

10 YEARS
OF UNIVERSITY
RECOGNITION
20 YEARS OF
ACADEMIC
EXCELLENCE



REVA
UNIVERSITY

Bengaluru, India

REPORTS ON LIFE SKILLS

(YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)



Rukmini Knowledge Park
Kattigenahalli, Yelahanka, Bengaluru – 560064
www.reva.edu.in

Grand Celebrations of 8th International Day of Yoga at REVA University

Bengaluru, June 21, 2022: REVA University celebrated the 8th year of International Day of Yoga with great fervour. The event held at REVA Rangasthala, Vivekananda Block commenced at 8.00 AM and continued until 9.00 AM.

The inauguration ceremony was presided over by Dr. N Ramesh Registrar. The celebration marked by the gracious presence of Mr. Ashoka V Founder & Director Pranava Yoga Prathistana (R), Bengaluru, Dr R C Biradar Pro-Vice-Chancellor REVA University, along with the Dr. Beena G. Controller of Examination REVA University Professor Ashwinkumar U Motagi REVA University.

The Dr. N Ramesh Registrar lighted the ceremonial lamp to inaugurate the programme along with other dignitaries present on the dais. Students, faculty members and non-teaching staff attended the celebration and became a part of International Day of Yoga.

Dr. N Ramesh Registrar of REVA University addressed the gathering by explaining the significance and advantages of yoga. He stated, “Regular practising of yoga helps to improve the body flexibility as well as mental health. Yoga is an effective form of exercise than swimming. Both ensure overall body movements and flexibility, yet, yoga consists of both body movements and pranayama. Hence, yoga not only improves your health but also your immune system.”.

The yoga session began with the demonstration of yogasanas by one of the students of REVA University

The Guest of Honour, Mr. Ashoka V Founder & Director Pranava Yoga Prathistana (R), Bengaluru, conducted a lengthy yoga session by demonstrating various yoga poses and exercises. During the demonstration, he also briefed about the essence of each yogic asana and breathing technique. Students alongside with REVA staff participated in the yoga session by following the Guruji. It was indeed an enjoyable and relaxing yoga session from the Mr. Ashoka V.

.Ashoka V Founder & Director Pranava Yoga Prathistana (R), Bengaluru concluded the session with a prayer and thanked everyone who was instrumental in conducting the International Day of Yoga at REVA University including Honourable Chancellor, Dr. P. Shyama Raju and other respected dignitaries. He also urged students and Faculty to continue practising yoga for the overall well-being.



Department of Physical Education and Sports
NCC and NSS Unit
in Association with
School of Computer Science & Engineering


Organises a


8th International Day of Yoga


Date: 21st June, 2022
Time: 8:00 A. M.


Venue: REVA Rangasthala


www.reva.edu.in

 **REVA**
UNIVERSITY
Bengaluru, India

 75
आज़ादी का
अमृत महोत्सव

 NCC
National Cadet Corps

 NSS
National Service Scheme

 100
OF UNIVERSITY
RECOGNITION
20
1912

School of Physical Education and Sports
NCC and NSS Unit
in Association with
School of Computer Science & Engineering

Cordially invites you all to celebrate

8th International Day of Yoga

President
Dr. P. Shyama Raju
Hon'ble Chancellor
REVA University

Chief Guest
Mr. Ashoka V
Founder & Director
Pranava Yoga Prathishtana(R), Bengaluru

Gracing the occasion
Dr. M. Dhananjaya
Vice Chancellor, REVA University

Date : 21st June, 2022
Time : 8.00 A. M.

Venue
REVA Rangasthala

Bukmini Educational
Charitable Trust

www.reva.edu.in


Registrar

Registrar
REVA University
Bengaluru - 560 064

8th International Day of Yoga

PROGRAMME SCHEDULE

21st June, 2022

Invocation	8:00AM - 8:05AM
Welcome & Introduction of Guests	8:05AM - 8:10AM
Lighting of Lamp by Dignitaries	8:10AM – 8:15AM
Presidential Address (8:15AM-8:20AM)	Dr. P. Shyama Raju Hon'ble Chancellor REVA University
Common Yoga Protocol Demonstration by chief guest with Students, Staff and faculty	8:20AM - 8:50AM
Vote of Thanks	8:50AM - 8:55AM
National Anthem	9.00AM

Venue: REVA Rangasthala

www.reva.edu.in


Registrar

Registrar
REVA University
Bengaluru - 560 064









Report on

“Yogathon 2023”

School/Department: Department of Physical Education and Sports/National Service Scheme (NSS) /National Cadet Corps (NCC)

Venue: REVA University –Sougandika, REVA Sports Ground

Date: 15th January

Year: 2023

Description of Event:

Greetings of the Day!

We are happy to inform you that, NSS unit, NCC Wing, Department of Physical Education and Sports of REVA University in association with the Department of Youth Empowerment and Sports, Education department, Government of Karnataka to implement the National Education Policy (NEP) and to promote yoga as a life-goal for the youth of Karnataka. As a culmination of **Yogathon**, it has been decided to hold a **Guinness World Record** event on **15th January 2023**, involving 10,000 Yoga trainers and upto 10 lakh yoga wellness volunteers across all districts of the state as a part of National Youth festival-2023. In this REVA University is selected as the Nodal Center for 7,000 Yoga Participants. Among all universities in Bangalore Urban, only REVA University is selected as Nodal Center. In this regard, I request you to participate enthusiastically and motivate the students.

Time: 6 To 8.30 AM

Venue: Sougandika and REVA Sports Ground

Registration Link:

<https://forms.office.com/r/Nzq1whNeh7>

Website:

<https://www.yogathon2022.com/>

Highlights of Yogathon 2023

- Tie-up with Morarji Desai National Institute of Yoga (MDNIY) and Yoga Certification Board, Govt of India (YCB) to promote Yoga literacy across the State. Under this scheme –
 - a. MDNIY has offered to train and provide for YCB Level 1 certification for Yoga Instructors through the appointment of AYUSH TV as a PrCB (Personnel Certificate Body accredited by YCB). This certification is based on successful online assessment and payment of a nominal fee of Rs. 1,500+GST to YCB through the Yogathon2022 portal (significantly reduced fees and a relatively easy process of getting certified). YCB certifications are now an important component in employment opportunities in the Govt and private sector.

- b. Anyone enthusiast can register for the ‘Yoga for Wellness’ Volunteer Certification program of YCB at Yogathon2022 portal and get YCB certified at nominal charge of Rs. 100+GST.
- c. Any YCB certified Yoga Instructor who enrolls 150+ participants in Yogathon2022 is eligible for an award of Rs. 10,000 on successful participation in the MDNIY-YCB program of Yogathon2022 project.
- DYES, GOK is organizing a Guinness World Record (GWR) attempt on January 15th 2023 for the largest number of people performing Yoga-Asana at the same time across 60 locations in Karnataka. All successful participants in this program will get a GWR certificate in their name – a lifetime opportunity. Successful participation in GWR is also an important criterion for YCB certification.

Benefits for schools from **Yogathon2022**©

- Schools can train their teachers to become YCB-certified Yoga Instructors at a nominal cost of Rs.1500 + GST.
- **Schools will receive Rs.10,000** for every 100 students who participate in Yogathon2022.
- Schools Participating in the **Yogathon2022**© will receive an institutional certificate
- Schools with 300+ registered students get a chance to display banners at **Guinness World Record Venue**
- Participating schools enrolling at least 300 paid volunteers to get the designation of a **YCB-certified Yoga Center.**
- YCB courses at discounted rates for one entire year.
- The students and teachers are offered education and training support from AYUSH-TV for all YCB-related Yoga Courses.
- Participating schools will get covered for their focus on the Yoga & Wellness of their students in the TV Channels partnering with Yogathon2022.
- Schools will receive a certificate of participation in the District level Quiz and State Level Quiz.
- Schools participating in the Yoga Youth Quiz can stand a chance to win trophies (Winner, first runner-up, and second runner-up) at the District and State level

Photos:





**NSS unit, NCC Wing,
Department of Physical Education and Sports,
REVA University**

in association with

**Department of Youth Empowerment and Sports,
Education Department, Government of Karnataka**



Bengaluru, India



 **15th January, 2023**

 **6:00 AM to 8:30 AM**

Venue : Saugandhika and REVA Sports Ground

Registration Link:
<https://forms.office.com/r/Nzq1whNeh7>
<https://www.yogathon2022.com/>

www.reva.edu.in





https://www.yogathon2022.com/yoga-world-record/

In association with
About
Schedule
Yoga Protocols
Frequently Asked Questions
Pay Here
Register Here

To Know More
 Call: 080 - 69043800

Know your address to perform GWR venues in your home district.

