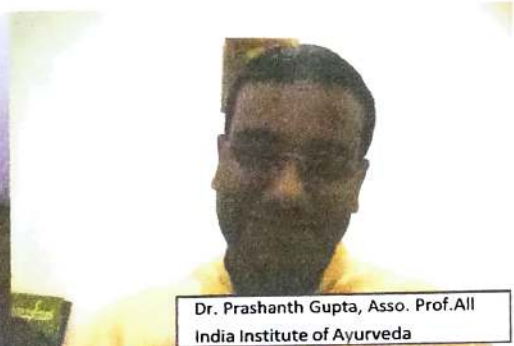
Dr. KJ Malagi, Prof. Integrative Medicine, SDUAHER.



Dr. KS Gopinath, Prof. & Director, RL Jalappa Institute of oncology, Kolar



Dr. Lucy Guest, Co-Founder, Yoga Mission, UK.



Dr. Prashanth Gupta, Asso. Prof. All India Institute of Ayurveda

Offline Audience




Malathi
PROGRAMME OFFICER
 Program Officer
 Youth Red Cross Unit

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[Signature]
PRINCIPAL
 Principal

Sri Devaraj Urs College of Nursing
 Tamaka, Kolar-563103

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|  | SRI DEVARAJ URS COLLEGE OF NURSING, | Format No. | ACD-18 |
| | TAMAKA, KOLAR-563 103 | Issue No. | 02 |
| | List of students for I Basic B.Sc.(N) | Rev. No | 00 |
| | for the Academic year 2021-22 | Date | 01-09-2018 |

| Sl.No | Name of the candidate | Sl.No | Name of the candidate |
|-------|--------------------------|-------|-----------------------|
| 1 | Aavany Saji | 51 | Gopika B. Nair |
| 2 | Adithya Manoj | 52 | Harinandhana Suresh |
| 3 | Agna James | 53 | Jesiley Anna Mathew |
| 4 | Aileen Anna Bavan | 54 | Jitty Sara Thomas |
| 5 | Aiswarya Anil Kumar | 55 | Karthika Suresh |
| 6 | Aiswarya P. | 56 | Kaveri |
| 7 | Aiswarya Raju | 57 | Kripa Kurian |
| 8 | Akancha Ray | 58 | Kripa Santosh |
| 9 | Aksa Susan Varghese | 59 | Krishna T.S. |
| 10 | Aleena Biju | 60 | Lekshmi S. |
| 11 | Aleena Bobby | 61 | Mareena Tony |
| 12 | Aleena Chacko | 62 | Maya Madhu Kumar |
| 13 | Aleena P.B. | 63 | Meenu K. Mathew |
| 14 | Aleenamol Saji | 64 | Megha Anil |
| 15 | Alent Jomy | 65 | Megha Jinu |
| 16 | Allendeena Mariya Dimble | 66 | Megha Saji |
| 17 | Alna Sara Eldhose | 67 | Merin gigi |
| 18 | Amitha T.S. | 68 | Mounish M. |
| 19 | Anakha Santhosh | 69 | Mujahid Khan |
| 20 | Anaswara K. Majukumar | 70 | Nagajyothi Bai G. |
| 21 | Ancy Eldho | 71 | Nandana B. |
| 22 | Aneena shaji | 72 | Nanditha Satheesan |
| 23 | Aneta Joshy | 73 | Neha Shibu |
| 24 | Angel Mariya Shaju | 74 | Nikhitha Mathew |
| 25 | Angel Rose Antony | 75 | Nirmaya K. Jose |
| 26 | Angel Siby | 76 | Pallavi S. |
| 27 | Angelin Lee Regi | 77 | Rainu Elza Varghese |
| 28 | Ann Mariya Biju | 78 | Roopa s. |
| 29 | Ann Mary Cherian | 79 | Rose Mary George |
| 30 | Ansel T. Jose | 80 | S.L. Swathy Krishna |
| 31 | Anumol K. Biju | 81 | Sandra K.S. |
| 32 | Anusha S. | 82 | Sandra Sabu |
| 33 | Aparna Suresh | 83 | Sharu Elsa Manoj |
| 34 | Archana Saji | 84 | Sherin B. Varghese |
| 35 | Ashley Mariam Sebastian | 85 | Shivani M. |
| 36 | Aswani C. | 86 | Sneha A.R. |
| 37 | Beneta Selvi | 87 | Sneha Babu |
| 38 | Bincy Ann Benny | 88 | Sona Biju |
| 39 | Cen Elsa Baby | 89 | Sreelakshmi S. |
| 40 | Chandana K | 90 | Stani K.D. |
| 41 | Chithra A. | 91 | Stelin Joseph |
| 42 | Della Merin George | 92 | Swathi G |
| 43 | Devibala S. | 93 | Swathi S. Nair |
| 44 | Devika B. Pillai | 94 | Tanimol P.J. |
| 45 | Devika S. Nair | 95 | Teena Rajan |
| 46 | Dhiya Alias | 96 | Thamburu Baby |
| 47 | Emin Varghese | 97 | Tinsiya Benny |
| 48 | Gangothri K.S. | 98 | Trisha Ghosh |
| 49 | Glory | 99 | Vedhashree S. |
| 50 | Gokul K.R. | 100 | Vinaya Mol K.S. |

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