

Dept. of Integrative Medicine

Outreach Activity: 2026

S. N	Date	Name of activity	Organizing Unit/agency/ collaborating agency
1.	12 th Jan.2026	Poster Drawing Competition (National Youth Day-2026)	The Department of Integrative Medicine, in association with the National Service Scheme (NSS) Unit, and in collaboration with Sri Devaraj Urs College of Nursing (SDUCON)
2.	28 th Jan.2026	Ratha Saptami (Surya Namaskara practice)	The Department of Integrative Medicine, in collaboration with Sri Devaraj Urs College of Nursing (SDUCON),
3.	6 th March 2026	Yoga Awareness for Students	The Department of Integrative Medicine, in collaboration with Ravi International School, Gowripet, Kolar.
4.	15 th March 2026	Workshop on Gudakesha Meditation	The Department of Integrative Medicine (SDUAHER), in collaboration with the Gudakesha Trust, Hyderabad, Andhra Pradesh.
5.	27 th April to 2 nd May 2026	Summer camp for school students	Integrative Medicine in collaboration with Ramakrishna Math, Halsuru, Bengaluru, and Sri Devaraj Urs College of Nursing.
6.	21 st May 2026	Yoga Awareness Program for good health & well-being	Integrative Medicine, SDUAHER in collaboration with Bengaluru North University, Mangasandra, Kolar.
7.	6 th Jun. 2026	Advance Yoga Competition.	Integrative Medicine, SDUAHER in collaboration with R L Jalappa Central School, SDUET, Tamaka, Kolar
8.	13 th Jun. 2026	Poster Drawing Competition.	Integrative Medicine, SDUAHER in collaboration with Sri Devaraj Urs College of Nursing SDUAHER, Tamaka, Kolar.

9.	15 th to 20 th Jun.2026	Common Yoga Protocol (CYP) Training for Jail Inmates.	Integrative Medicine, SDUAHER in collaboration with District Sub Jail, Kolar.
10.	16 th Jun. 2026	Common Yoga Protocol (CYP) Training for CND students	Integrative Medicine, in association with the Department of Clinical Nutrition and Dietetics, SDUAHER.
11.	17 th Jun. 2026	Common Yoga Protocol Training for RLJCOP students	Integrative Medicine, in association with the R L Jalappa College of Pharmacy, SDUAHER.
12.	18 th Jun. 2026	Common Yoga Protocol Training for School of Law students	Integrative Medicine, in association with the School of Law, SDUAHER.
13.	18 th & 19 th Jun. 2026	Common Yoga Protocol Training Program for Nursing College Students.	Integrative Medicine, SDUAHER in collaboration with Sri Devaraj Urs College of Nursing, SDUAHER, Tamaka, Kolar.
14.	18 th & 19 th Jun. 2026	Common Yoga Protocol Training Program for School Children	Integrative Medicine, in association with the Ravi International School, Kolar.
15.	20 th Jun. 2026	International Day of Yoga - 2026 at Ravi International School Children's	Integrative Medicine, in association with the Ravi International School, Kolar.
16.	21 st Jun. 2026	International Day of Yoga - 2026 at SDUAHER	Department of Integrative Medicine & NSS unit in collaboration with Sri Devaraj Urs Medical College, Sri Devaraj Urs College of Nursing, and R L Jalappa Central School, SDUET.
17.	21 st Jun. 2026	International Day of Yoga - 2026 at Chintamani School	Integrative Medicine, SDUAHER in association with the Shree Oberoi Gurukula International School, Alambagiri, Chintamani School

Dept. of Integrative Medicine
Outreach Activity: Jan to Dec.2025

S. N	Date	Name of activity	Organizing Unit/agency/ collaborating agency
1.	13 th Jan. 2025	Poster Drawing Competition on the occasion of National Youth Day 2025	The Department of Integrative Medicine, NSS unit, in collaboration with SDUCON & RLJCOP, SDUAHER
2.	16 th Jan.2025	Guest lecture on the occasion of National Youth Day 2025	The Department of Integrative Medicine, NSS unit, in collaboration with SDUCON & RLJCOP, SDUAHER
3.	4 th Feb.2025 (at 4.30 pm to 5.30 pm)	21 rounds Surya Namaskara (Ratha Saptami)	The Department of Integrative Medicine, SDUAHER, in collaboration with the Department of Physiology, SDUMC.
4.	12 th Jun. 2025	Poster Drawing Competition	The Department of Integrative Medicine in collaboration with Sri Deva raj Urs College of Nursing & RLJ College of Pharmacy, SDUAHER.
5.	14 th Jun. 2025	Advance Yoga Competition 2025 (Inter School)	The Department of Integrative Medicine, in collaboration with R L Jalappa Central School, SDUET, Tamaka, Kolar.
6.	14 th Jun 2025	Common Yoga Protocol Training Program,	The Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher Primary School, Sulur, Kolar
7.	16 th & 17 th Jun 2025	Common Yoga Protocol Training Program	The Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher Primary School, Theralli, Kolar
8.	16 th - 20 th Jun 2025	Common Yoga Protocol Training Program	The Department of Integrative Medicine, SDUAHER, in collaboration with 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	The Department of Integrative Medicine, SDUAHER, in collaboration with Sri Devaraj Urs Medical College, & Higher R L Jalappa College of Pharmacy, Kolar
11.	20 th Jun 2025	National Workshop on SAMATVAM 2025	The Department of Integrative Medicine, SDUAHER, in collaboration with 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)	The Department of Integrative Medicine, SDUAHER, in collaboration with 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 Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher Primary School, Theralli, Kolar
15.	21 st Jun 2025	Common Yoga Protocol Practice	The Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher Primary School, Sulur, Kolar
16.	21 st Jun 2025	Common Yoga Protocol Practice	The Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher Primary School, Mugalabele Kolar
17.	21 st Jun 2025	Common Yoga Protocol Practice	The Department of Integrative Medicine, SDUAHER, in collaboration with the Government Higher

			Primary School, Annihalli, Kolar
18.	21 st Jun 2025	Common Yoga Protocol Practice	The Department of Integrative Medicine, SDUAHER, in collaboration with the Mother Theresa International School, Kolar.
19.	2 nd Jul.2025	Yoga Awareness Program for School Children's	The Department of Integrative Medicine, SDUAHER, in collaboration with the Community Medicine Department and Government Higher Primary School, Yellagondahalli, Kolar district.
20.	4 th Oct. 2025	Workshop on "Use of Props and Ropes in Yoga Practice"	YIC students Department of Integrative Medicine
21.	18 th Dec. 2025	World Meditation Day	The Department of Integrative Medicine, SDUAHER, in collaboration with Sri Devaraj Urs College of Nursing, Kolar
22.	21 st Dec. 2025	World Meditation Day	The Department of Integrative Medicine, SDUAHER, in collaboration with Sri Patanjali Yoga Shikshana Samithi, Kolar.
23.	27 th Dec. 2025	World Meditation Day	The Department of Integrative Medicine, SDUAHER, in collaboration with Sri Devaraj Urs Medical College, Kolar.