GWR VENUES FOR YOGATHON - 2022

Bengaluru Urban

Address : Kanteerva Stadium, Sampangi Rama Nagara, Bengaluru, Karnataka 560027 [Map Location](#)

Address : J P Narayan Sports Complex, Bilmaranahalli, Bengaluru, Karnataka, 562157 [Map Location](#)

Address : REVA University, Kattigenahalli, SH 104, Srinivasa Nagar, Bengaluru, Karnataka 560064 [Map Location](#)

Coordinators:

Dr Deepak C S, Director, Department of Physical Education and Sports

Dr Mune Gowda, NCC officer

Prof. Madhu B P, NSS Programme Coordinator

REVA UNIVERSITY

SCHOOL OF CIVIL ENGINEERING

To

The Director,
School of Civil Engineering,
REVA University, Bangalore - 560064


Dear Sir,

I, Ms. Nandini, Assistant Professor, School of Civil Engineering, REVA University request your goodself to give permission to organise the YOGA retreat for women and girls" on 25/09/2021 from 8.30 am to 10:00 am for the benefits of the students.

The resource person of the event was an invited trainer from ART OF LIVING, Bangalore. It gives immense knowledge on learning basics of YOGA.

Nandini
Co-ordinator

R.M.
Director





SCHOOL OF CIVIL ENGINEERING

REPORT ON YOGA RETREAT FOR WOMEN AND GIRLS

The School of Civil Engineering REVA University organized from WOMENS CLUB "YOGA RETREAT FOR WOMEN AND GIRLS" on the occasion of "World Daughter Day- 25/09/21" for the civil students and faculties of school of Civil Engineering on 25th September, 2021 at 8:30am to 10:00 am in Soaugandhika.

The invited Trainer for the event is from **ART OF LIVING, Bangalore**. Trainer is very well experienced in Yoga teaching and has trained many batches in the past years.

Event has been encouraged the students and faculties to learn basic YOGA Poses. 40 members including students and faculties have participated in the event, responses from students and faculties were good they all performed well.

We would like to thank our beloved director **Dr. Y. Ramalinga Reddy sir** for supporting us to organize the competition.

We would like to thank our all the lady faculties from School of Civil Engineering, For their support to organize the competition

Organizers
Prof Pallavi M
Prof kani Mozhee



**REVA
UNIVERSITY**

Bengaluru, India

Established as per the section 207 of the UGC Act, 1956
Approved by AICTE, COA and BCI, New Delhi

School of Civil Engineering



Organises a
YOGA Retreats for Women
In Association with
**The Art of Living Foundation
Bengaluru**

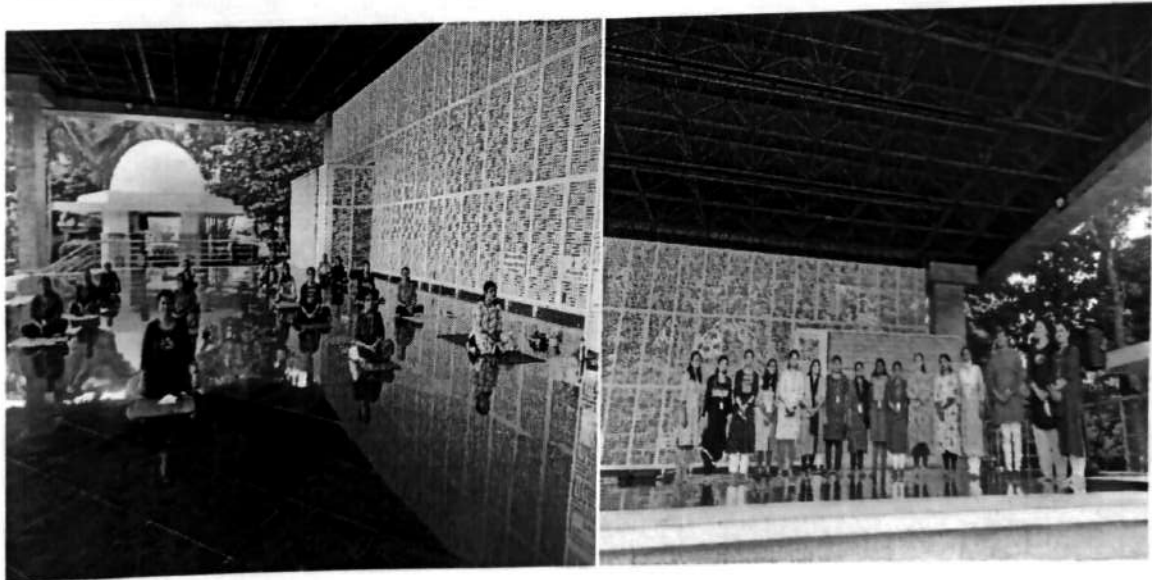
Free Registration

Time : 8:30 A. M. to 9:30 A. M.

Date : 25th September, 2021

Venue: Room no-107, Sir M V Block

www.reva.edu.in





Performing YOGA at Soaugandhika



Grand Celebrations of 7th International Day of Yoga at REVA University

Bengaluru, June 21, 2021: REVA University celebrated the 7th year of International Day of Yoga with great fervour. The event held at REVA University commenced at 7.00 AM and continued until 8.00 AM Through MS Team.

The inauguration ceremony was presided over by Honourable Chancellor of REVA University, Dr. P. Shyama Raju. The celebration marked by the gracious presence of Vice-Chancellor, Dr. M. Dhanamjaya along with the Registrar, Dr. N Ramesh;

The Honourable Chancellor, Dr. P. Shyama Raju inaugurate the programme along with other dignitaries present on the MS TEAM. s, faculty members and non-teaching staff attended the celebration and became a part of International Day of Yoga.

Dr. P. Shyama Raju, Chancellor of REVA University addressed the gathering by explaining the significance and advantages of yoga. He stated, "Regular practising of yoga helps to improve the body flexibility as well as mental health. Yoga is an effective form of exercise than swimming. Both ensure overall body movements and flexibility, yet, yoga consists of both body movements and pranayama. Hence, yoga not only improves your health but also your immune system. "

The yoga session began with the demonstration of yoga team of REVA University.

Glimpse of the events:

Come, be a part of Global Celebration of
YOGA ASANAS AND PRANAYAMA SESSIONS
Be with Yoga, Be at Home



7th International Yoga Day 2021

Come be part of a global celebration of
**7th INTERNATIONAL
YOGA DAY**

Be with Yoga, Be at home



Become friends with happiness and
health with yoga and meditation.

21 st June 2021 | TIME: 7.00 AM TO 8.00 AM | Through MS Teams LIVE platform





https://www.instagram.com/p/CQWQ-UyBZ9y/?utm_source=ig_web_copy_link

https://www.instagram.com/p/CQWQ-UyBZ9y/?utm_source=ig_web_copy_link

video link :

Webinar Talk on
‘Improve Immunity, Stay Safe’ on the occasion of 7th International Yoga Day 2021.
Organised by - Department of Physical Education and Sports

Date: 20.06.2021,

Time: 7.00 AM – 8.00 AM

Organizer: Dr.Deepak.C.S , Director of Physical Education

Morning Sessions

Session 1: 7.00 – 8.00 am IST

By Dr Nidhi Choudhary M.sc & Ph.D Yoga
Founder, “Yoga Plus” www.yogaplus.info

Dr Nidhi Choudhary is a yoga consultant and a researcher. She hails from the Yoga capital of the world- Rishikesh where she started her Yoga learning from early childhood. A direct disciple of Dr BKS Iyengar Guruji, the Bheeshma Pitamaha of Yoga, she did her M.Sc and PhD in Yoga from S-VYASA Yoga University. She has co-authored over 15 research publications in indexed peer-reviewed journals. She has travelled and conducted various workshops and trainings in USA, Japan, Singapore and Veitnam. Her specialities are Yoga for PCOS, Pregnancy Yoga and Iyengar Yoga. Currently she serves as a Honorary senior Yoga Consultant at Adhyatma Yoga Academy and is the founder of Yoga Plus.

Morning Sessions

Session 1: 8.00 – 9.00 am IST

Dr.K.Raghavendra Pai
Secretary,
Sri Vedavyasa Yoga Foundation (R),
37/1, Mahamaya, BalakrishnaRao Road,
Chamarajapuram, MYSURU- 570 005.

He worked as the director of 'Yoga for Sri Dharmasthala Manjunatheshwara Yoga & Moral Education Project for 18 years. He has also travelled the country and abroad, is well know for his techings on yoga.

He is the son of Sri Karkala Ranganatha Sridhara Pai and Smt. Rukma Ranganatha Sridhara Pai. In the last 3 decades , as a promoter and teacher of yoga director he has successfully conducted more than 2500 yoga workshops, camps both in and outside the country. The beneficiaries include about seven lakhs of yoga students and more than 90 thousand of people from the public. He has received some national and international awards like 'Yoga Vidyabhushana'. Russia Yoga Guru', ...He received Doctorate from Hampi Kannada University for his work on 'Dasa Sahithya Haagu Yoga Darshana'. Now he has started 'Sri Vedavyasa Yoga Foundation' in

Mysore and under this, he is contributing in the fields of yoga, moral education, yogic cures for some illness, and propagation of research in the field of yoga, Dasa Sahitya. He is also contemplating to bring out an encyclopedia comprising various aspects on yoga...Last year he has created a 'World Record' in Vietnam by performing 60 hours of 'Suryanamaskara' for 7,777 rounds continuously of 77,777 asanas and conferred 'Vietnam King' award by Vietnams WorldKings Book of world Records.

