

2025

S. N	Date	Name of activity	In collaborating with
1.	13 th Jan. 2025	Poster Drawing Competition on the occasion of National Youth Day 2025	NSS unit, SDUCON & RLJCOP, SDUAHER
2.	16 th Jan. 2025	Guest lecture on the occasion of National Youth Day 2025	NSS unit, SDUCON & RLJCOP, SDUAHER
3.	4 th Feb. 2025	21 rounds Surya Namaskara (Ratha Saptami)	Department of Physiology, SDUMC.
4.	12 th Jun. 2025	Poster Drawing Competition	Sri Devaraj Urs College of Nursing & RLJ College of Pharmacy, SDUAHER.
5.	14 th Jun. 2025	Advance Yoga Competition 2025 (Inter School)	R L Jalappa Central School, SDUET, Tamaka, Kolar.
6.	14 th Jun 2025	Common Yoga Protocol Training Program,	Government Higher Primary School, Sulur, Kolar
7.	16 th & 17 th Jun 2025	Government Higher Primary School, Theralli, Kolar	The Government Higher Primary School, Theralli, Kolar
8.	16 th - 20 th Jun 2025	Open-air space in SDUMC	Sri Devaraj Urs College of Nursing, Kolar
9.	17 th Jun 2025	Yoga for Psychiatric Patients	The Department of Integrative Medicine, SDUAHER
10.	20 th Jun 2025	Common Yoga Protocol Practice	Sri Devaraj Urs Medical College, & Higher R L Jalappa College of Pharmacy, Kolar
11.	20 th Jun 2025	National Workshop on SAMATVAM 2025	Sri Devaraj Urs Medical College, Sri Devaraj Urs College of Nursing, & R L Jalappa College of Pharmacy, Kolar
12.	21 st Jun. 2025	Common Yoga Protocol Practice (Yoga Sangam)	Sri Devaraj Urs College of Nursing & R L Jalappa Central School, (SDUET), Kolar
13.	21 st Jun. 2025	Lecture on Yoga for Mental Health	The Department of Integrative Medicine, SDUAHER, Kolar
14.	21 st Jun 2025	Common Yoga Protocol Practice	The Government Higher Primary School, Theralli, Kolar
15.	21 st Jun 2025	Common Yoga Protocol Practice	The Government Higher Primary School, Sulur, Kolar
16.	21 st Jun 2025	Common Yoga Protocol Practice	The Government Higher Primary School, Mugalabele Kolar
17.	21 st Jun 2025	Common Yoga Protocol Practice	The Government Higher Primary School, Annihalli, Kolar

18.	21 st Jun 2025	Common Yoga Protocol Practice	The Mother Theresa International School, Kolar.
19.	2 nd Jul.2025	Yoga Awareness Program for School Children's	The Community Medicine Department and Government Higher Primary School, Yellagondahalli.

2024

S. N	Date	Name of activity	In collaborating with
1	10 th Feb. 2024	Guest lecture on the occasion of National Youth Day 2024	The Department of Integrative Medicine
2	17 th Apr. 2024	International Workshop on Sookshma Meditation for AHS Students	Dept. of Allied Health Sciences, SDUAHER, SDUMC & SDUCON.
3	18 th Apr. 2024	International Workshop on Sookshma Meditation for Faculty Of SDUAHER	Dept. of Allied Health Sciences, SDUAHER, SDUMC & R L Jalappa Hospital and Research Centre.
4	19 th Apr. 2024	International Workshop on Sookshma Meditation for MBBS and Nursing Students.	Dept. of Allied Health Sciences, SDUMC & SDUCON, SDUAHER
5	17 th to 23 rd Apr. 2024	One Week Training on Sookshma Meditation	The Department of Integrative Medicine, SDUAHER
6	22 nd Apr. 2024	Sookshma Meditation for Doctors of SDUMC	The Department of Integrative Medicine, SDUAHER
7	12 th to 21 st Jun 2024	10 days of Common Yoga Training for MBBS students from 8:00 am to 9:00 am	Sri Devaraj Urs Medical College.
8	14 th to 20 th Jun. 2024	One week of Common Yoga Training for Nursing students from 5:00 pm to 6:00 pm	Sri Devaraj Urs College of Nursing.
9	18 th Jun. 2024	Advance Yogasana Competition (Inter School)	R L Jalappa Centre School, SDUET,
10	19 th Jun. 2024	Poster Drawing Competition -2024	Sri Devaraj Urs College of Nursing.
11	21 st Jun. 2024	Mass Yoga -2024 Common Yoga Protocol Demonstration	NSS unit, SDUMC, SDUCON, SDUAHER R L Jalappa Centre School, SDUET, Tamaka, Kolar.
12	8 th Nov.2024	To Commemorate Dhanvanthri Jayanti "Sahaja Yoga Training Program"	Faculty of Allied Health and Basic Sciences & Dept. of Student Welfare, SDUAHER.
13	20 th Dec. 2024	To celebrate World Meditation Day 2024	RLJ College of Pharmacy, SDUAHER
14	28 th Dec. 2024	To celebrate World Meditation Day 2024	Sri Devaraj Urs Medical College

