

No:DOY/GEN/IDY/1/2022-23

Dated:30.04.2022

## **REPORT**

### **Department of Yoga**

#### **On observation of 8<sup>th</sup> International Day of Yoga – “Theme: Yoga for Humanity”**

##### **Activity conducted in the Month of April 2022**

**Activity 1:** “Yoga Awareness Programme -Stress Management for JSS Hospital Staffs.

To manage stress effectively, Department of Yoga had organized “Yoga Awareness Programme- Free Yoga class for JSS Hospital Staffs from 1<sup>st</sup> to 30<sup>th</sup> April 2022 through offline mode & virtual mode. Wide publicity about Yoga classes was given through social media. Information & knowledge of Yoga and its effect on stress on body & mind was shared to participants by our expert Yoga faculty & Instructors. Our Yoga module consists of different Asanas, Pranayamas, Relaxation techniques & meditation technique. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 6.30am to 7.30am or 4.15pm to 5.15pm, Monday to Friday. Yoga was conducted by **professional & experienced Yoga teacher**.

**Activity 2:** “Yoga Awareness Programme-Yoga for Health & Society” - **Free Yoga class for General Public:**

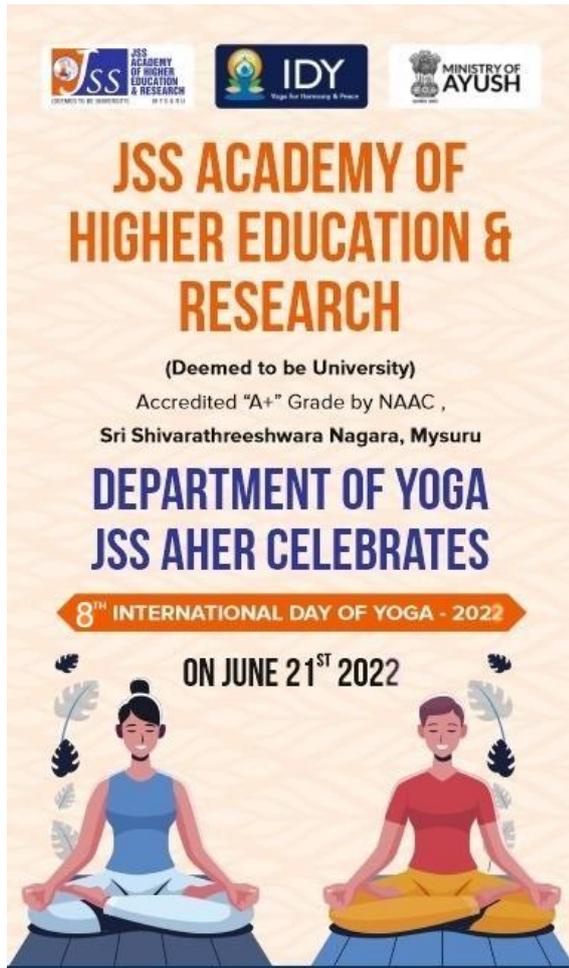
Department of Yoga had organized “Yoga Awareness Programme-Yoga for Health & Society” April theme- “**Yoga for Mind**”-**Free Yoga class for General Public** from 1<sup>st</sup> to 30<sup>th</sup> April 2022 offline mode. Wide publicity about Yoga classes was given through social media. Information & knowledge of Yoga and its effect on mind was shared to participants by our expert Yoga faculty & Instructors. Our Yoga module consists of different Pranayamas, relaxation techniques & meditation techniques. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 6.30am to 7.30am Monday to Friday. **Yoga was conducted by professional & experienced Yoga teacher.**

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**M.G. Road, Mysuru, Karnataka, India,**