Evening Sessions

Session 1: 5.00 – 6.00 am IST

Resources person details as follows

TOPIC: Yoga: “Prana Yoga – Energy Engineering”

Yogacharya Dr Subramanian (Subbu Bhaiya)

Director- Adyatma Yoga Academy

Dr Subramanian (Subbu Bhaiya) is a well renowned new age Yoga-Spiritual Master with a mission to transform lives through traditional wisdom in modern times. Relinquishing his corporate career as an engineer, he had obtained his Doctorate in Yoga-Spirituality from Hindu University of America, Florida. Having served as a senior faculty at world renowned S-VYASA Yoga University, Subbu ji

had mentored thousands of students from across the globe. He is renowned for his workshops in specialized forms of Yoga like Bhakti Yoga, Garbha Yoga, Energy Engineering and Krida Yoga. A recipient of many prestigious awards like TV Kapali Shastri Award, he had been a member of few academic bodies for developing and implementing Yoga Curriculum. Adhyatma Yoga Academy founded by Subbuji in 2016 serves as bedrock for aspirants in traditional Yoga. Subbu Bhaiya had initiated the Social Volunteering platform for Yoga Teachers from various leading Yoga Schools called Yoga Mitra which has around one thousand registered Yoga Teachers as volunteers and the team had been conducting Pan India Free Yoga Camp for COVID-19 MANAGEMENT reaching out to not less than 10k participants. He had conducted a popular interview series with Yogic stalwarts called “Kaapi with Yogi”.

Evening Sessions:

Session 4: 6.00 – 7.00 pm IST

Topic: Therapeutic yoga

By M.R. Kishore

NIS Yoga coach

University of Mysore

Following points were explained;

Welcome to the New Normal: life in the time of corona virus, where we'll be “The good thing is that we horizon of planning, in terms of a Yoga Taking the positive part out of Covid-19 just started, these are the things that keep us

mentally healthy. Regular exercise and physical activity promote strong muscles and bones. Staying active can also help you maintain a healthy weight, reduce your risk part in activities such as sports and exercise will make you even healthier.

Department of Physical Education ,,thank to our beloved Chancellor sir for his Stewardship, vision, commitment and for his continuous support. Thank to our Vice Chancellor sir for his continuous support and encouragement. Thanks to our Registrar sir for his un-stinted support for this webinar programme.

Link to the relevant document

About the Workshop:

Morning Sessions:

Session 1: 7.00 am – 8.00 am IST

Topic: “Master your Asana” -

**By Dr Nidhi Choudhary M.sc & Ph.D Yoga
Founder, “Yoga Plus”**

Click for Join the Event: <https://bit.ly/3cFhFt0>

Session 2: 8.00 am – 9.00 am IST

TOPIC: Yogic Walk towards Wellness

**By Yoga Guru Dr. K. Raghavendra Pai,
Secretary, Sri Vedavyasa Yoga Foundation**

Register here: <https://forms.gle/vRYRoU7xDfdjbw78>

Click for Join the Event: <https://bit.ly/3cFhFt0>

Evening Sessions:

Session 3: 5.00 pm– 6.00 pm IST

TOPIC:Yoga: “Prana Yoga – Energy Engineering”

**By Yog Acharya Dr Subramanian (Subbu Bhaiya)
Director- Adyatma Yoga Academy**

Register here: <https://forms.gle/JMo1UMJ8eyb95aWc6>

Click for Join the Event: <https://bit.ly/3vnwmau>

Session 4: 6.00 – 7.00 pm IST

Topic: Therapeutic yoga

By M.R. Kishore

NIS Yoga Coach University of Mysore

Register here: <https://forms.gle/W2Rn1iePT83xZufd9>

Click for join the event: <https://bit.ly/3vnmwau>



REVA University presents
YOGA ASANA AND PRANAYAMA SESSIONS
Improve Immunity, Stay Safe



7th International Yoga Day 2021

Join the online session on
Sunday 20th June, 2021 (Workshop open for all)

4 Yoga sessions to help you improve and gain
Flexibility, Strength, Balance, and Harmony

www.reva.edu.in

Morning Sessions

Session 1: 7.00 A.M. – 8.00 A.M. IST



Topic: "Master your Asana" -
By
Dr. Nidhi Choudhary
M.Sc & Ph.D Yoga
Founder, "Yoga Plus"
www.yogaplus.info

Register here:
<https://forms.gle/IF3Vt8GoGuyw17SK7>
Click to Join the Event:
<https://bit.ly/3cFHPf0>

Session 2: 8.00 A.M. – 9.00 A.M. IST



Topic: "Yogic Walk towards
Wellness" -
By
Yoga Guru
Dr. K. Raghavendra Pai
Secretary
Sri Vedavyasa Yoga Foundation

Register here:
<https://forms.gle/vRYRoU7x0fj0bwf78>
Click to Join the Event:
<https://bit.ly/3cFHPf0>

Evening Sessions

Session 3: 5.00 P.M. – 6.00 P.M. IST



Topic: "Yoga- Prana Yoga -
Energy Engineering"
Yogacharya
Dr. Subramanian (Subbu Bhैया)
Director
Adyatma Yoga Academy

Register here:
<https://forms.gle/vRYRoU7x0fj0bwf78>
Click to Join the Event:
<https://bit.ly/3cFHPf0>

Session 4: 6.00 P.M. – 7.00 P.M. IST



Topic: "Therapeutic Yoga"
By
M. R. Kishore
SAI Yoga Coach

Register here:
<https://forms.gle/W2Rn1iePT83xZufd9>
Click to Join the Event:
<https://bit.ly/3vnmwau>

Guidelines for the Session :

1. You can choose any ONE of the sessions to attend.
2. Please join the session 10 minutes before the event starts.
3. Choose a quiet place for your practice.
4. Maintain a 2-hour gap between your last meal and the session.
5. Wear comfortable clothes and practice on a Yoga mat.
6. Keep your video OFF and audio on MUTE throughout the session.
7. You will be asked to switch on your video towards the end of the session for a group picture.
8. There will be no Q & A opportunity at the session.
9. E-certificate will be issued to the participants.
10. We hope to see you join us on the day to celebrate International Day of Yoga together.
Stay safe and healthy. In case of queries, please reach out to us on phyedu@reva.edu.in

Report on Mega Yoga - Naturopathy Camp

School of Applied Sciences and Department of Physical Education in association with Ministry of AYUSH, Government of India had organized **Mega Yoga - Naturopathy Camp** on 29th March 2021 for the benefit of all Students and Staff. Soon after inaugural session, a workshop was organized in the morning session (9.30AM to 11.00AM) at **Rangasthala**, REVA University campus.

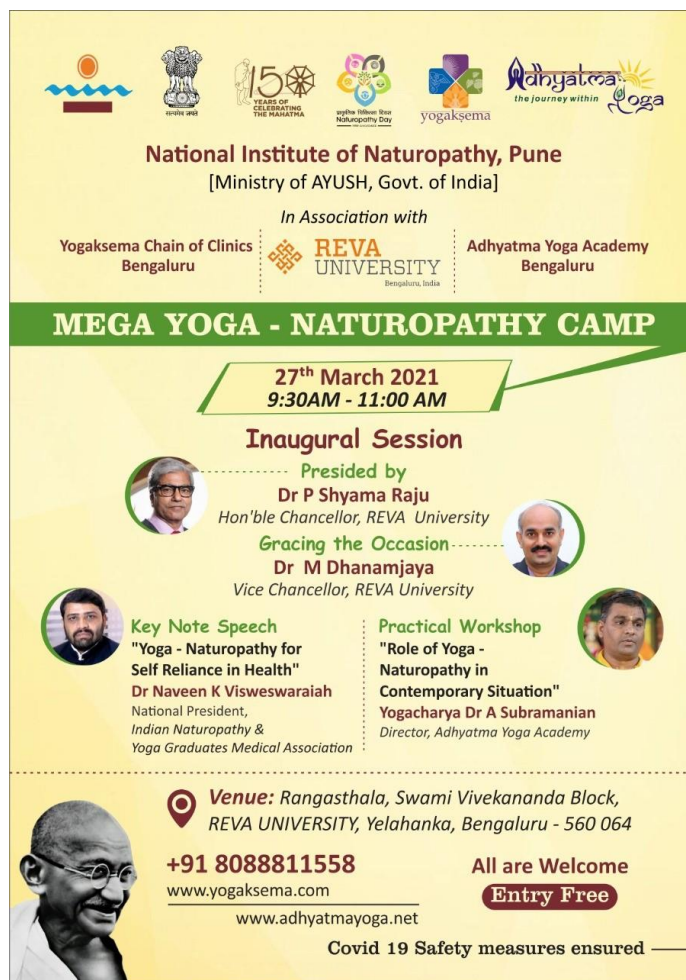
Inauguration was presided over by Hon'ble Chancellor Dr.P Shyamaraju and Dr.Naveen K Visweswaraiah, National President Indian Naturopathy and Yoga Graduates Medical Association was invited as Chief guest for the event along with Vice Chancellor DR.M Dhanamjaya and Registrar DR.N.Ramesh. Deans, Directors and Assistant Directors witnessed the event. More than 250 students and faculty members participated in the event.

