



YOGA SAPTAHA 2025
A WEEK OF WELLNESS AND INNER HARMONY

20th to 27th June 2025 | 8:30 am to 11:30 am
Nagarathnamma Stadium, Acharya Campus



About the Program

“Yoga Saptaha 2025 – A Week of Wellness and Inner Harmony” is a dedicated initiative aimed at promoting holistic well-being, mental clarity, and physical vitality through the timeless practice of yoga. Spanning an entire week, this program brings together students, faculty, and the wider campus community in a series of thoughtfully curated events such as workshops, competitions, expert talks, and community outreach activities. Each day is designed to highlight the multifaceted benefits of yoga, encouraging participants to embrace a lifestyle rooted in balance, mindfulness, and inner peace. Organized in alignment with International Day of Yoga, the program serves as a collective step toward fostering a culture of health, harmony, and conscious living within the academic environment.

Objectives of the Program

- **Promote Physical and Mental Well-being:** Encourage the practice of yoga to improve overall health, reduce stress, and enhance mental clarity and emotional balance.
- **Raise Awareness About the Benefits of Yoga:** Educate people about yoga's holistic benefits for body, mind, and spirit, making it accessible and appealing to all age groups.
- **Preserve and Celebrate Ancient Indian Heritage:** Highlight yoga as a valuable part of India's cultural and spiritual heritage and promote its relevance in the modern world.

Expected Outcomes of the Program

- **Increased Awareness and Participation:** More individuals become aware of the benefits of yoga and incorporate it into their daily routines for better health and wellness.
- **Improved Physical and Mental Health:** Participants experience reduced stress, enhanced flexibility, and improved focus and emotional balance through regular practice.
- **Cultural Appreciation and Unity:** Greater appreciation for India's cultural heritage and stronger bonds across diverse communities through shared participation in yoga
- **Adoption of a Healthier Lifestyle:** People become more mindful of their physical and mental health, leading to healthier habits and lifestyle changes.

Target Audience: Acharya Faculties

REGISTER NOW



Committee Members

PATRONS
<ul style="list-style-type: none">• Shri B M Reddy, President, JMJ Education Society.• Shri B. Premnath Reddy, Chairman, Acharya Institutes.• Smt. Shalini Reddy, Executive Director, Acharya Institutes.• Shri Krishna Basani Reddy, Managing Director, Acharya Institutes.
ADVISORY COMMITTEE
<ul style="list-style-type: none">• Dr. C. K. Marigowda, Principal, AIT
CONVENER
<ul style="list-style-type: none">• Dr. Kala Venugopal, HOD of ISE.• Dr. Vijayashekar S S, HOD of AIML - DS.• Dr. Rajanna K R , Dean of Student Affairs.• Dr. Renuka Devi, Chair Person, Women Cell, AIT• Dr. Shilpa Sivashankar, Dean Outreach, AIT• Dr. Sanman Shivakumar, NSS Programme Officer, AIT
COORDINATORS
<ul style="list-style-type: none">• Prof. Sushma T M , Prof. Ranjitha H M & Prof Vinutha Raghu, Department of Information Science and Engineering , AIT• Prof. Nanda Kumar N & Prof. Vinutha M, Department of Artificial Intelligence and Machine Learning and Data Science, AIT• Prof. Ashwini, Department of Mathematics, AIT

Yoga Week Events Schedule (June 2025)

Date	Event	Organized By	Coordinator
20 th June 2025	Mass Yoga & Interactive Session <i>Note:</i> Faculty participation encouraged to promote wellness. Time: 09:00 – 11:00 AM	ISE & AIML Departments	Prof. Ranjitha H M, Asst. Professor, Ph: 9353459591 Prof. Nanda Kumar N, Asst. Professor, Ph: 7349094650
21 st June 2025	Workshop on Yoga <i>Note:</i> Faculty participation encouraged to promote wellness.	Civil Engineering Department	Prof. Brunda G.S. Asst. Professor Ph: 7829893942
23 rd June 2025	Painting Competition Theme: "Health & Wellness" Time: 03:00 – 05:00 PM	ECE Department	Dr. Nagapushpa K P Associate Professor Ph: 9880850112
24 th June 2025	Quiz on Health & Yoga Awareness Time: 03:00 – 05:00 PM	Biotechnology Department	Ms. Krithika A Teaching Faculty Ph: 8197765230
25 th June 2025	Door-to-Door & Community Engagement for Yoga Awareness Time: 12:40 – 01:40 PM	MCA Department	Prof. Sheela Maharajpet Assistant Professor Ph: 8867413464
26 th June 2025	Essay & Slogan Writing Competition Time: 03:00 – 05:00 PM	MBA Department	Prof. Sudharman R Assistant Professor Ph: 9895271763
27 th June 2025	Expert Talk – "Yoga for Inner Strength" Time: 03:00 – 05:00 PM Speaker: Mr. Ruthvik M	Biotechnology Department	Prof. Namratha, Assistant Professor, Ph: 8291747038

Resource Person Details

 <p>Ruthvik.M Yoga Nationals in 2016 while in the 6th grade. Third-year student, Dept of ISE, Acharya Institute of Technology</p>	 <p>Chirashree National Open Yoga Championship 2019 & 3rd Karnataka State Open Yoga Championship 2022. In 2024</p>
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Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O
Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Prof. Sushma T M,
Department of Information Science and Engineering,
AIT