


CRITERION V – STUDENT SUPPORT AND PROGRESSION

5.1 STUDENT SUPPORT

5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following

Life Skills (Yoga, Physical Fitness, Health, And Hygiene)		
S. No.	Particulars	Page No.
1	International Yoga Day 2019	01-05
2	World Suicide Prevention Day	06-08
3	International Yoga Day 2020	09-17
4	Webinar on "Myths and Facts of COVID - 19"	18-26
5	Value added program on theory and practices of fitness nutrition	27-33
6	Its life renovation- a hour HRD on BSM method to manage life during covid	34-43
7	International Yoga Day 2021	44-53
8	International Workshop on Yoga for mind and body	54-57
9	Yoga for Humanity-International yoga day	58-62



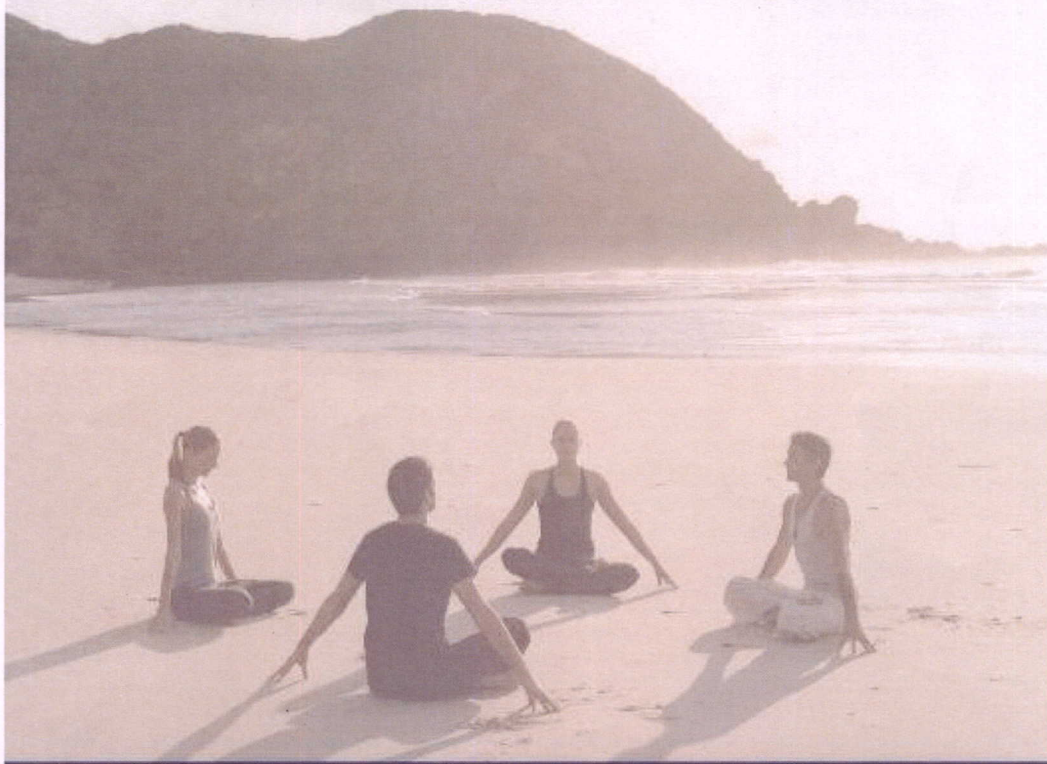

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PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

in collaboration with Yoga Parijnana Prathistana & Vibhu
Foundation is organizing

INTERNATIONAL YOGA DAY 2019



21st June 2019 @ 08:00AM

WWW.PIMS.ORG

INTERNATIONAL YOGA DAY- 2019

Organized by Padmashree Institute of Management and Sciences
 In association with Yoga Parijnana Prathistana & Vibhu Foundation

Date:	21-06-2019
Time:	10:00 AM – 12:00 PM
No of participants:	All students
Resource person	Mr. Shashidhar, Yoga teacher

Program schedule

Time	Particulars
08:30AM-08:45 AM	Presidential remarks
08:45AM-09:15 AM	Health benefits of Yoga
09:15AM-10:00 AM	Yoga performance
10.00AM- 11.00 AM	Different asanas by Mr. Shashidhar yoga teacher
11:00 AM-11:10 AM	Vote of thanks
11.10 AM -12.00 AM	Breakfast

Program Summary

On 21st June 2019, an International Yoga Day program was organized in association with Yoga Parijnana Prathistana and Vibhu Foundation for all students. The program was conducted from 10:00 AM to 12:00 PM and was led by Mr. Shashidhar, a yoga teacher.

The program started with Presidential remarks from 8:30 AM to 8:45 AM. This was followed by a presentation from 8:45 AM to 9:15 AM on the health benefits of practicing yoga. The students were then treated to a Yoga performance from 9:15 AM to 10:00 AM.

Next, Mr. Shashidhar conducted a session on different asanas from 10:00 AM to 11:00 AM. He guided the students on the correct way to perform various Yoga postures and their health benefits.

The program ended with a vote of thanks at 11:00 AM, followed by a breakfast from 11:10 AM to 12:00 PM. The event was well received by all students, who appreciated the opportunity to learn and practice Yoga.





