



ವಿಶ್ವೇಶ್ವರಪುರ ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಕಾಲೇಜು
VISVESWARAPURA COLLEGE OF ARTS AND COMMERCE

Krishnarajendra Road, Bangalore - 560 004 Ph.: 26612427, 26677885
E-mail: principalvcac@gmail.com Fax: +91-80-26608078

REPORT ON YOGA AND MEDITATION CLASSES - 2017-2018

Diva Foundation and Chiram Samskritam Yoga and Meditation, mentored by Ms.Divyashree conducted yoga and meditation sessions for interested students after class hours for a week from 13-02-2018 to 18-02-2018. 21 girls and 13 boys benefitted from this session. The session included an interesting lecture about the theory and practice of yoga mudra rendered by Mr.Rajendra Yenkanamoole, a yoga specialist from Australia, who counselled the students and the teachers about the use of yoga mudras for immediate health benefits. He also expounded the effect of yoga in curing many diseases.

The following students attended the program

Boys		Girls	
1.	Mohan.S	1.	Amruth.S
2	Mukunda.	2.	Divya.H.
3	Manoj.N.	3.	Harshitha.H.
4	Madhu.	4.	Megha.P
5	Manjunatha.B.	5	Priya.S
6	Kubere.C.P	6	Shilpavathi.N.

7	Kotesh.M.	7	Pooja.N.
8	Gagan.R	8.	Nuthana.S
9	Shashank.K.K.	9.	Rakштиha.N.
10	Shivakumar.M.	10.	Tejashwini.M.

Principal



Principal
Visveswarapura College of
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REPORT ON YOGA AND MEDITATION PROGRAM - 2018-2019.

Divya Foundation and Chiram Samskritam Yoga and Meditation, mentored by Ms.Divyashree conducted yoga and meditation sessions for interested students after class hours for a week from 04-02-2019 to 09-02-2019. 30 girls and 15 boys benefitted from this session. The session included a lecture by a yoga specialist from Aksharam Foundation about the theory and practice of yoga mudra, importance of Sanskrit language and the use of yoga mudras for immediate health benefits.

The following students attended the program

Boys	Girls
1. Banuparakahs.R	1 Brinda.K.P.
2 Darshankumar.	2 Vidyashree.M.
3 Devaraj.P.	3 Pooja.N.
4 Hariprasad.M.C.	4 ShifanaaZ
5 Madan.P.	5 Anitha.B.
6 Ravindra.R	6 Bhagyashree.
7 Sanjaykumar.K.V	7 ShrirakshaKamble

8 Shivareddy

9 Sumanth.E

10. Vivek.S.

8 Rakshitha.N.

9 Leela.S

10 Sushmitha.K.

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REPORT ON YOGA AND MEDITATION CLASSES-2019-20

Diva Foundation and Chiram Samskritam Yoga and Meditation, mentored by Ms.Divyashree conducted yoga and meditation sessions for interested students after class hours for a week from 03-02-2020 to 08-02-2020. 42 students, consisting of 20 girls and 22 boys attended this session. The session included a lecture by a yoga specialist from Aksharam Foundation about the theory and practice of yoga mudra, importance of Sanskrit language and the use of yoga mudras for immediate health benefits. Mahitosh, the special guest for the day who is also a scholar of Sanskrit taught the students some vedic hymns and explained how the chanting of these hymns can have positive effect on the mind and the body.

The following students attended the program

Boys	Girls
1 Vajresh.M.	1 Thara.B.
2 Varuntejas.K. R	2 Varshitha.SV
3 Vijay.V	3 Vidyashree.V
4 Chandru.R	4 Vinutha.M.
5 Chethan.R	5 Bhavani.M.
6 Karthik.T	6 Dhamini.N.

7 Karunsagar.SP
8 Kiran.B.
9 Mahesh Babu
10 Madhu.G

7 Deepashree
8 Kavya C.
9 Lavanya.S
10. Meghana.R

Principal



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STUDENTS PRACTISING YOGA (2017-18)