2023

S. N	Date	Name of activity	In collaborating with
1	12 th Jan 2023	Guest lecture on the occasion of National Youth Day 'Role of Youth in Nation building'	NSS unit, SDUAHER
2	1 st Jun 2023	Inter –College Poster Drawing Competition	Sri Devaraj Urs College of Nursing.
3	3 rd Jun 2023	Workshop on "Yoga for Women's Health"	NSS unit, SDUAHER
4	6 th Jun 2023	Guest Lecture on "Yoga for Menstrual Health"	Sri Devaraj Urs College of Nursing.
5	9 th Jun 2023	Orientation Program along with 1 week Yoga Training for Jail Inmates	Integrative Medicine, SDUAHER
6	13 th Jun 2023	Workshop on "Yoga for Stress Management"	S-VYASA University, Bengaluru.
7	16 th Jun 2023	Guest Lecture on Yoga-based Lifestyle	Clinical Nutrition & Dietetics SDUAHER
8	1 st to 21 st Jun 2023	National Level : advance Yogasana competition	Integrative Medicine, SDUAHER
9	21 st Jun 2023	Mass Yoga Demonstration	NSS unit, SDUAHER
10	12 th -16 th Jun 2023	1 week common Yoga protocol for 1 st year MBBS students	Integrative Medicine, SDUAHER
11	20 th & 21 st Jun 2023	International Conference on "Yoga for health & wellness" SAMANVAYA-2023	SVYASA, Bengaluru & Peace Tree Innovation Society, Vancouver, Canada.
12	2 nd Sep 2023	Guest Lecture on Symbiosis of Ayurveda with green Nanotechnology- Invention of Nano- Ayurvedic Medicine	Dept. of Cell Biology & Molecular Genetics, SDUAHER
13	9 th Sep 2023	Awareness Program to Commemorate "World Suicide Prevention Day-2023"	Dept. of Psychiatry SDUMC.
14	11 th Nov 2023	Guest lecture on "Ayurveda for one health" on the occasion of Dhanvanthri Jayanti	Integrative Medicine, SDUAHER.
15	22 nd Dec 2023	National webinar on "Visual health: An integrated outlook" on the occasion of Dhanvanthri Jayanti	R D Gradi Medical College Ujjain, Madhya Pradesh.
16	28 th Dec 2023 to 2 nd Jan 2024	25th INCOFYRA Pre Conference continued medical education (CME) "Integrative sports medicine & rehabilitation" from	S-VYASA University, Bengaluru In collaboration with Sri Devaraj Urs Academy of Higher Education and research, Kolar.