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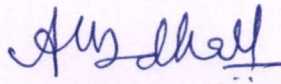
Photo Gallery: International Yoga Day 2019

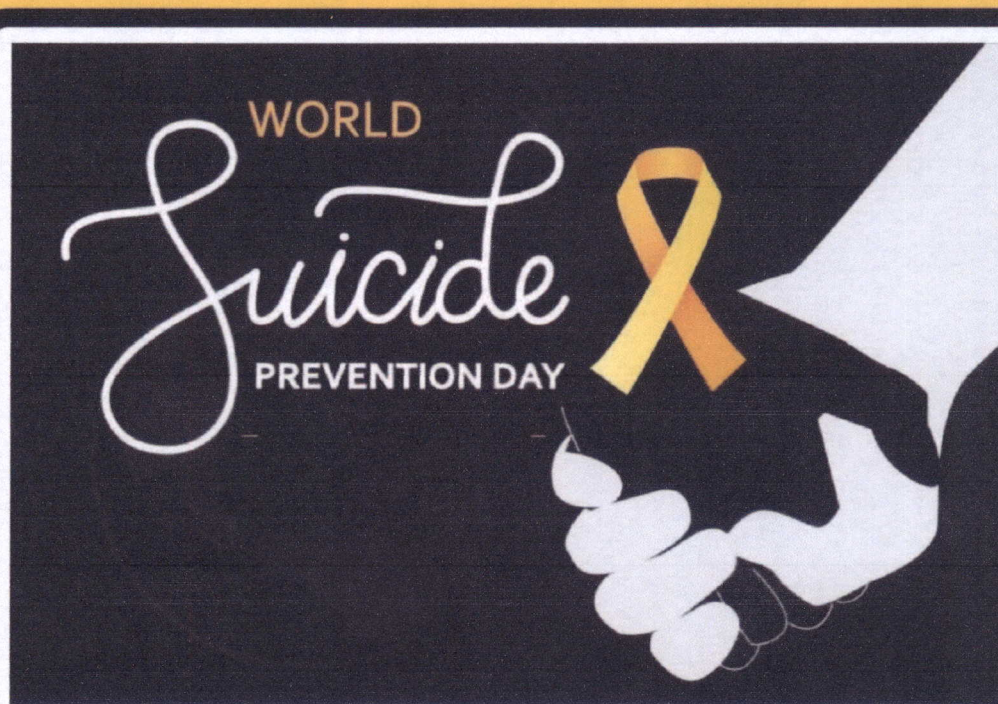


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Certificate:




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Resource speaker

DR. JAGADISH A

**Psychiatrist & Managing
Director Abhaya hospital**

How to handle stress in student life?


**SEPTEMBER 9TH 2019
@ 9.30 AM TO 12 PM
SEMINAR HALL- ALLIED
HEALTH SCIENCE BLOCK**



PADMASHREE
GROUP OF INSTITUTIONS

WEBSITE: WWW.PIMS.ORG.IN

Resource Person

	Name:	Dr A Jagdish
	Designation:	Managing Director and Consultant Psychiatrist
	Address:	Abhaya Hospital, Bengaluru
	Experience:	21 years
	Top Skills:	Adult Psychiatry, Schizophrenia, Bipolar Disorder

Dr. Jagdish, Managing Director, Abhaya Hospital which was established in Bangalore in the year 2001.

Dr. Jagdish completed MBBS in Jawaharlal Nehru medical college, Belgaum

He did MD psychiatry in National institute of mental health and neuro sciences, Bengaluru. He was the professor and HOD of Psychiatrist, Dept from the year 1993-2001 at Karnataka Institute of Medical Sciences, Bangalore.

He is a member of Indian Medical Association (IMA) and Karnataka Medical Council.




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Program Summary

On the occasion of World Suicide Prevention Day, our college has organised a meeting on 09-09-2019 at 9:30 am. To raise awareness, World Suicide Prevention Day is observed annually on September 10. Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention. Dr. A Jagadish, delivered a talk on “How to handle stress in student life”, the speaker also emphasized about empowering people with the confidence to engage with the complexity of ‘hope’ which helps them feel hopeful when they’re going through a difficult time. The program was concluded formally with a vote of thanks .




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INTERNATIONAL YOGA DAY

ORGANISED BY



PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

IN ASSOCIATION WITH



सर्वसुमना



INTERNATIONAL WEBINAR

21st June 2020
5:00PM - 7:00PM

PRESIDENTIAL REMARKS



Shri T.K. Narayanappa
Managing Trustee
Padmashree Institute of
Management and Sciences,
Bengaluru.

YOGA FOR WOMAN AND IMMUNITY



Ms. Padmashree Murthy
President
Sarvasumana Association,
Bengaluru.

IMPROVING MEMORY AND CONCENTRATION WITH YOGA

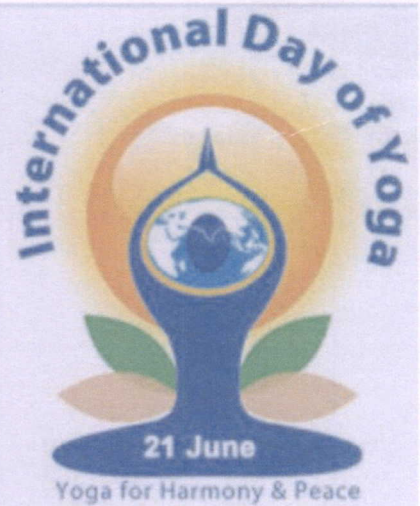


Ms. Sudha Rao,
Founder of Yoganjali,
School of yoga for the
body and mind,
USA

PRIMARY DEFENCE OF A YOGI TOWARDS PATHOGENS



Mr. Rajesh TS
Founder director
Sanatana Yoga Vignana Kendra,
Bengaluru.