**T:** 08212548416, **E:** yogaadmissions@jssuni.edu.in; **W:** www.jssuni.edu.in/Yoga

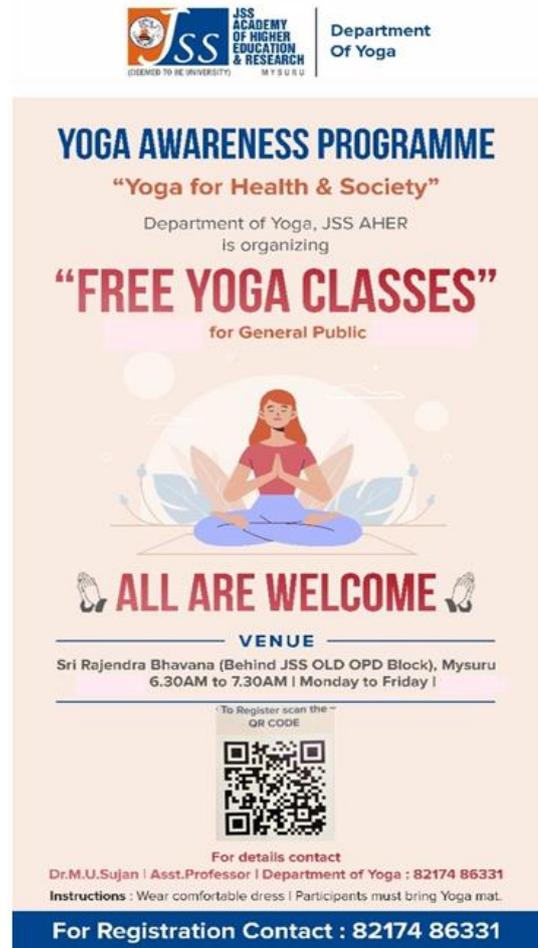


**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
 (Deemed to be University)  
 Accredited "A+" Grade by NAAC,  
 Sri Shivarathreshwara Nagara, Mysuru

**DEPARTMENT OF YOGA**  
**JSS AHER CELEBRATES**

**8<sup>th</sup> INTERNATIONAL DAY OF YOGA - 2022**

**ON JUNE 21<sup>ST</sup> 2022**

**YOGA AWARENESS PROGRAMME**  
 "Yoga for Health & Society"  
 Department of Yoga, JSS AHER  
 is organizing

**"FREE YOGA CLASSES"**  
 for General Public



**ALL ARE WELCOME**

**VENUE**  
 Sri Rajendra Bhavana (Behind JSS OLD OPD Block), Mysuru  
 6.30AM to 7.30AM | Monday to Friday |

To Register scan the QR CODE



For details contact  
 Dr.M.U.Sujan | Asst.Professor | Department of Yoga : 82174 86331  
**Instructions** : Wear comfortable dress | Participants must bring Yoga mat.

**For Registration Contact : 82174 86331**



Welcome TO  
**DEPARTMENT OF YOGA**  
 ON OBSERVATION OF  
 INTERNATIONAL DAY OF YOGA-2022  
 "YOGA AWARENESS PROGRAMME"  
 GENERAL YOGA SESSIONS  
**"YOGA FOR MIND"**



**The Brain Can Change...**  
 And That Changes Everything

**1<sup>st</sup> to 30<sup>th</sup> April 2022**



**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
 (DEEMED TO BE UNIVERSITY) MYSURU

**DEPARTMENT OF YOGA**



**All are welcome**

To Register scan the QR CODE



**Venue:**  
 Sri Rajendra Bhavana, Behind JSS old OPD block,  
 Agrahara, Mysuru 570008  
**Batches:**  
 Morning 6.30am & Evening:4.15pm

No:DOY/GEN/IDY/2/2022-23

Dated:31.05.2022

## **REPORT**

### **Department of Yoga**

#### **On observation of 8<sup>th</sup> International Day of Yoga – “Theme: Yoga for Humanity”**

##### **Activity conducted in the Month of May 2022**

**Activity 1:** “Yoga Awareness Programme -Yoga for JSS AHER Students, Faculty & Staffs.

To impart yoga awareness, Department of Yoga had organized “Yoga Awareness Programme-Yoga for Health & Society” Free Yoga class for JSS for students, faculty & staff from 2<sup>nd</sup> to 31<sup>st</sup> May 2022 through offline mode. Wide publicity about Yoga classes was given through social media. Information & knowledge of Yoga and its importance on body & mind was shared to participants by our expert Yoga faculty. Our Yoga module consists of Integrated approach -various Asanas, Pranayamas, Relaxation techniques & meditation technique. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 4.15pm to 5.15pm, Monday to Friday. Yoga was conducted by **professional & experienced Yoga teacher**.

