



Dayananda Sagar
University Bengaluru

COLLEGE OF PHYSIOTHERAPY
SCHOOL OF HEALTH SCIENCES
Shavige Malleshwara Hills
Kumaraswamy Layout
Bangalore- 560078

Report on the International Day of Yoga 2022

Event Summary:

Name of the Event: International Day of Yoga

Date of the Event: 21st June 2022

Time: 9.00 am to 11.am

Location Shavige Malleshwara Hills, Kumaraswamy Layout, 1st stage, Bangalore,Karnataka- 560111.

Venue: Amphitheatre

Organised By: College of Physiotherapy, Dayananda Sagar University

No. of participants: 110

Event summary:

The event commenced on 21st June 2022 at 9.00 am with assembling of the participants for Yoga demonstration and practice. Around 9.15 am, the formal event began with the arrival of the chief guest of the event Mrs. Sreekala Sundarajan, the guest of honour Dr. Pushpa Sarkar, Dean SAHS, DSU, along with Dr Vijayakumar Principal College of Physiotherapy, DSU, Dr Murgan, Principal College of Pharmaceutical Sciences, DSU and Dr Sharmila, Principal College of Nursing Sciences, DSU. The faculty, College of Physiotherapy and College of Nursing Sciences were present..

Following the welcome prayer and lamp lighting, the introduction of the guests and the welcoming of the gathering was done by Dr Vijayakumar Principal College of Physiotherapy, DSU. This was followed by address by the chief guest of the event Mrs. Sreekala Sundarajan, who mesmerized the audience by her speech, during which she brought in the interpretation of some of the concepts of Yoga and the importance of the young Indians to adopt Yoga as a lifestyle. Mrs. Sreekala Sundarajan was honoured with a memento by the dignitaries on the dais.

The yoga practice session led by Dr. Srihari Sharma K N, Associate professor, Principal College of Physiotherapy, DSU was demonstrated by Ms. Nasim, BPT intern and followed by around 80 participants, mostly the students of physiotherapy, Nursing and the faculty members of DSU. The session included loosening practice, Asanas, Suryanamaskar, Relaxation techniques, Kriya, Pranayama and Dhyana. The practice session was concluded with a closing prayer. Hundred and five participants had registered online prior to the event. All participants were served refreshments and the feedback of the program was taken through a Google form.

The event was conducted smoothly and safely without any interruptions and disturbances. It was overall good experience performing Yoga in a congenial atmosphere in the DSU campus at Kumaraswamy layout. The take home message was to inculcate Yoga practice in our daily life.



**COLLEGE OF PHYSIOTHERAPY
DAYANANDA SAGAR UNIVERSITY**



Yoga 
for humanity

INTERNATIONAL DAY OF YOGA 2022

Date : 21-6-2022, Tuesday Time : 9.00am

Venue : DSU CAMPUS -1, Kumaraswamy Layout, Bengaluru - 560078

Chief Guest

SREEKALA SUNDERRAJAN

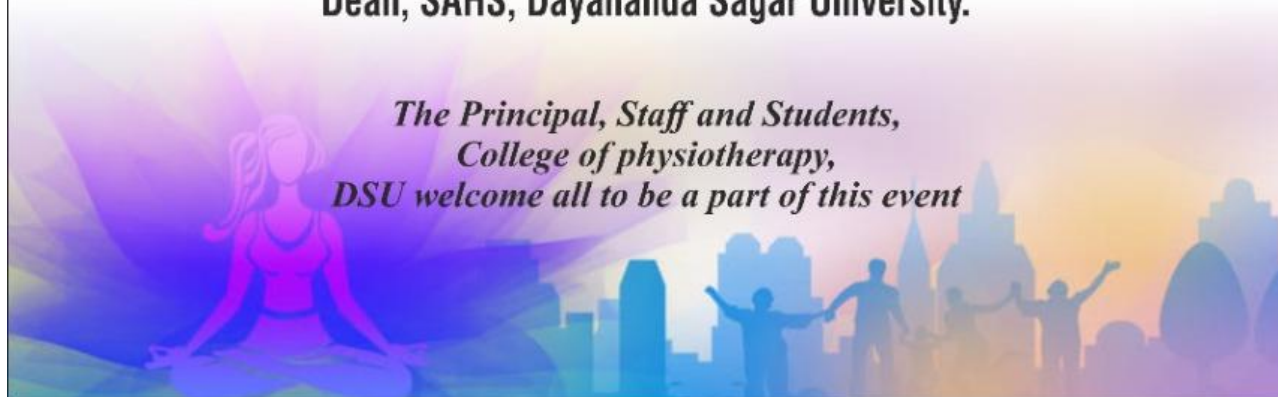
Director- People & Culture Group
Programme Management at GoJek

Guest of Honour


Dr. PUSHPA SARKAR

Dean, SAHS, Dayananda Sagar University.