The inaugural event was concluded with presidential remarks by Hon. Chancellor Dr. Shyama Raju wherein sir reiterated about benefit of yoga and appropriate diet on regular basis to attain healthy mind and body, a key points to achieve goals.

Dr.Naveen K Visweswaraiah has conducted more than 2500 Yoga workshops across the globe (India and Abroad). Dr.Naveen K Visweswaraiah, in his speech emphasized that one should start practicing Yoga and Naturopathy from young age which will benefit the youth in terms of healthy mind and body leading to attain successful and focused professional and personnel life.

School of Applied Sciences and Department of Physical Education, express heartfelt thanks to our beloved Chancellor Sir for his Stewardship, vision, commitment and continuous support. Thank to our Vice Chancellor sir for his continuous support and encouragement. Thanks to our Registrar sir for his un-stinted support and motivation.

Gimps of the Events:



The poster features logos at the top including the Government of India, the 15th anniversary of Naturopathy Day, and logos for Yogaksema, Adhyatma Yoga Academy, and REVA University. The main text is centered and reads: 'National Institute of Naturopathy, Pune [Ministry of AYUSH, Govt. of India] In Association with Yogaksema Chain of Clinics Bengaluru, REVA UNIVERSITY Bengaluru, India, and Adhyatma Yoga Academy Bengaluru'. Below this is a green banner with 'MEGA YOGA - NATUROPATHY CAMP'. The date and time are '27th March 2021 9:30AM - 11:00 AM'. The 'Inaugural Session' is 'Presided by Dr P Shyama Raju, Hon'ble Chancellor, REVA University' and 'Gracing the Occasion Dr M Dhanamjaya, Vice Chancellor, REVA University'. There are two sessions: 'Key Note Speech "Yoga - Naturopathy for Self Reliance in Health" Dr Naveen K Visweswaraiah, National President, Indian Naturopathy & Yoga Graduates Medical Association' and 'Practical Workshop "Role of Yoga - Naturopathy in Contemporary Situation" Yogacharya Dr A Subramanian, Director, Adhyatma Yoga Academy'. A portrait of Mahatma Gandhi is on the left. The venue is 'Rangasthala, Swami Vivekananda Block, REVA UNIVERSITY, Yelahanka, Bengaluru - 560 064'. Contact info: '+91 8088811558', 'www.yogaksema.com', 'www.adhyatmayoga.net'. It says 'All are Welcome Entry Free' and 'Covid 19 Safety measures ensured'.

National Institute of Naturopathy, Pune
[Ministry of AYUSH, Govt. of India]

In Association with

Yogaksema Chain of Clinics Bengaluru

REVA UNIVERSITY Bengaluru, India

Adhyatma Yoga Academy Bengaluru

MEGA YOGA - NATUROPATHY CAMP

27th March 2021
9:30AM - 11:00 AM

Inaugural Session

Presided by
Dr P Shyama Raju
Hon'ble Chancellor, REVA University

Gracing the Occasion
Dr M Dhanamjaya
Vice Chancellor, REVA University

Key Note Speech
"Yoga - Naturopathy for Self Reliance in Health"
Dr Naveen K Visweswaraiah
National President,
Indian Naturopathy &
Yoga Graduates Medical Association

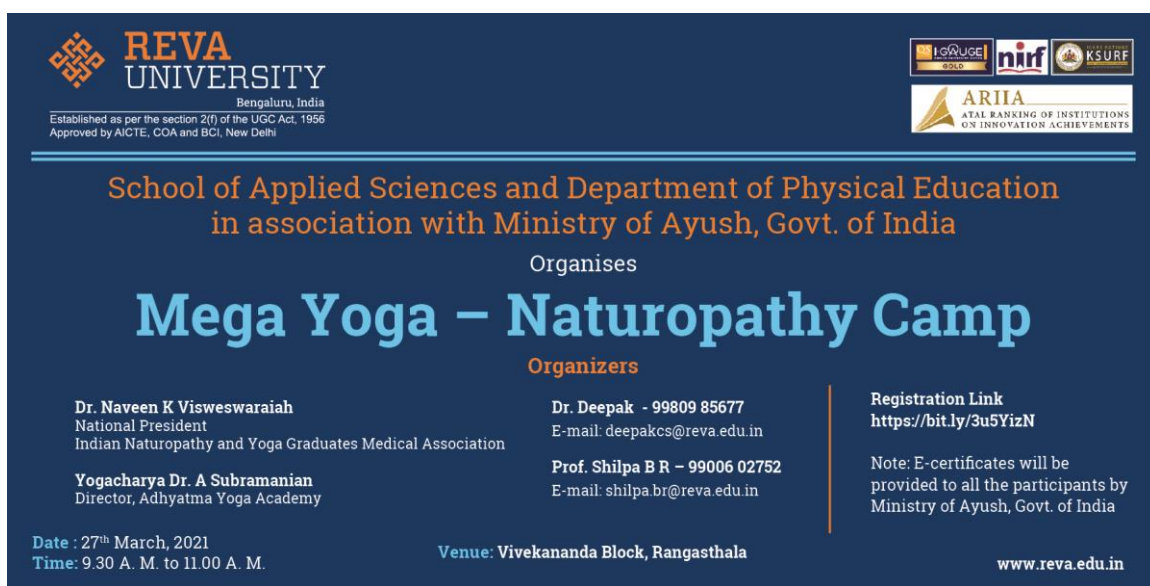
Practical Workshop
"Role of Yoga - Naturopathy in Contemporary Situation"
Yogacharya Dr A Subramanian
Director, Adhyatma Yoga Academy

Venue: Rangasthala, Swami Vivekananda Block,
REVA UNIVERSITY, Yelahanka, Bengaluru - 560 064

+91 8088811558
www.yogaksema.com
www.adhyatmayoga.net

All are Welcome
Entry Free

Covid 19 Safety measures ensured



The poster features the REVA UNIVERSITY logo and accreditation logos (IQAUGE Gold, NIRF, KSURF, ARIIA) at the top. The text reads: 'School of Applied Sciences and Department of Physical Education in association with Ministry of Ayush, Govt. of India Organises Mega Yoga - Naturopathy Camp Organizers'. It lists 'Dr. Naveen K Visweswaraiah, National President, Indian Naturopathy and Yoga Graduates Medical Association' and 'Yogacharya Dr. A Subramanian, Director, Adhyatma Yoga Academy' as organizers. It also lists 'Dr. Deepak - 99809 85677, E-mail: deepakcs@reva.edu.in' and 'Prof. Shilpa B R - 99006 02752, E-mail: shilpa.br@reva.edu.in'. The registration link is 'https://bit.ly/3u5YizN'. A note says 'E-certificates will be provided to all the participants by Ministry of Ayush, Govt. of India'. The date is '27th March, 2021' and the time is '9.30 A. M. to 11.00 A. M.'. The venue is 'Vivekananda Block, Rangasthala'. The website is 'www.reva.edu.in'.