Pre-register and join the group

Registration Link:

https://forms.gle/UQqfhoVtd_rdB4dPt9

website: www.pims.org.in

Participants who attend the webinar till the end and fill the feedback form will receive E-Certificates in their mail within 15 days

INTERNATIONAL WEBINAR: INTERNATIONAL YOGA DAY

Organized By Padmashree Institute of Management and Sciences, Bangalore


In Association with Sarvasumana Association and Sanatana Yoga Vignana Kendra


Life Skills	
Date	21-06-2020
No of participants	138
Online Platform	Zoom and Facebook live stream https://zoom.us/j/92823485398?pwd=U3NyRkthaUFZdU55RWVoamVvTXhRQT09 https://www.youtube.com/live/qGHcV61TEPc?feature=share


Program schedule

Time	Session	Speakers
05:00PM-05:15PM	Presidential Remarks	T.K. Narayanappa, Chairman, Padmashree Group of Institutions, Bangalore.
05:15PM-05:35PM	Yoga for wellness	Ms. Padmashree Murthy
05:35PM -05:45PM	Discussion/Q&A Session	President, Sarvasumana Association, Bangalore.
05:45PM -06:15PM	Improving memory and concentration with yoga	Ms. Sudha Rao, Founder of Yoganjali, school of yoga for the body and mind, USA
06:15PM -06:35PM	Discussion/Q&A Session	
06:35PM -06:45PM	Yoga for immunity	Dr Rajesh T. S. Founder Director Sanatana Yoga Vignana KendraBengaluru.
06:45PM	Vote of thanks	

Resource person/s:

	<p>Name: Ms. Sudha Rao, Designation & Affiliation: Founder of Yoganjali, Chairman and Spiritual Founder of Yoga Bharati Phone no: +1 (248) 670-5938</p>
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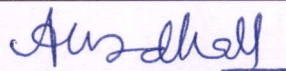
	<p>Name: Ms. Padmashree Murthy Designation: Sarvasumana Association, Bangalore. Member: Srushti Ventures, Socio Cultural Activity Centre, Bangalore. Life Member- Indian Association of Holistic Psychology. Phone No: 9448685484 Email ID: kspadmashree@gmail.com</p>
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	<p>Name: Mr. Rajesh T S Designation: Director Affiliation: Sanatana Yoga Vignana Kendra, Bengaluru E-mail: trajeshsr@gmail.com Mobile Number: 09945312568</p>
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Participants list

S. No.	Timestamp	Email address	Full Name	Mobile Number
1	6-20-2020 9:16:44	hennadash@gmail.com	Dr. Henna Dash	9777228115
2	6-20-2020 9:17:27	thalakotichaithanya879@gmail.com	Thalakoti Chaithanya	8790250052
3	6-20-2020 10:05:01	swathi.rout2002@gmail.com	Swati Swagatika Rout	7348923482
4	6-20-2020 10:36:27	ritikarani19362@gmail.com	Ritika Rani	09166894216
5	6-20-2020 12:50:29	namrata.chakraborty8398@gmail.com	Namrata Chakraborty	9801920544
6	6-20-2020 12:59:44	anadibisht@gmail.com	Anadi	9108898740
7	6-20-2020 13:07:54	bnprakashmani@gmail.com	Gayatri P	6364338400
8	6-20-2020 13:08:17	baqirpa@gmail.com	Mohammad Baqir P A	9746898812
9	6-20-2020 13:08:59	coolspriya7@gmail.com	Priyanka Dey	07797980340
10	6-20-2020 13:09:04	dranaghasvinod@gmail.com	Dr Anagha S Vinod	9048333011
11	6-20-2020 13:17:31	mpuranik461@gmail.com	Manasi Puranik	9606504462



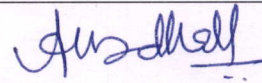

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13	6-20-2020 13:24:42	pavithra22.chandra@gmail.com	Pavithra.M	6360137571
14	6-20-2020 13:28:50	harikunju13@gmail.com	Akhil PM	8129520662
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61	6-20-2020 16:10:21	sbk.0094@gmail.com	Dr. Sefin Bobby	8086499410



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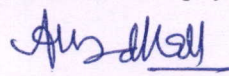


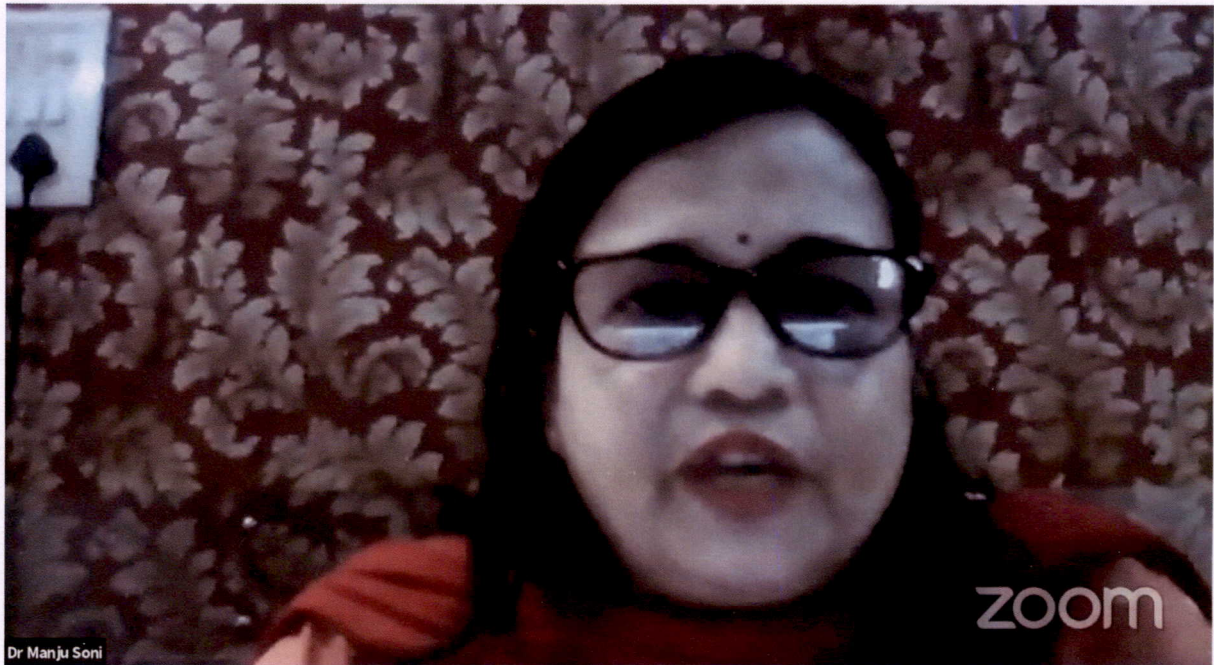
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Program Summary