**Activity 2:** “Yoga Awareness Programme-Yoga for Health & Society” - **Free Yoga class for**

##### **General Public:**

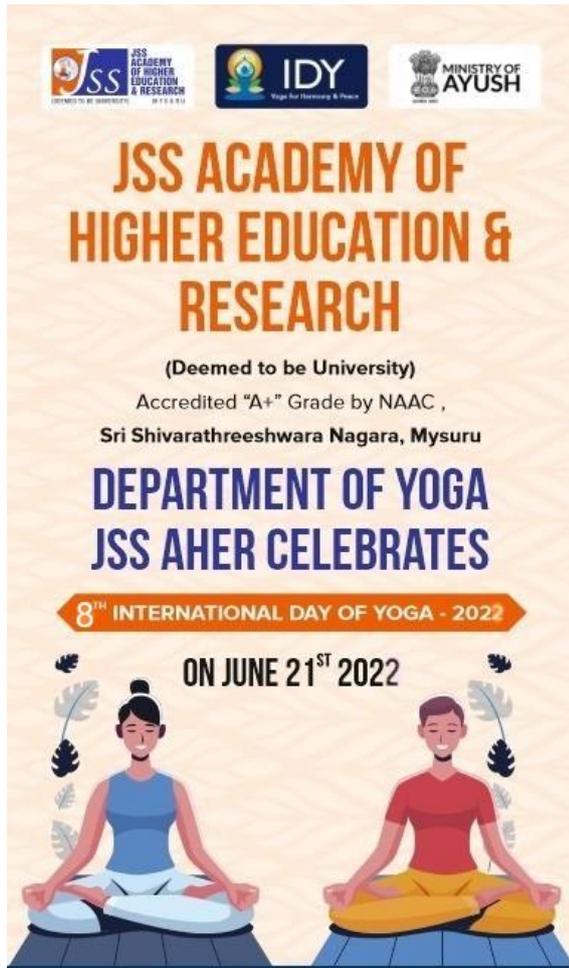
Department of Yoga had organized “Yoga Awareness Programme-Yoga for Health & Society” May theme- “**Sequence Yoga**”-**Free Yoga class for General Public** from 2<sup>nd</sup> to 31<sup>st</sup> May 2022 offline mode. Wide publicity about Yoga classes was given through social media. Information & knowledge of Yoga and its effect on mind was shared to participants by our expert Yoga faculty & Instructors. Our Yoga module consists of slow practice of different asanas in sequence flow. Pranayama & relaxation technique was also included. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 6.30am to 7.30am, Monday to Friday. **Yoga was conducted by professional & experienced Yoga teacher.**

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**DEPARTMENT OF YOGA**  
**JSS AHER CELEBRATES**  
**8<sup>TH</sup> INTERNATIONAL DAY OF YOGA - 2022**  
**ON JUNE 21<sup>ST</sup> 2022**



**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
 DEPARTMENT OF YOGA

**YOGA AWARENESS PROGRAMME**  
 "Yoga for Health & Society"  
 Department of Yoga, JSS AHER  
 is organizing  
**"FREE YOGA CLASSES"**  
 for General Public



**ALL ARE WELCOME**

**VENUE**  
 Sri Rajendra Bhavana (Behind JSS OLD OPD Block), Mysuru  
 6.30AM to 7.30AM | Monday to Friday | 1st October 2021

To Register scan the QR CODE



For details contact  
 Dr.M.U.Sujan | Asst.Professor | Department of Yoga : 82174 86331  
**Instructions** : Wear comfortable dress | Participants must bring Yoga mat.