REVA UNIVERSITY
Bengaluru, India
Established as per the section 2(f) of the UGC Act, 1956
Approved by AICTE, COA and BCI, New Delhi

IQAUGE GOLD | NIRF | KSURF | ARIIA
ATRIAL RANKING OF INSTITUTIONS ON INNOVATION ACHIEVEMENTS

School of Applied Sciences and Department of Physical Education
in association with Ministry of Ayush, Govt. of India

Organises

Mega Yoga - Naturopathy Camp

Organizers

Dr. Naveen K Visweswaraiah
National President
Indian Naturopathy and Yoga Graduates Medical Association

Yogacharya Dr. A Subramanian
Director, Adhyatma Yoga Academy

Dr. Deepak - 99809 85677
E-mail: deepakcs@reva.edu.in

Prof. Shilpa B R - 99006 02752
E-mail: shilpa.br@reva.edu.in

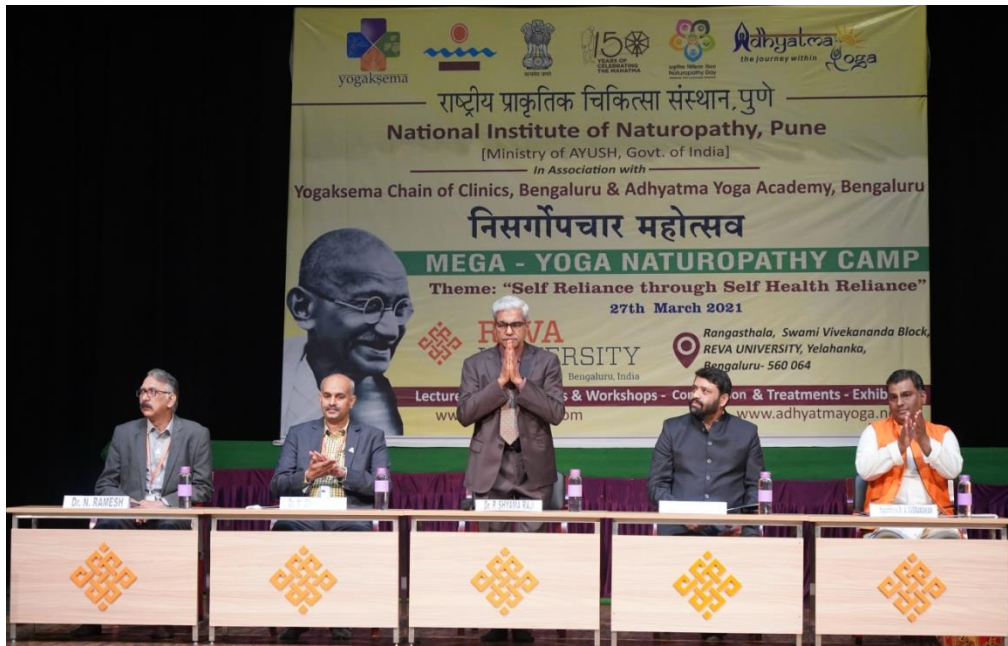
Registration Link
<https://bit.ly/3u5YizN>

Note: E-certificates will be provided to all the participants by Ministry of Ayush, Govt. of India

Date : 27th March, 2021
Time: 9.30 A. M. to 11.00 A. M.

Venue: Vivekananda Block, Rangasthala

www.reva.edu.in







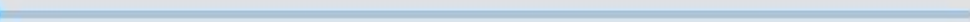
SIXTH INTERNATIONAL YOGA DAY, 2020

International Yoga Day was celebrated on 21st June 2020. In view of COVID-19 pandemic, we will be facilitating you and your family members to participate in the same from your homes through MS Teams (Online).

Photos of the Session:



Media Yoga Day June 21.06.2020 



Leave



Yoga Day June 21.06.2020



Leave

Reg - Celebration of International Yoga Day at REVA University

Dr. Dhanamjaya M <registrar@reva.edu.in>

Sat 20-06-2020 16:35

To: All <all@reva.edu.in>

Cc: Dr. P Shyamaraaju <chancellor@reva.edu.in>; Umesh Raju <umesh@reva.edu.in>; Dr. Surendra Rao Shankapal <shankapal@reva.edu.in>

Dear All

Greetings of the day!!!

We at REVA University will be celebrating the sixth International YOGA DAY on this Sunday, 21st June 2020.

In view of COVID-19 pandemic, we will be facilitating you and your family members to participate in the same from your homes through MS Teams (Online).

This online programme will be conducted between 7 am to 8 am.

Going in accordance with the theme of the sixth edition of International Yoga Day 2020 – ***‘Yoga at home and Yoga with family’*** live demonstration of the Yoga Asanas by the team from Department of Physical Education can be seen online through the link given below and the same can be followed by all at your homes.

I request you all to participate in the same using the link given below.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_Zjk2NDZmOGYtMjQ3YS00MDAzLTliOTEtNjgzY2JiZDY3OGY3%40thread.v2/0?context=%7b%22Tid%22%3a%22474565c1-bca4-4295-a2f5-b0c7dbf2591c%22%2c%22Oid%22%3a%2234754cec-99a8-410e-aa92-bbf7699d1d77%22%2c%22IsBroadcastMeeting%22%3a%22true%7d

Warm Regards,

Dr. M Dhanamjaya

Registrar | Department of Administration

Mobile: +91 99451 85445

REVA UNIVERSITY | Rukmini Knowledge Park | Kattigenahalli | Yelahanka | Bengaluru | Karnataka 560 064



Chat with me on Teams !



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School: Electronics and Communication Engineering

Title: "Motivational talk on Success and Failure"

Date: 20th January 2020

Location: Aryabhata Seminar Hall, C V Raman Block.

Description: The School of ECE in association with "ANTAR-MANA", had organized talk on Motivational talk on "**Success and Failure** " on 20th January 2020 between **09:30 AM to 10:50 AM** in Aryabhata Seminar hall, C V Raman Block.

Dr. Vimala Gopal, Ph.D. Mantra Yoga is Founder of "ANTAR-MANA" foundation. With the Expertize and divine blessings **Dr. Vimala Gopal** has achieved her own Sadhana for more than **20Plus years** in all the above fields and have reached out to thousands of people in need.

Dr. Vimala Gopal is expertized and professionalized in:

Yogaasana , Pranayama, Meditation , Acupuncture , Personal Counselling, Spiritual Healing, Mudra Therapy, Soft Skills / Life Skills Mentor, Motivational Speaker, Shloka Teacher – Lalitha Sahasranama , Vishnu Sahasranama , Hanuman Chalisa.

Around **90 students** from the School of ECE attended the Motivational Talk.

The Talk focused on following key points:

- The difference between Thought and Think
- How to be **Positive** to reach the **success**.
- **Negative taughts that to be removed like Fear, I know everything, Impatience etc...** if need to be **sucesfull**
- How to judge the potential of individual.
- How to improve the concentration to reach the goal.
- Self motivation and self direction.



Director
School of Electronics &
Communication Engineering
REVA University, Rukmini Knowledge Park
Kattigenahalli, Yelahanka, Bengaluru - 560 064

School of Arts, Humanities and Social Sciences

CIRCULAR

09 September 2019

MENTAL AWARENESS **CAMPAIGN**

Date: 13th September 2019

Speaker: Dr. Anisha Mahendar, Hypnotherapist

Registration:

Interested students can register their names with faculty Coordinator

Faculty Coordinator:

Dr. Prathibha Shankar (9916692157)



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**



REVA UNIVERSITY

Bengaluru, India

Established as per the section 2(f) of the UGC Act, 1956,
Approved by AICTE, New Delhi

SCHOOL OF ARTS AND HUMANITIES

DEPARTMENT OF PSYCHOLOGY

The Department of Psychology, School of Arts & Humanities, organised a mental awareness campaign on 13th September 2019. The resource person for the event was Dr. Anisha Mahendrakar, Hypnotherapist (Private Practitioner).

Dr Anisha Mahendrakar is the recipient of the prestigious 'young achiever award-2018' from IVUP, UNO, Geneva for her extraordinary work regarding training school children about 'safe touch and unsafe touch'. She has been awarded Doctorate for the same.

The resource person threw light on the misconceptions about hypnosis, the various concepts under it and also introduced some new concepts. The students had an interactive session with multiple activities after which there was a question-answer session.

Director
School of Arts, Humanities
& Social Sciences
REVA University, Rukmini Knowledge Park,
Kattigenahalli, Yelahanka, Bangalore-560064.



Attendance

Program Name: Mental Awareness Campaign held on 13th of September 2019 organised by the Department of Psychology, School of Arts, Humanities and Social Sciences.

Sl. No.	SRN No.	Name
1	R17BJ001	AISHWARYA A INCHAL
2	R17BJ002	AISHWARYA K
3	R17BJ003	AJAY BHARDWAJ C N
4	R17BJ004	ALMAS A
5	R17BJ005	ANGEL MARY MARTIS
6	R17BJ006	ANNIE MERCY
7	R17BJ007	AOTULA PONGEN
8	R17BJ008	AYAZPUR VENKATA RAVI TEJA
9	R17BJ009	BISHAL BHATTARAI
10	R17BJ010	BUVANA S
11	R17BJ011	C V JERRIN KALAPPA
12	R17BJ012	CHAITRA N
13	R17BJ013	DARSHAN AIYAPPA
14	R17BJ014	DIANA DABDI
15	R17BJ015	FARHEEN KHAN
16	R17BJ016	GANDLA BHOJANAM VENKATA NAVANEETH
17	R17BJ017	GAURANGI MANOCHA
18	R17BJ018	GAYATRI DUTTA
19	R17BJ019	HEMANTH KUMAR B
20	R17BJ020	KADIMI LENORA SUKEERTHI

Dr. Payel Dutta Chowdhury

Director

School of Arts, Humanities & Social Sciences

School of Arts, Humanities and Social Sciences

CIRCULAR

24 September 2019

GUEST LECTURE-
CUSTOMER RELATIONSHIP
MANAGEMENT

Date: 27^h September 2019

Time: 2 pm

Venue: Aryabhata Hall, C. V. Raman Block

Speaker: Mr. Sherry George, Head, Customer Loyalty Programme, Titan

Registration:

