

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/vRYRoU7xDfdjbwf78>

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>



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REVA University presents
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7th International Yoga Day 2021

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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/IF3Vt8GoGyyw17SK7>

Click to Join the Event:
<https://bit.ly/3cFHF10>

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/vRYRoU7x0f6jw78>

Click to Join the Event:
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Evening Sessions

Session 3: 5.00 P.M. – 6.00 P.M. IST



Topic: "Yoga: Prana Yoga –
Energy Engineering"
**Yogacharya
Dr. Subramanian (Subbu Bhalys)**
Director
Adyatma Yoga Academy

Register here:
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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