*The Principal, Staff and Students,
College of physiotherapy,
DSU welcome all to be a part of this event*





 GPS Map Camera



Bengaluru, Karnataka, India
DSI, Shavige Malleshwara Hills, behind Dayananda Sagar Institution
Campus, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka
560078, India
Lat 12.908187°
Long 77.565892°
21/06/22 10:44 AM



 GPS Map Camera



Bengaluru, Karnataka, India



WH58+6FF Amphi Theatre, Dayanand Sagar College Rd, 1st Stage,
Kumaraswamy Layout, Bengaluru, Karnataka 560078, India

Lat 12.908077°

Long 77.566218°

21/06/22 10:45 AM



	<p>International Day of Yoga-2022 21st June 2022 <i>Yoga for Humanity</i></p>	
9.00 am	Assembling of the participants	
9.15 am	Arrival of Guests	
9.15-9.20	Lighting of the lamp with prayer	
9.20-9.30 am	Introduction and Welcome speech by Dr Vijayakumar, Principal, COPT, DSU	
9.30-9.45 am	Address by the Chief Guest & honouring the guest with a memento	
9.45-10.15 am	Demonstration and practice of Yogasana	
10.15-10.30 am	Address by the Guest of Honour- Dean, SAHS, DSU	
10.30-10.45 am	Pranayama and Meditation	
	Conclusion	



International Day of Yoga-2022

Yoga for Humanity



BASIC RULES FOR THE PRACTICE OF YOGA

Dress Code: White T-shirt with track pant

Note: The participants shall carry their own yoga mats.

Registration through the Google form is compulsory for taking part in the yoga practice.

Registration link: <https://surveyheart.com/form/62aff8fe7508fe15538723db>

- Yoga should be practiced empty stomach. Light food 1 hour before the practice may be tolerated.
- Avoid excessive intake of tea or coffee while practicing yoga.
- Comfortable and loose fitting attire is desirable for the yoga practice.
- Always use yoga mat or thick bed sheet for yoga practice.
- Ensure that the bowel and bladder are clear prior to the commencement of the practice. Also, clear the nostrils and throat of all mucus.
- Woman should not practice yoga during menstruation.
- Food can be taken after an hour of practicing yoga.
- Preferably practice yoga where there is abundant clean air.
- Yoga practice should be relaxed, comfortable and synchronized with breathing.
- Do not push yourself too much during the practice.
- First begin with easy poses and thereafter you can advance to the tough ones.



International Day of Yoga-2022
21st June 2022
Yoga for Humanity



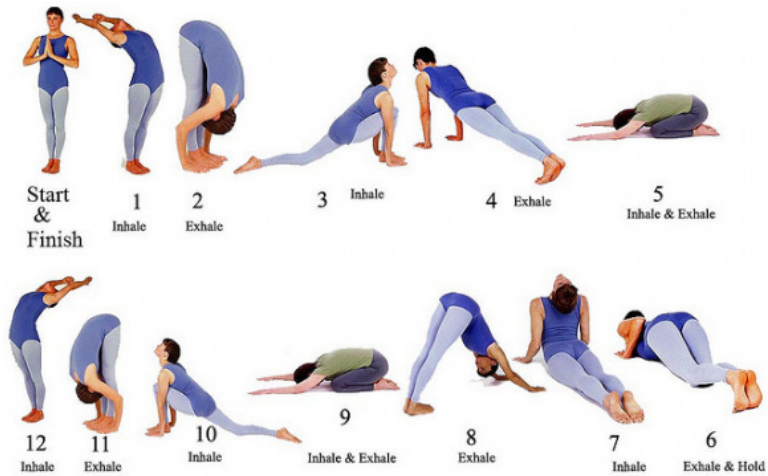
Yoga Protocol

1 Warm-up

2 Tadasana



3 Suryanamaskar



SHAVASANA
THE CORPSE POSE

4 Relaxation



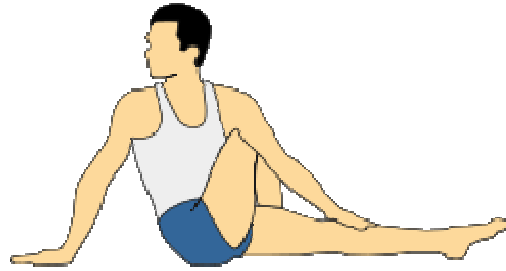
5

Veerabhadrasana



6

**Ardha
Matsyendrasana**



7

Ustrasana



8

Kapalabathi

9

Nadishuddhi Pranayama

10

Om chanting

11

Meditation