Padmashree Institute of Management and Sciences organized an online International Webinar on International Yoga Day, on 21st June 2020 in association with Sarvasumana Association and Sanatana Yoga Vignana Kendra. This program gave an awareness about the benefits of yoga for immunity, concentration and overall wellness. The participants were taught various practices such as pranayama, asanas and meditation. The speakers also mentioned that the regular practice of yoga improves brain function, boosts focus and concentration, reduces stress and anxiety, promotes relaxation and enhances physical health.




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Antibodies an Immunity Passport for COVID -1



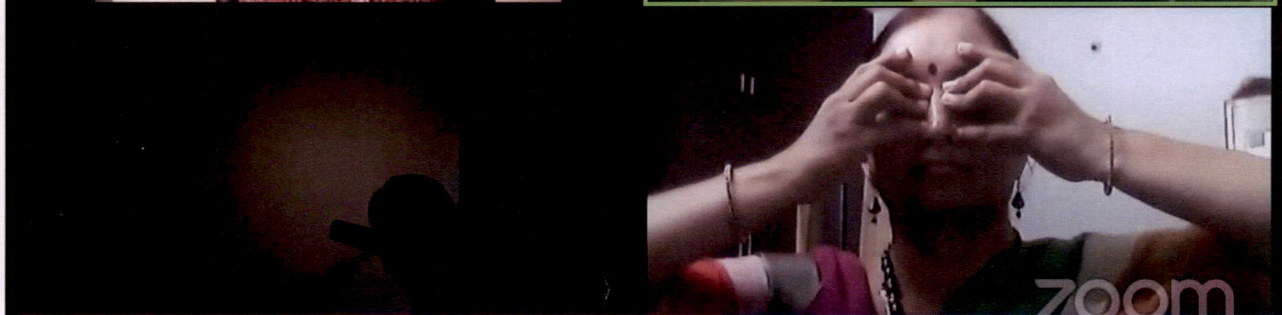
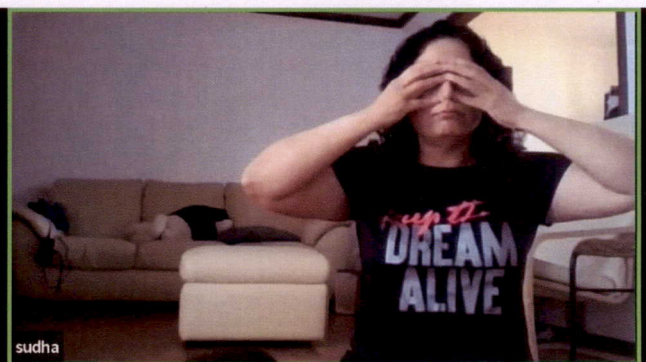
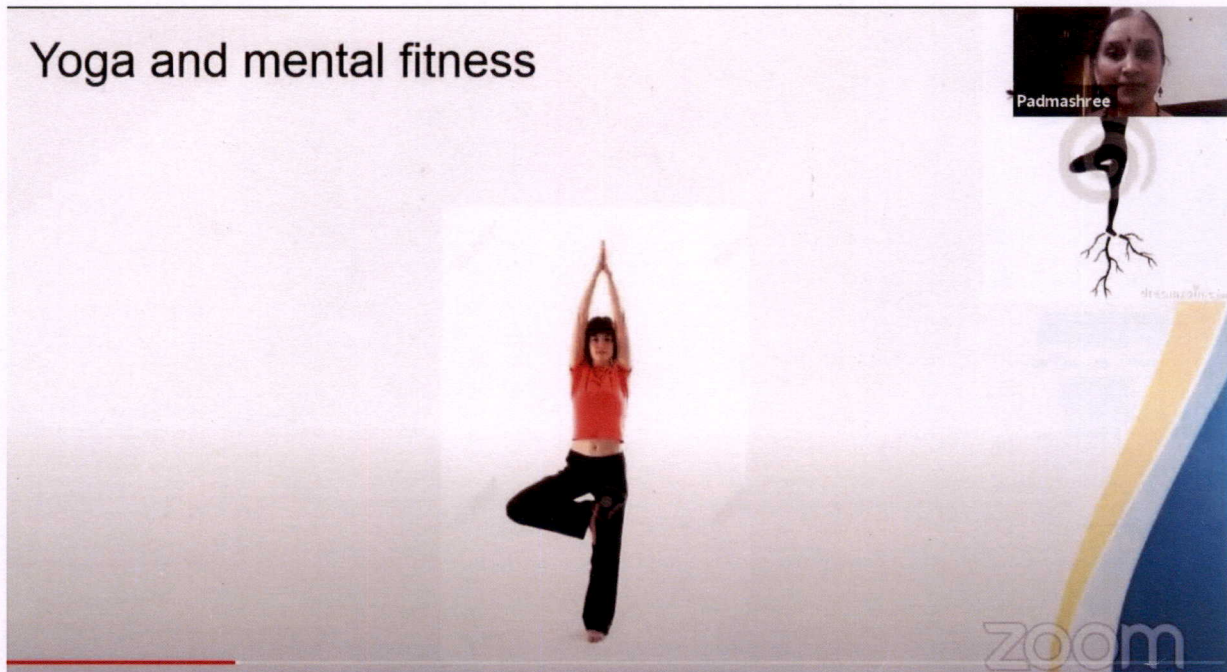
Dr. Parineeta Samant
Prof & Head, Department of Biochemistry, Incharge –Central Clinical
Biochemistry
MGM Medical College & Hospital, Navi-Mumbai