Interested students can register their names with faculty Coordinator

Faculty Coordinator:

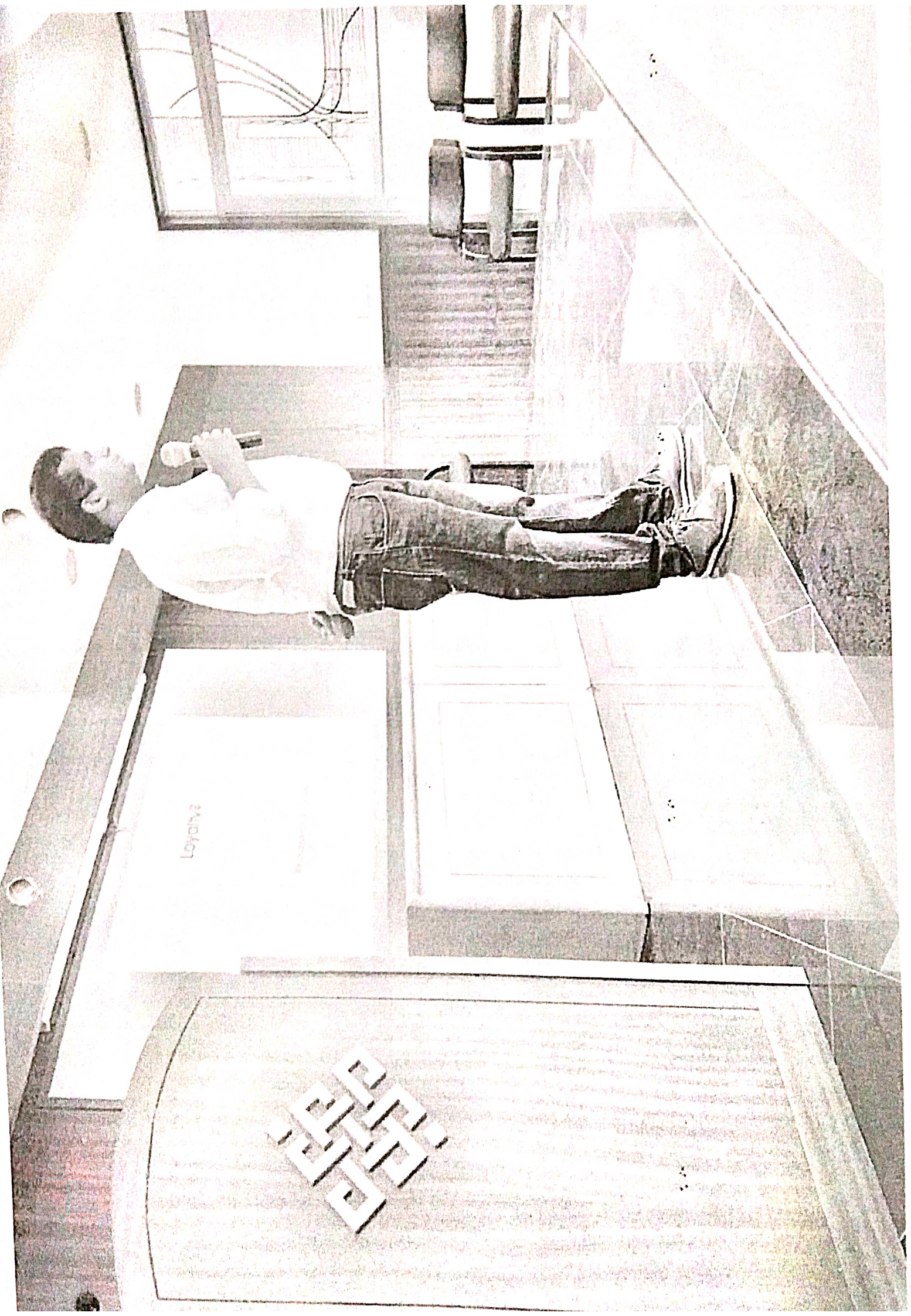
Prof. Manjunath (9980035710)



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**



VA
UNIVERSITY
Bengaluru, India

School of Arts and Humanities

Department of Media Studies

Organises

**Customer Interaction and Guest Lecture on
Customer Relationship Management) &
Loyalty Programme**

NOVEMBER 2019

Venue :

Aryabhatta Seminar Hall, CV Raman Block



Mr. Sherr
Head, Customer L
TITAN C

W

Attendance

Program Name: Customer relationship management

Date: 27/9/2019

SL NO	NAME	SRN
1	R18MAJ01	AKURATI SWETHA
2	R18MAJ02	ASMAA OBAID ANSARI
3	R18MAJ03	CHANDRI B
4	R18MAJ04	DIPIKA UPADHYAY
5	R18MAJ05	GARIKAPATI LASYANAGAJA
6	R18MAJ06	KEERTHI K KRISHNAN
7	R18MAJ07	KETHINENI SRAVANI
8	R18MAJ08	M M DARSHAN
9	R18MAJ09	MAHESH
10	R18MAJ10	MAHIN AHAMED
11	R18MAJ11	MOHINI DIWAKAR PRASAD
12	R18MAJ12	MRUNALI CHOTTAI
13	R18MAJ13	NAVEEN CHAND M
14	R18MAJ14	NAVYA H R

15	R18MAJ15	PRESCILLA MARY A
16	R18MAJ16	PRIYANKA K
17	R18MAJ17	RAGHUMUDRI DHANUSH VENKAT KUMAR
18	R18MAJ18	S ADITHYA
19	R18MAJ19	VENUS NANDITA HALOI
20	R18MAJ20	AFSHARA KHATOON
21	R18MAJ21	ARVIND R
22	R18MAJ22	DHAMINI D
23	R18MAJ23	DONEPUDI HEMANTH KUMAR
24	R18MAJ24	KAJOL SINGH
25	R18MAJ25	MEGHASHREE K P
26	R18MAJ26	PALLAVI G
27	R18MAJ27	RAASHI UPADHYAY
28	R18MAJ28	SUSHMITA TRIPATHI
29	R18MAJ29	SOWMYA K A
30	R18MAJ30	AMAL JOHN
31	R19MAJ02	AKASH H PATIL
32	R19MAJ03	AMAN NIDHEESH

33	R19MAJ04	ANANYA N K
34	R19MAJ05	ARUNIMA A
35	R19MAJ06	ASHWINI A
36	R19MAJ07	BANDI MARY
37	R19MAJ08	CHAITHRA P S
38	R19MAJ09	CHANDHANA KRISHNA
39	R19MAJ10	CUKHOSA ROSE
40	R19MAJ11	GOTTIPATI SANDEEP KISHAN
41	R19MAJ12	JEEVA S
42	R19MAJ13	KUOTSHO KOZA
43	R19MAJ14	MACDIEL ROY MARBANIANG
44	R19MAJ15	MADANABOINA NAGA PRASAD
45	R19MAJ16	MAYURAKSHEE PAUL
46	R19MAJ18	POOJA A MALI
47	R19MAJ19	RACHANA H D
48	R19MAJ20	RANJANA BANIYA
49	R19MAJ21	REETHU M
50	R19MAJ22	RICHA BHATEJA
51	R19MAJ23	SHARON ROSE KUNTAM

52	R19MAJ24	SMRITHI PRASANTH
53	R19MAJ25	TR JAHNAVI
54	R19MAJ26	UNNATI RAI
55	R19MAJ27	VAIBHAVI SHIVATHAYA
56	R19MAJ28	VAISHNAVI VENKATESH
57	R19MAJ29	SHILPA P
58	R19MAJ30	ANJALI BHARTI
59	R19MAJ31	MUBASHIR QURESHI
60	R19MAJ32	SINDURI SAPPANPILLAI



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**

School of Arts, Humanities and Social Sciences

CIRCULAR

12 October 2019

GUEST LECTURE-
SOCIAL BONDS AND ITS ROLE
IN STRESS REDUCTION

Date: 15th October 2019

Venue: Aryabhata Hall, C. V. Raman Block

Speaker: Dr. Anke Kari, Professor, University of Exeter

Registration:

Interested students can register their names with faculty Coordinator

Faculty Coordinator:

Dr. Prathibha Shankar (9916692157)



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**



REVA UNIVERSITY

Bengaluru, India

Established as per the section 2(f) of the UGC Act, 1956,
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DEPARTMENT OF PSYCHOLOGY SCHOOL OF ARTS AND HUMANITIES

The Department of Psychology had organized a guest lecture on "Social Bonds and its role in Stress reduction" on 15th October 2019. Dr. Anke Karl from University of Exeter, U.K delivered the guest lecture. She emphasized on the impact of stress on our body and physiological changes associated with emotional states. She highlighted her experimental research findings on impact of self-compassion and self-criticism on our physiological functioning. She provided information about her university and course offered in Exeter university and clarified students about admission eligibility criteria for various programmes. She mentioned about different research labs of Exeter University.