2022

S. N	Date	Name of activity	In collaborating with
1	12 th Jan 2022	Guest lecture on the occasion of National Youth Day	NSS unit & SDUCON
2	14 th Jan to 15 th Feb. 2022	21days SuryaNamaskara event	NSS unit, & SDUCON
3	24 th March 2022	National webinar on World TB day 2022	Dept. of Medicine & Dept. of TB & CD
4	23 rd April 2022	Yoga awareness program for Horticulture students	Horticulture college, Kolar
5	23 rd April-2022	Yoga Awareness Program for Women	Patanjali Yoga, Kolar.
6	25 th April 2022	Guest lecture on Upasana meditation	Integrative Medicine, SDUAHER
7	10 th May 2022	Guest lecture on 7 Billion Acts of Goodness.	Dept. of Allied Health & Basic Sciences, SDUAHER.
8	09 th to 13 th May 2022	Kids Yoga	Integrative Medicine, SDUAHER
9	16 th to 26 th May 2022	Common Yoga Protocol training for Nursing students	SDUCON, SDUAHER
10	25 th May- 21 st June-2022	Advance Yogasana Competition	Integrative Medicine, SDUAHER
11	25 th May- 21 st June-2022	E-Poster designing Competition	Integrative Medicine, SDUAHER
12	25 th May- 21 st June-2022	Musical Yoga Competition	Integrative Medicine, SDUAHER
13	25 th May- 21 st June-2022	Video blogging Competition	Integrative Medicine, SDUAHER
14	26 th to 31 st May 2022	Yoga for faculty of SDUAHER	Integrative Medicine, SDUAHER
15	3 rd June 2022	Guest lecture on Sookshma Meditation	Integrative Medicine, SDUAHER
16	21 st June 2022	Mass Yoga Demonstration	NSS unit, SDUMC & SDUCON.
17	21 st - June-24 th June 2022	Samanvaya- 2022 International Conference & Book Release	SVYASA, ICMR-NITM & KLE's BMK Ayurveda Mahavidyalaya, Belagavi.
18	30 th June 2022	Yoga Awareness Program for Non-teaching staff of SDUCON	SDUCON, SDUAHER
19	24 th August 2022	HRV: Oscillations of Heart National Workshop	Integrative Medicine, SDUAHER
20	10 th Sep 2022	Quiz competition on World suicide prevention day	Dept. of Psychiatry, SDUMC
21.	08 th Nov.2022	Guest lecture on Panchakarma For Wellness	Allied Health & Basic Sciences, SDUAHER
22	13 th Dec 2022	Workshop on Sookshma meditation	Allied Health & Basic Sciences, SDUAHER,SDUMC,
23	14 th Dec 2022	Workshop on Sookshma meditation	R. L. Jalappa Central School, SDUET

2021

S. N	Date	Name of activity	In collaboration with
1	12 th Jan 2021	National Youth Day	NSS unit, & SDUCON
2	12 th Jan 2021	State level Video blogging competition	R L Jalappa Central School, Kolar
3	26 th & 27 th Jan 2021	International workshop on Bio electrography	SVYASA, Bengaluru.
4	6 th Mar 2021	International Women's day "Yoga for Women's health & wellness"	Women's empowerment cell, SDUAHER.
5	28 th April 2021	Orientation program (Virtual) on Role of Yoga and Ayurveda during COVID 19 Pandemic (Nursing Teaching Faculty).	SDUCON, SDUAHER
6	30 th April 2021	Orientation program (Virtual) on Role of Yoga and Ayurveda during COVID 19 Pandemic (Nursing Non-Teaching Faculty).	SDUCON, SDUAHER
7	10 th May 2021	Online _Orientation program for students- Stress management through Yoga for students.	Student welfare, SDUAHER
8	1 st to 10 th June 2021	Online _ Yoga for workplace wellness	Integrative Medicine, SDUAHER
9	11 th to 16 th June 2021	Online _ Yoga for Kids	Integrative medicine, SDUAHER
10	1 st June 2021	Offline _ Video message by Patrons	Integrative medicine, SDUAHER
11	1 st to 16 th June 2021	Online Yoga competition - Advance Yogasana	Integrative Medicine, SDUAHER
12	1 st to 16 th June 2021	Online Yoga competition - Musical yoga	Integrative Medicine, SDUAHER
13	1 st to 16 th June 2021	Online Yoga competition - Video blogging	Integrative Medicine, SDUAHER
14	1 st to 16 th June 2021	Online Yoga competition - Poster drawing	Integrative Medicine, SDUAHER
15	1 st to 16 th June 2021	Online Yoga competition - Essay writing	Integrative Medicine, SDUAHER
16	21 st June 2021	Online mass yoga demonstration of common yoga protocol	SDUCON, SDUAHER
17	24 th June 2021	Samatvam 2021 International Webinar	Geriatric unit Medicine dept. SDUMC
18	27 th June to 10 th July 2021	Yoga for Hostel inmates (Girls)in Ladies Hostel	Integrative Medicine, SDUAHER
19	20 th to 30 th Sep. 2021	Yoga training for 10 days	College of Horticulture, Tamaka, Kolar.
20	11 th Oct. 2021	Online CME on "Mental Health in an Unequal World"	Dept. of Psychiatry, SDUMC.
21	26 th Oct. 2021	Online CME on Women's Health and Wellness	Dept. of OBG, SDUAHER.