8/1/2020



Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences


Photo Gallery: International Yoga Day 2020






Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

What is immune system ?

- The body's defense against disease causing organisms, malfunctioning of cells and foreign particles
- There are 3 line of defense
 - First line of defense
 - Second line of defense
 - Third line of defense



Rajesh

Certificate



Certificate of Participation

This is to certify that

Aditi Bhausahab Gawali

has participated in the International webinar organised on account of
“INTERNATIONAL YOGA DAY”
 by Padmashree Institute of Management and Sciences, Bengaluru
 in association with Sarvasumana Association and Sanatana Yoga Vignana Kendra, Bengaluru
 Date: 21st June 2020



Sri. T. K. Narayanappa
Managing trustee
PIMS

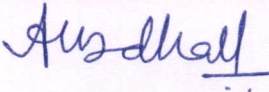


Mr. Satish
Chairman
PIMS

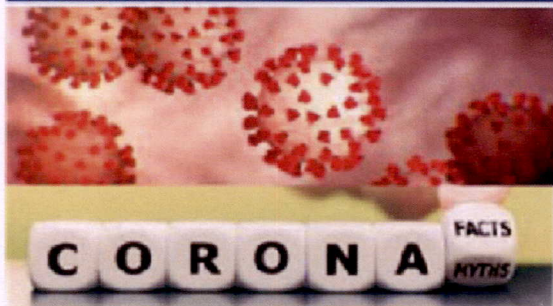


Dr. M. Anuradha
Principal
PIMS




Dr. Anuradha. M
 Principal
 Padmashree Institute of
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MYTHS AND FACTS OF COVID-19



Awareness Programme on
1st August 2020 @ 10:00AM

Organised by  **PADMASHREE**
INSTITUTE OF MANAGEMENT
AND SCIENCES

In association with



Resource Persons

COVID-19 - "Let's fight it together "



Prof. Kshama Hiremath

Co-Founder & CEO,

Chief Bio Chemist & Director - Lab & QC
Trident Diagnostics and Healthcare PVT. LTD.

Bangalore



Antibodies an immunity passport for COVID 19

Dr. Parineeta Samant

HOD, Dept - of Biochemistry, MGM Medical College,

Navi Mumbai



Challenges in preparation of Covid 19 Vaccine

Dr Manju Soni

Associate Professor, Department of
Biotechnology, PIET, Nagpur

Meet our COVID-19 warriors
Panel Discussion Q & A session

Free registration and E-Certificate will be provided

Registration Link:

<https://forms.gle/hmxdMrxfQ53Xdb1j6>

website: www.pims.org.in

MYTHS AND FACTS OF COVID-19-AN AWARENESS PROGRAM

Organized by Padmashree Institute of Management and Sciences,
 In association with ACMB, Mumbai and Trident diagnostics Bengaluru.
 Online Platform: ZOOM & YouTube live stream


Webinar- health and Hygiene	
Date	01-08-2020
No of participants	196
Event	Program on Health and hygiene
Online Platform	Zoom and Facebook live stream https://youtu.be/jXTToVW5mGo


Program schedule


Time	Session	Speakers
10:00AM-10:30AM	Covid-19 - "Let's fight it together"	Prof. Kshama Hiremath, Co-Founder, Trident Diagnostics, Bengaluru
10:30AM-11:00AM	Antibodies an immunity passport for Covid-19	Dr. Parineeta Samant, HOD, Dept/- of Biochemistry, MGM Medical College, Navi Mumbai
11:00AM-11:30AM	Challenges in preparation of Covid -19 Vaccine	Dr. Manju Soni, Associate Professor, Department of Biotechnology, PIET, Nagpur
11.30AM-12PM	Meet our Covid-19 warriors and survivors	Students of Padmashree Institute of management and Sciences
12.00PM-12.30PM	Panel Discussion/Q&A Session	All the speakers
12.30 PM-12.40PM	Concluding remarks	Dr. Anuradha M., Principal Padmashree Institute of management and Sciences.