Director
School of Arts, Humanities
& Social Sciences
REVA University, Rukmini Knowledge Park,
Kattigenahalli, Yelahanka, Bangalore-560064



Attendance

Program Name: Social Bonds and its role in Stress reduction”

Date :15-10-2019

SL NO	NAME	SRN
1	CHAITRA N	R20MPY06
2	FILWA FATHIMA	R20MPY07
3	ANNIE MERCY	R20MPY14
4	NOOHINABI MP	R20MPY15
5	YASHASWIN SRIDHAR	R20MPY16
6	ZOHLIMPUIA	R20MPY17
7	BALDWIN A	R20MAE02
10	SARADA SUNITHA	R20BE041
11	ROHIT KUMAR	R20BE050
12	KONDA NEHA	R20BJ019
13	R VISHAL	R20BJ027
14	RAJNANDINI CHAKRABARTI	R20BJ029
15	RIAN NISHITHA MENEZES	R20BJ031
16	ROSE SHERIN ANSARY	R20BJ035
17	SEROY G	R20BJ041
18	SHREEYA SINGH	R20BJ042
19	TANYA C	R20BJ046
20	UMMADI NAGA SRUTHI	R20BJ048

21	VEDA SHAKTHI V	R20BJ049
22	BANDI YASASWINI	R20BJ051
23	SHRAVANI B	R20BJ052
24	SYEDA SUFI FATHIMA	R20BJ053
25	ADITI SRIVASTAV	R20BJ055



Dr. Payel Dutta Chowdhury

Director

School of Arts, Humanities & Social Sciences

School of Arts, Humanities and Social Sciences

CIRCULAR

19 January 2020

GUEST LECTURE-
EVENT MANAGEMENT

Date: 22nd January 2020

Speaker: Mr. Chris Pradeep G, Master of Ceremonies

Registration:

Interested students can register their names with faculty Coordinator

Faculty Coordinator:

Prof. Manjunath (9980035710)



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**



REVA
UNIVERSITY
Bengaluru, India

School of Arts & Humanities

GUEST LECTURE REPORT

School of Arts and Humanities, REVA University, organized a guest lecture on Event Management on 22nd January 2020. Students from BA and MA were present during the lecture.

Prof. Manjunath, the Course Coordinator, invited the guest of honor, Mr. Chris Pradeep G. Master of Ceremonies to educate the students on Event Management. Pradeep began his lecture by giving the students an introduction to event management. He spoke about how the industry has mushroomed today. He spoke on how event managers work and their roles and responsibilities. He later gave the students the task to design an event and present it. He explained that event management's main goal is to make an event successful for the benefit of the client in best possible way. He inspired and motivated the students to take up event management as their career. At the end of the lecture, students were able to understand the various aspects of event management.

Bulle

Director
School of Arts, Humanities
& Social Sciences
REVA University, Rukmini Knowledge Park
Attigenahalli, Yelahanka, Bangalore-560066





Attendance

Program Name: Event Management

Date: 22/1/2020

SL NO	NAME	SRN
1	GURRAM SUVARNA	R20TJ006
2	MANZOOR ALI MIRZA	R20TJ007
3	MOHAMMED ZAIN	R20TJ008
4	MOHITH A KUKREJA	R20TJ009
5	PALLAVI CHANDRAN	R20TJ010
6	SEROY G	R20BJ041
7	SHREEYA SINGH	R20BJ042
8	TANYA C	R20BJ046
9	UMMADI NAGA SRUTHI	R20BJ048
10	VEDA SHAKTHI V	R20BJ049
11	VINEETH UNNIKRISHNAN	R20BJ050
12	BANDI YASASWINI	R20BJ051
13	SHRAVANI B	R20BJ052
14	SYEDA SUFI FATHIMA	R20BJ053
15	ADITI SRIVASTAV	R20BJ055

16	TANYA C	R20BJ046
17	VEDA SHAKTHI V	R20BJ049
18	SAGARIKA U K	R20BJ038
19	SANDHWANA RAJEEV	R20BJ039
20	SATHYA S	R20BJ040
21	RAJNANDINI CHAKRABARTI	R20BJ029
22	REBECCA SUNAINA	R20BJ030
23	RIAN NISHITHA MENEZES	R20BJ031
24	RIYA CHANDRA	R20BJ033
25	ROSE SHERIN ANSARY	R20BJ035



Dr. Payel Dutta Chowdhury

Director

**School of Arts, Humanities & Social
Sciences**



REVA
UNIVERSITY
B E N G A L U R U • I N D I A

School of Electronics and Communication Engineering

MOTIVATIONAL SESSION REPORT

Date: 31st OCTOBER 2018

Time: 10.50 AM to 11.50 AM

Venue: Room N0:112, C V Raman Block.

Topic: Novel Thinking to Enlighten youth.

Description:

The School of ECE had organized a session on "Novel Thinking to Enlighten youth" 31st October, 2018 between 10.50 AM to 11.50 AM in Room No: 112 for B. Tech 1st Semester students. Mr. Vijay, CEO and Founder, Tidi Business Solutions Pvt Ltd, Bangalore (Alumni of REVA ITM) was the resource person.

Session focused on the following key points:

1. The Power of Positive Thinking
2. Think the unthinkable.
3. Face challenges one at a time.
4. Appreciate every moment of your life.
5. Deal with challenges in life.
6. Resolve problems instead of running away.

Following are the outcomes achieved with this technical talk:

1. An ability to design a system, component, or process to meet desired needs within realistic constraints such as economic, environmental, social, political, ethical, health and safety, manufacturability, and sustainability (c)
2. An ability to identify, formulate, and solve engineering problems (e)

Photograph



FDP/SDP Coordinators:

Prof. Neethu K N

Prof. Dilna U

Prof. Chaitra Nayak J



Director
School of Electronics &
Communication Engineering
REVA University, Rukmini Knowledge Park
Kattigenahalli, Yelahanka, Bengaluru - 560 064

Director, School of ECE

SCHOOL OF CIVIL ENGINEERING

To

The Director,
School of Civil Engineering,
REVA University, Bangalore - 560064

Dear Sir,

I, Ms. Bhavana B., Assistant Professor, School of Civil Engineering, REVA University request your goodself to give permission to organise a Blood donation and medical check-up camp on 16th Oct. 2018 for the benefits of the students and faculty.


Co-ordinator


Director


REVA UNIVERSITY
SCHOOL OF CIVIL ENGINEERING

Title : Self Defence Program

Date : 15th March, 2019

Time : 2:00 pm to 4:45 pm

Venue : Seminar Hall, Sir M V Block, 1st Floor

Organised By : Student Welfare Club, School Of Civil Engineering

Description Of Event :

The School Of Civil Engineering had organized Self Defence program for the students of B.Tech. This event was organized under the leadership of Prof. M. Sreenivasulu Reddy President and Asst. Prof. Bhavana Vice President, Student Welfare Club, School Of Civil Engineering.

The program took place in the Seminar Hall, Sir M V Block, 1st floor from 2:00 pm to 4:45 pm. The program was graced by the presence of our guests Shihan Dr.Lakshmi, Martial Artist, Renshi Krishna, Shihan Ashwini, and Dr.Y. Ramalinga Reddy, Chairman, Students Welfare Club, and also the Director, School Of Civil Engineering

The students were taught various self defence techniques so as to defend themselves in any sort of emergency and difficult situation. Students also cooperated and enjoyed well making the event successful.

Objectives :

- Many want to learn skills to fight back against criminals and increase available options against harm and associated fears of assault.
- Defining your self defence goals and training objectives will help you select the personal protection training options for your situation, travels, lifestyle or common potential threats you may face.

Grand Celebrations of 5th International Day of Yoga at REVA University

Bengaluru, June 21, 2019: REVA University celebrated the 5th year of International Day of Yoga with great fervour. The event held at REVA Rangasthala, Vivekananda Block commenced at 8.30 AM and continued until 10.15 AM.

The inauguration ceremony was presided over by Honourable Chancellor of REVA University, Dr. P. Shyama Raju. The celebration marked by the gracious presence of Vice-Chancellor, Dr. S.Y. Kulkarni along with the Registrar, Dr. M. Dhanamjaya; Dean- Training, Placement and Planning, Dr. N Ramesh; Advisor, V.G. Talawar and Associate Dean- School of Arts & Humanities and Performing Arts, Dr. Beena G.

The Honourable Chancellor, Dr. P. Shyama Raju lighted the ceremonial lamp to inaugurate the programme along with other dignitaries present on the dais. Students, faculty members and non-teaching staff attended the celebration and became a part of International Day of Yoga.