**For Registration Contact : 82174 86331**



Welcome TO  
**DEPARTMENT OF YOGA**  
 ON OBSERVATION OF  
**INTERNATIONAL DAY OF YOGA-2022**  
**"YOGA AWARENESS PROGRAMME"**  
 GENERAL YOGA SESSIONS  
**"SEQUENCE YOGA"**  
 2<sup>nd</sup> to 31<sup>st</sup> May 2022

**Venue:**  
 Sri Rajendra Bhavana, Behind JSS old  
 OPD block, Agrahara, Mysuru 570008  
**Batches:**  
 Morning 6.30am & Evening:4.15pm

**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
 DEPARTMENT OF YOGA

**YOGA AWARENESS PROGRAMME**  
 "Yoga for Health & Society"  
 Department of Yoga, JSS AHER  
 is organizing  
**"FREE YOGA CLASSES"**  
**"Sequence Yoga"**

**All are welcome**  
 Join us online

To Register scan the QR CODE



No:DOY/GEN/IDY/3/2022-23

Dated:30.06.2022

## **REPORT**

### **Department of Yoga**

#### **On observation of 8<sup>th</sup> International Day of Yoga – “Theme: Yoga for Humanity”**

##### **Activity conducted in the Month of June 2022**

**Activity 1:** “Yoga Awareness Programme -Yoga for JSS AHER Students, Faculty & Staffs.

To impart yoga awareness, Department of Yoga, JSS Academy of Higher Education & Research had organized “Yoga Awareness Programme-Yoga for Health & Society- IDY common Yoga protocol” Free Yoga class for JSS for students, faculty & staff from 1<sup>st</sup> to 15<sup>th</sup> June 2022 & from 15<sup>th</sup> to 30<sup>th</sup> June 2022, Yoga for Weight loss training imparted through offline mode. Wide publicity about Yoga classes was given. Information & knowledge of Yoga and effect on weight loss was shared to participants by our expert Yoga faculty. Our Yoga module consists of Integrated approach -dynamic postures, various Asanas, Pranayamas, Relaxation techniques & meditation technique. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 4.15pm to 5.15pm, Monday to Friday. Yoga was conducted by **professional & experienced Yoga teacher.**

**Activity 2:** “Yoga Awareness Programme-Yoga for Health & Society” - **Free Yoga class for**

##### **General Public:**

Department of Yoga, JSS Academy of Higher Education & Research had organized “Yoga Awareness Programme-Yoga for Health & Society” June theme- “**IDY common protocol**”-**Free Yoga class for General Public** from 1<sup>st</sup> to 30<sup>th</sup> June 2022 offline mode. Wide publicity about Yoga classes was given through social media. Information & knowledge of Yoga and its positive effect was shared to participants by our expert Yoga faculty. Our Yoga module consists of IDY protocol. Daily 1 batch were conducted. Participants were informed to register and attend the Yoga classes from 6.30am to 7.30am, Monday to Friday. **Yoga was conducted by professional & experienced Yoga teacher.**

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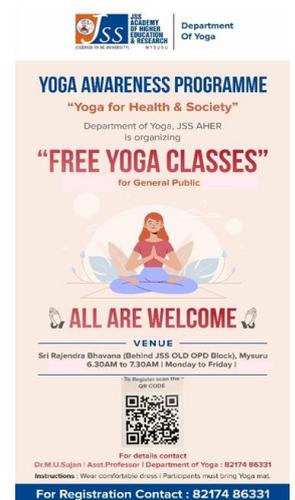
**Activity 3:** "Yoga Awareness Programme -Yoga training for MBBS students, JSS Medical College, JSS Academy of Higher Education & Research.

To impart Yoga awareness, JSS Medical College & Department of Yoga had organized "Yoga Awareness Programme - Yoga training for MBBS students", JSS Medical College, JSS AHER from 10<sup>th</sup> to 19<sup>th</sup> June 2022 from 4.30 to 5.30pm at JSS Medical College. Information & knowledge of Yoga and its effect was shared to participants by our Yoga faculty. IDY common Yoga module protocol was followed. Students were informed to register and attend the Yoga class. Yoga was conducted by **professional & experienced Yoga teacher**.

**Activity 4:** "IDY 2022 participation at Mysuru at Palace premises"

JSS Academy of Higher Education & Research Students & Staff have registered and will be actively participating in IDY 2022 at Palace premises, Mysuru on 21<sup>st</sup> June 2022.

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## Submission Confirmation

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Month wise (April - June 2022) detailed  
Activity Plan related to 8th International  
Day of Yoga (IDY 2022 )

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