12.40PM -12.45PM	Vote of thanks	Dr. Saradha Devi M.S., Assistant professor Padmashree Institute of management and Sciences.
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Resource person/s

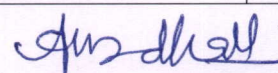
	<p>Name: Dr. Kshama Hiremath, Designation: Co-Founder & CEO Affiliation: Trident Diagnostics, Bangalore Phone no: +91 99452 02249 Email ID :</p>
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	<p>Name: Dr. Parineeta Samant, Designation: Professor, Affiliation: Department of Biochemistry at MGM medical college Maharashtra Phone No : 91 88790 47048 Email ID: parineeta.samant13@gmail.com</p>
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	<p>Name: Dr. Manju Soni, Designation: Associate Professor Affiliation: Department of Biotechnology, PIET, Nagpur Phone no. +91 98232 34700 Email address: manjuasoni2016@gmail.com</p>
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Participants list

S. No.	Timestamp	Email address	Full Name	Mobile Number
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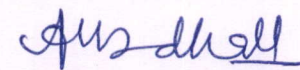
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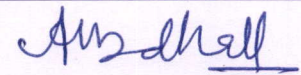


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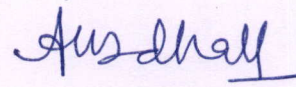
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154	7-30-2020 9:20:33	sauravjaiswal73@gmail.com	Saurav Kumar Jaiswal	7250199172
155	7-30-2020 9:28:31	shresthapal17@gmail.com	Shrestha Pal Choudhury	9051897574
156	7-30-2020 9:38:58	sushmaravi461@gmail.com	Sushma BR	6363715039
157	7-30-2020 9:47:33	kavya2010anjali@gmail.com	Kavya K	9901846755
158	7-30-2020 9:52:59	tejurd98@gmail.com	Tejaswini Ramdas Deore	7720036191
159	7-30-2020 9:59:03	asiyafidha785@gmail.com	Asya Fidha E.K	7306310584
160	7-30-2020 10:05:25	neharajesh28@gmail.com	Neha Rajesh	7511122429
161	7-30-2020 10:21:43	aravindmattam7@gmail.com	Aravind	+918106918017
162	7-30-2020 10:53:33	emilroy02@gmail.com	Emilin Roy	6238911183
163	7-30-2020 12:04:31	midhunmadhu043@gmail.com	Midhun M	9645425112
164	7-30-2020 12:16:07	sangeetamanjula1997@gmail.com	Sangeeta Deshpande	9535022940
165	7-30-2020 12:27:57	danyeldho1537@gmail.com	Dany Eldho	8129894047
166	7-30-2020 13:30:28	chdecksha6@gmail.com	Chenigala Deeksha	7702738606
167	7-30-2020 13:41:34	pmkasupriya@gmail.com	P Malavika	8281969176
168	7-30-2020 13:50:52	punitnameirakpam16@gmail.com	Punit Nameirakpam	7005579611
169	7-30-2020 14:34:54	devananadmth23@gmail.com	Devanand Kumar	9852454550
170	7-30-2020 14:45:13	gopikaajikumar13@gmail.com	Gopika K A	07510541141
171	7-30-2020 16:01:47	akashvinod101@gmail.com	Akash Vinod	8078072031
172	7-30-2020 16:19:35	liyaabeyc@gmail.com	Liya Abey	7306142580
173	7-30-2020 16:58:01	deepikateju143@gmail.com	Tejaswini S	8206025407
174	7-30-2020 17:16:18	stephinkurian4@gmail.com	Stephin K	6238824389
175	7-30-2020 18:59:54	basilabraham122@gmail.com	Basil Abraham	8903809412
176	7-31-2020 8:08:45	nithyasaravana2000@gmail.com	Nithyashree S	7795953595
177	7-31-2020 11:38:52	himasnair9@gmail.com	Hima S Nair	8848311200
178	7-31-2020 11:39:23	annmaryantonyp@gmail.com	Ann Mary Antony	7619247211
179	7-31-2020 11:39:34	giftysamuel99@gmail.com	Giftysamuel	7510228085
180	7-31-2020 11:46:20	dilnasibi@gmail.com	Dilna Sibi	7259693225
181	7-31-2020 19:44:23	mistu.197@gmail.com	Mistu Paul	7478465710
182	7-31-2020 20:03:17	swathisanjeev.98@gmail.com	S.Swathi	9731107557
183	7-31-2020 20:40:24	chayadharani31@gmail.com	Chaya D	8884580521
184	7-31-2020 20:54:56	srvayaabburi16@gmail.com	Abburi. Sravya	7989645397
185	7-31-2020 21:36:24	sowjanya0910@gmail.com	Kesari Sai Sowjanya	8328660607
186	7-31-2020 22:03:16	athiramolmom@gmail.com	Athira Mol	9632623146
187	7-31-2020 22:33:15	lspavani98@gmail.com	L Sudha Pavani	8610581894
188	8-1-2020 2:07:33	swechcha1234@gmail.com	Swekshya Sharma	9108309481
189	8-1-2020 8:27:46	maddelarshitha50@gmail.com	Harshitha Maddela	7396022608
190	8-1-2020 9:22:00	angelinrosesn@gmail.com	Angelin Rose	9526332708
191	8-1-2020 9:24:05	georgeenpaul2@gmail.com	Georgeena Paul	9061077604
192	8-1-2020 9:27:33	gayathri1999gase@gmail.com	Amiresetty Gayathri	7338581859
193	8-1-2020 10:02:14	chandanan10022000@gmail.com	Chandana.N	8618358808
194	8-1-2020 10:04:40	annapoornahari17@gmail.com	Annapoorna B H	8951921316
195	8-1-2020 10:07:37	fridalizrajcm@gmail.com	Frida Liz Raj	7306479850
196	8-1-2020 11:00:04	amalababu25@gmail.com	Amala Babu	09496468101