Dr. P. Shyama Raju, Chancellor of REVA University addressed the gathering by explaining the significance and advantages of yoga. He stated, "Regular practising of yoga helps to improve the body flexibility as well as mental health. Yoga is an effective form of exercise than swimming. Both ensure overall body movements and flexibility, yet, yoga consists of both body movements and pranayama. Hence, yoga not only improves your health but also your immune system. "

The yoga session began with the demonstration of yogasanas by one of the students of REVA University

The Guest of Honour, Yogacharya Prof. Subramanian A., Founder of Adhyatma Bharatam-Adhyatma Yoga Foundation, Bengaluru conducted a lengthy yoga session by demonstrating various yoga poses and exercises. During the demonstration, he also briefed about the essence of each yogic asana and breathing technique. Students alongside with REVA staff participated in the yoga session by following the Guruji. It was indeed an enjoyable and relaxing yoga session from the Yogacharya.

Yogacharya Prof. Subramanian A. concluded the session with a prayer and thanked everyone who was instrumental in conducting the International Day of Yoga at REVA University including Honourable Chancellor, Dr. P. Shyama Raju and other respected dignitaries. He also urged students and Faculty to continue practising yoga for the overall well-being.

Total number of Participants : 2000





REVA UNIVERSITY

SCHOOL OF CIVIL ENGINEERING

To

The Director,
School of Civil Engineering,
REVA University, Bangalore - 560064

Dear Sir,

I, Ms. Bhavana B., Assistant Professor, School of Civil Engineering, REVA University request your goodself to give permission to organise a session on Heartfulness: Living by the Heart on 16th Mar. 2018 for the benefits of the students.


Co-ordinator



HEARTFULNESS: Living by the HEART

Date: 16th March 2018

Venue: Kuvempu Auditorium

Organized By: Community Service Committee, School of Civil in association with Heartfulness Foundation

Inner stillness is the key to, outer strength

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes ----- Carl Jung (Swiss psychiatrist and psychoanalyst who founded analytical psychology.)

What lies before us and what lies behind us are small matters compared to what lies within us--- Henry David Thoreau (An American essayist, poet, philosopher, abolitionist, naturalist, tax resister, development critic, surveyor, and historian.)

Keeping these thoughts in mind Heartfulness session was started.

Delegates from Heartfulness foundation visited REVA University on 16th March 2018 to raise awareness on living by the heart a simple approach to Sahaj Marg System.

The session was conducted by the Sahaj Marg Spirituality Foundation, or SMSF supported Heartfulness Institute's specialized trainer Mr. Prabhakar Ravoori and Heartfulness team.

This session started with introduction to why we need to sync heart and mind, for better living.

This course on meditation started with a simple and easy relaxation technique. There were guided meditation sessions for participants to experience yogic transmission. The session was conducted for 80min.s consisting of:

- Introductions (30 mins)
- Meditation on our own (10 mins)
- Relaxation Technique (10 mins)
- Meditation with guidance (30 mins)

"Heartfulness is based on the foundation of "Science of Spirituality" and scientific references to the benefits of meditation is the fundamental pillar of the technique," said Mr. Ravoori. He spoke about how meditation as a process can help lead the individual to be more aware and accepting of the self and the surrounding.

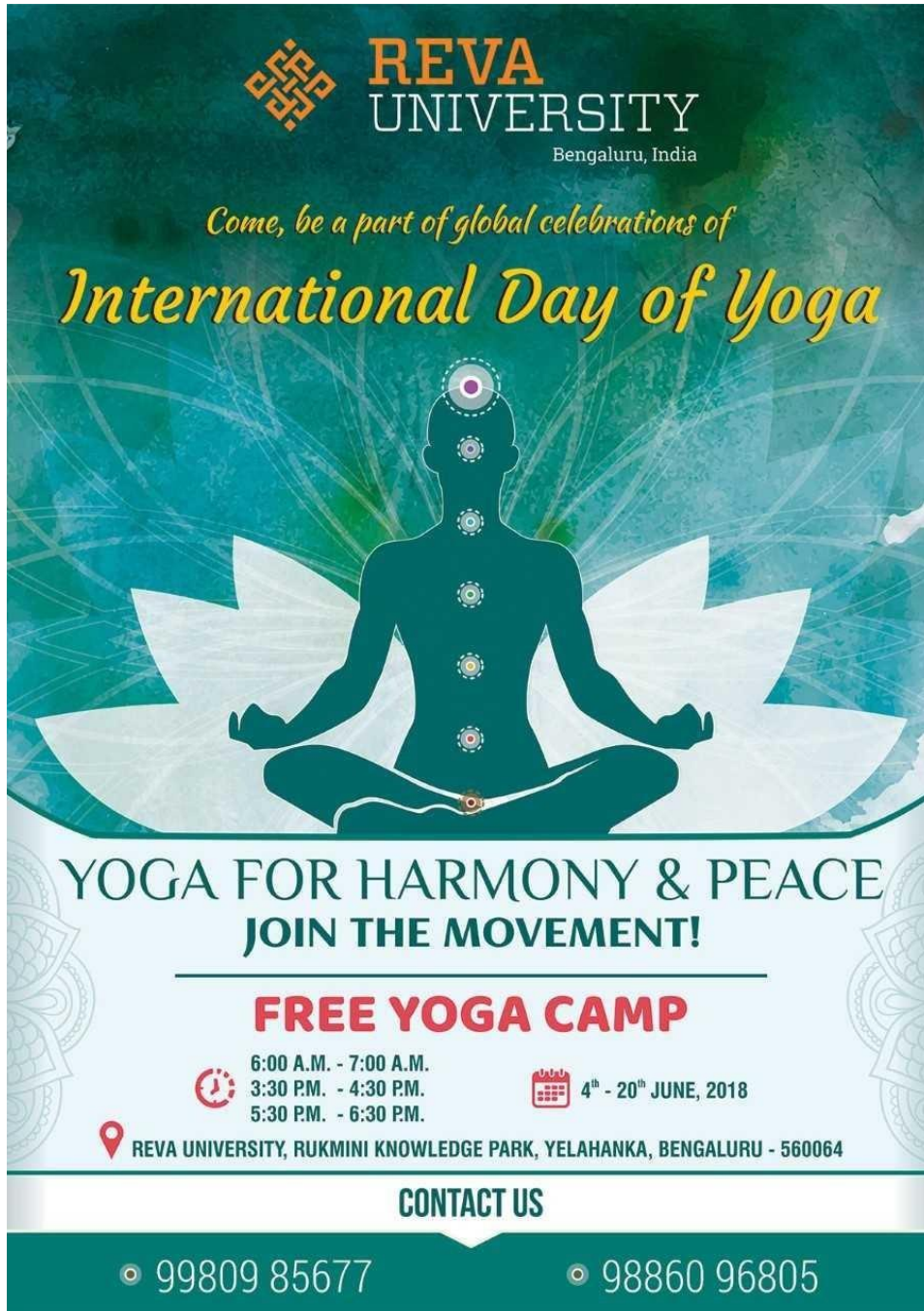
This session was conducted mainly to help students to learn about our consciousness to learn about ourselves and to feel one with nature and develop intuitive understanding, which in turn will heal and transform them. This exercise of integrating the heart and mind is done through meditation on the heart. Heartfulness meditation brings long-lasting change in behavior and attitudes in students.

All the students, faculty and staff members participated voluntarily in the session.




INTERNATIONAL YOGA DAY, 2018

International Yoga Day was celebrated on 21st June 2018. REVA University conducted a mass yoga demonstration followed by Yoga Fest. **Swami Abhayananda** presided over the program. All faculty and students participated in the event. A free Yoga camp was conducted as a predecessor to the event from 4th to 20th June 2018.



The poster features a central silhouette of a person in a meditative lotus position, with seven chakras represented by colored circles along the spine. The background is a vibrant green and blue with abstract, flowing lines. The REVA University logo is at the top left. The text is in various fonts and colors, including yellow, white, and red.


 **REVA**
UNIVERSITY
Bengaluru, India


Come, be a part of global celebrations of
International Day of Yoga

YOGA FOR HARMONY & PEACE
JOIN THE MOVEMENT!

FREE YOGA CAMP

6:00 A.M. - 7:00 A.M.
3:30 P.M. - 4:30 P.M.
5:30 P.M. - 6:30 P.M.

 4th - 20th JUNE, 2018

 REVA UNIVERSITY, RUKMINI KNOWLEDGE PARK, YELAHANKA, BENGALURU - 560064

CONTACT US

◉ 99809 85677 ◉ 98860 96805


Registrar

Registrar
REVA University
Bengaluru - 560 064



REVA
UNIVERSITY

Bengaluru, India

Rukmini Knowledge Park, Kattigenahalli, Yelahanka, Bengaluru - 560064

Cordially invites you for its

INTERNATIONAL DAY OF YOGA

On Thursday, 21st June, 2018 at 8:30 A.M.

President

Dr. P. Shyama Raju

Hon'ble Chancellor, REVA University

Chief Guest

Swami Abhayananda

President

Ramakrishna Vivekananda Vedanta Ashrama

Gracing the Occasion

Dr. S. Y. Kulkarni

Vice Chancellor, REVA University

Venue : Open Air Theatre

Rukmini Educational
Charitable Trust

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