



YOGA SAANIDHYA

YOGA TOGETHERNESS

26th & 27th May 2025 | 04:00 pm to 05:00 pm
MBA Auditorium & CPRD Lawns, Acharya Campus



About the Program

Yoga Saanidhya, meaning "Yoga Togetherness," is a holistic wellness initiative designed to bring individuals together through the ancient practice of yoga. Rooted in the spirit of unity, awareness, and mindfulness, this program emphasizes the collective experience of well-being - where body, mind, and soul align in harmony.

Whether you're a beginner or a seasoned practitioner, Yoga Saanidhya fosters a nurturing environment for growth, connection, and inner peace. Participants will explore traditional yoga asanas, breathing techniques (pranayama), guided meditation, and the philosophical essence of yoga. The program encourages community bonding while deepening personal practice, promoting physical health, mental clarity, and emotional balance.

Objectives of the Program

- To encourage healthy lifestyle practices, reduce stress, and cultivate mindfulness and harmony among the academic community.
- To celebrate the count down to "International Yoga Day 2025" as per UGC and COA guidelines.

Target Audience: Acharya Institutes - Faculty & Students

REGISTER NOW



Expected Outcomes

- Participants are expected to experience enhanced concentration, reduced academic stress, and better emotional balance, contributing to improved teaching and learning outcomes.
- The workshop is anticipated to encourage the integration of mindfulness and self-care practices into daily routines, strengthening a supportive and health-conscious campus environment.

Committee Members

ADVISORY COMMITTEE

- Prof. Fathima Samana S, Principal, Acharya's NRV School of Architecture

CONVENER

- Prof. Shweta Mattoo, Institutional Social Responsibility Cell, ANRVSA. Mobile: +91 99004 60623

CO-ORDINATORS

- Prof. Manu M Institutional Social Responsibility Cell, ANRVSA. Mobile: +91 78922 05979

PROGRAM SCHEDULE

Date / Time	Events /Activities	Venue
26 th May 2025, 04:00 PM to 05:00 PM	Seminar	MBA Auditorium
27 th May 2025, 04:00 PM to 05:00 PM	Yoga Asana Practice Session	CPRD Lawns



Acharya's NRV School of Architecture

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

LOCATE US

Event Coordinator

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