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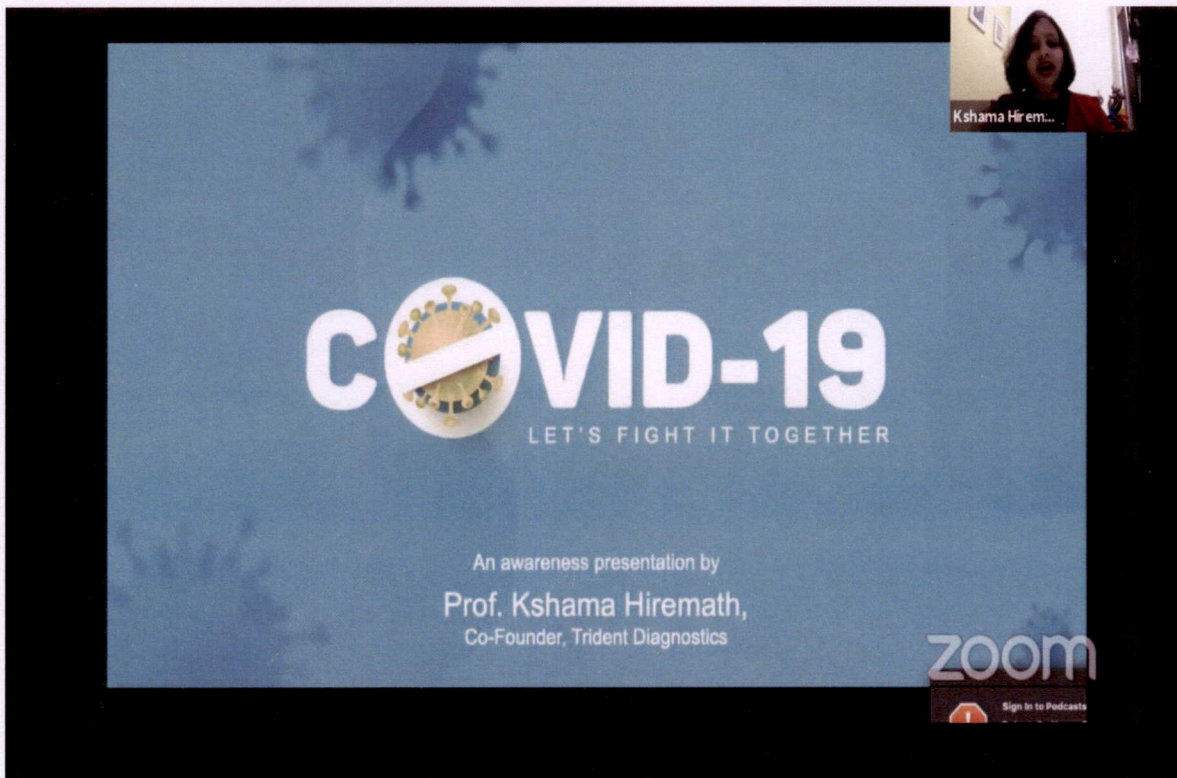
Program Summary

The webinar was conducted to create awareness about the myths and facts of COVID-19. Prof. Kshama Hiremath emphasized about the importance of following COVID 19 norms and getting vaccinated. Dr. Parineeta Samant spoke about the generation of substantial immune memory after Covid-19, enhancing knowledge about understanding immune memory. Dr. Manju Soni discussed about the primary challenges in Covid-19 vaccine development, such as complications in research and development incentives, conducting clinical trials, and ensuring vaccine safety and effectiveness. Overall, the program aimed to provide participants with a better understanding of the importance of Covid norms, vaccination, and the challenges in developing COVID-19 vaccines.



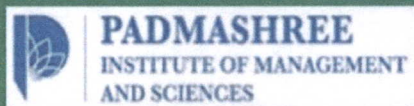
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Photo Gallery: Myths and Facts of COVID-19



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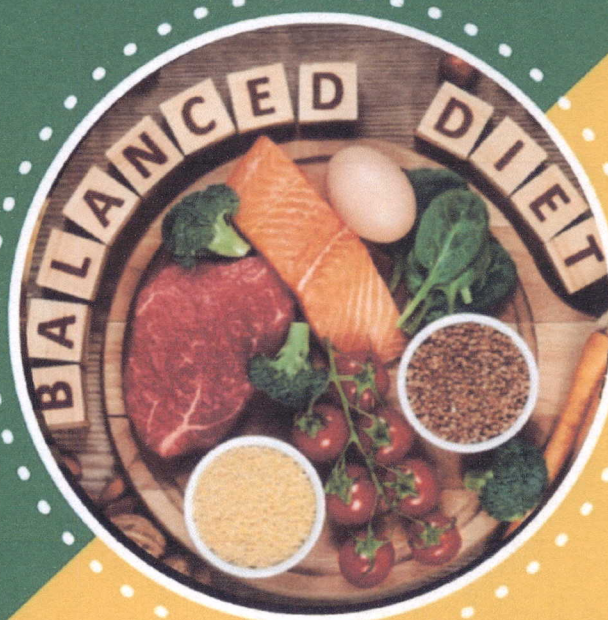
Organised BY



VALUE ADDED PROGRAM

**THEORY AND PRACTICES OF
FITNESS NUTRITION MANAGEMENT**

**15TH - 24TH
OCTOBER
2020**



*Good things come to
those who sweat*

website: www.pims.org.in

VALUE ADDED PROGRAM


THEORY AND PRACTICES OF FITNESS NUTRITION MANAGEMENT


Course Title	Theory and practices of Fitness Nutrition management
Course Code	PIMS/VAP/UG/20-21/S1001
Date	15/10/2020 - 24/10/2020
Training out comes	Develop an understanding of the role of exercise in fitness.
	Enrich knowledge on changes in the human physiology during exercise.
	Acquire knowledge on different types of nutrition required to maintain fitness
Resource person	Dr. Anuradha M, Principal, PIMS Dr. Shilpa P, HOD, Dept of Clinical Nutrition and Dietetics, PIMS Ms. Sahana P R, Assistant Professor, Dept of Clinical Nutrition and Dietetics PIMS


