



PEŠİŦÖİÆåmİ DŞsİ CqÁéİİŦqİ ¢ÀİÁåŁÉÃeiªÉÄAmİ



PÄÄªÉAŞÄÄ «±Àé«zÁâ®AiÄÄzÀ , ÀAAiÉÆÃdŁÉUÉÆ¼ÀŞÀnÖzÉ ¢ÄÄvÄÄÛ PÀÉÁðIPÀ  
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**PES INSTITUTE OF ADVANCED MANAGEMENT STUDIES**

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## ONE DAY WORKSHOP ON YOGA

Theme for International Yoga Day 2022 – ‘YOGA FOR HUMANITY’

As part of **International Yoga Day** which is celebrated every **21<sup>st</sup> June**, one day workshop was organized under the title “**One Day Workshop On Yoga**” by National Service Scheme, Kuvempu University under Department of Youth Empowerment and Sports, Shimoga.

Our NSS volunteers(2boys+2girls)participated in the Workshop which was organized on 20<sup>th</sup> June 2022 at Indoor stadium, Shimoga.

The program started exactly at 10.30am and was inaugurated by Smt. M.L.Vaishali, CEO, Zilla Panchayath, Shivamogga Dist. with the presence of President Prof. B.P.Veerabhadrappe, Hon. Vice Chancellor, Kuvempu University and chief guests Yogacharya Sri Rudraaradhya C.V., Yoga Guru, Sri Shivaganga yoga Kendra, Shivamogga., Sri JyothiPrakash S.S., Ex president, SUDA, Shivamogga.

After that all the volunteers did yoga as per the guidance of yoga teacher by getting the valuable information and importance about yoga. All the dignitaries addressed program and provided much more information about yogasana and about how yogasana plays major role in human life. At the end of the program all the participants received their certificates from the dignitaries.



75  
Azadi Ka  
Amrit Mahotsav



**NATIONAL SERVICE SCHEME  
KUVEMPU UNIVERSITY**

**Department Of Youth Empowerment & Sports, Shivamogga  
Organizes**

**One Day Work Shop On Yoga**

**Date : 20<sup>th</sup> June, 2022**

**Time : 10-30 A.M.**

**Venue : Indore Stadium, Shivamogga**

**President : Prof. B.P. Veerabhadrapa,**  
Hon. Vice Chancellor, Kuvempu University.

**Inaguration : Smt. M.L Vaishali, I.A.S.**  
CEO, Zilla Panchayath, Shivamogga Dist.

**Chief Guests : Yogacharya Sri Rudraaradhya C.V.**  
Yoga Guru,  
Sri Shivaganga Yoga Kendra, Shivamogga

**Sri Jyothi Prakash S.S.**  
Ex President, SUDA, Shivamogga

***You Are Cordially Invited***

**Dr. Nagaraj Parisara,**  
Programme Co-ordinator,  
N.S.S.,  
Kuvempu University.

**Sri Manjunathswamy M.T.,**  
Asst. Director  
Department Of Youth Empowerment  
& Sports, Shivamogga



**VOLUNTEERS DOING YOGA**



**CERTIFICATES DISTRIBUTION**



**VOLUNTEERS  
WITH GUESTS**

**Students participated:**

<b>Sl.No.</b>	<b>Name of the students</b>	<b>Class</b>	<b>Sign</b>
01	M P Srushti	II BBA (4 <sup>th</sup> sem)	
02	Swathi S	II B.COM (4 <sup>th</sup> sem)	
03	Suraj M	I BBA (2 <sup>nd</sup> sem)	
04	Pawan S R	I BBA (2 <sup>nd</sup> sem)	