Modules

S. No.	Course components	Hours
1	Understanding Exercise Physiology: Structure, Composition, Types, and Functioning of muscles, Types of muscle exercises-endurance, resistance and flexibility. Respiratory changes during exercise and Cardio Vascular changes during exercise	10
2	Concept of Energy: Macronutrients an overview, Release of energy from carbohydrates, proteins and lipids. Energy metabolism during exercise, Energy requirements during exercise, Importance of fluids during exercise, Fluid-Electrolyte balance, Dehydration, Role of sports drinks Planning Energy rich nutritive recipes (quick energy releasing recipes)	10
3	Micronutrients and Exercise: Micronutrients an overview Vitamin requirements, Minerals and their need during exercise, antioxidant function and sources. Importance of physical activity for weight management, Nutrition for Weight management Planning recipes rich in micronutrients	10

Resource Person/s

	Name	Dr. Anuradha M.
	Mobile number	9902863900
	E-mail ID	pimsprincipal@gmail.com
	Qualification	Ph.D.
	Teaching experience	25 years
	Research experience	30 years
	Publications	34

	Name	Dr. Shilpa P.
	Mobile number	7829767363
	E-mail ID	shilpasept@gmail.com
	Qualification	Ph.D. Biotechnology
	Research experience	6.5 Years
	Teaching experience	4 years
	Publications	04

	Name	Ms. Sahana P R
	Mobile number	9964940409/ 8073710139
	E-mail ID	rsahanapathange@gmail.com
	Qualification	M. Sc.
	Teaching experience	02 years
	Award	Qualified the UGC – NET exam for the post of Assistant professor
	Publications	02

Students List

B.Sc. (General):

S. No.	Register. No	Name	S. No.	Register. No	Name
1	20YYS85001	Geetha M	20	20YYS85020	Mahendra Kumar
2	20YYS85002	Kabita Khundrakpam	21	20YYS85021	Nagarjuna N
3	20YYS85003	Keerthi R	22	20YYS85022	Nanda V
4	20YYS85004	Manoj. A.S.	23	20YYS85023	Nanditha N
5	20YYS85005	Sadhana. S	24	20YYS85024	Neelesh R G
6	20YYS85006	Sahana.D	25	20YYS85025	Pallavi D G
7	20YYS85007	Yogitha.M	26	20YYS85026	Lavanya Mallappa
8	20YYS85008	Aishwarya G T	27	20YYS85027	Parvati Patil.
9	20YYS85009	Ajith Arivanandan	28	20YYS85028	Pooja R
10	20YYS85010	Akhilesh B	29	20YYS85029	Rakshitha. M
11	20YYS85011	Ananya Banerji	30	20YYS85030	Ranjini S Hombale
12	20YYS85012	Aanupama N Murthy	31	20YYS85031	Riya Singh
13	20YYS85013	Bhavana S	32	20YYS85032	Rhravan Ravi Telang
14	20YYS85014	Fasiha Sultana	33	20YYS85033	Rneha N
15	20YYS85015	Harish M P	34	20YYS85034	Spoorthi G
16	20YYS85016	Harshitha H N	35	20YYS85035	Tanisha Chakraborty
17	20YYS85017	Lakshmi Karthik Mb	36	20YYS85036	Tejaswini S
18	20YYS85018	Lavanya N	37	20YYS85037	Venkatesh Prasad K R
19	20YYS85019	Likhitha N			

B.Sc. Clinical Nutrition and Dietetics:

S. No.	Register No.	Students Name	S. No.	Register No.	Students Name
38	20YYS85075	A Sree Vani	57	20YYS85056	Maheswari V
39	20YYS85038	Aishwarya. R	58	20YYS85057	Mithun B H
40	20YYS85039	Akansha Banerjee	59	20YYS85058	Muskaan. Badgaiyan
41	20YYS85040	Anagha S Raj	60	20YYS85059	Nandana. V. B
42	20YYS85041	Anjana Rajeevan	61	20YYS85060	Narsigalla Pavan Kumar
43	20YYS85042	Anupama T Santhosh	62	20YYS85061	Panguluri Lalitha Srija
44	20YYS85043	Arpita Bale	63	20YYS85062	Pavan B A
45	20YYS85044	Bhumika N C	64	20YYS85063	Pooja
46	20YYS85045	Binishamol V	65	20YYS85064	Pooja Ravindranathan
47	20YYS85046	Chanda Lokesh Reddy	66	20YYS85065	Praban Chetry
48	20YYS85047	Cleena Tom	67	20YYS85066	Pratikshya Sanskriti. P
49	20YYS85048	Daniah Fatima	68	20YYS85067	Reshma M S
50	20YYS85049	Dhrishya Devarajan	69	20YYS85068	Rubini M
51	20YYS85050	Greeshma G	70	20YYS85069	Sakshi Kiran Kulkarni
52	20YYS85051	Havra	71	20YYS85070	Shalini Goswami



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53	20YYS85052	V. Janagan	72	20YYS85071	Shreevidya S R
54	20YYS85053	Kamei Lanshiengamei	73	20YYS85072	Tina Tony Alapatt
55	20YYS85054	Kruthika. N	74	20YYS85073	Varshitha. B. Gowda
56	20YYS85055	Madineni Sai Krishna	75	20YYS85074	Yavanika .S

B.Voc. Food Processing and Nutraceuticals:

76	20YYS91001	Abhinath Ravi	87	20YYS91012	Ijas K
77	20YYS91002	Ajith Thomas	88	20YYS91013	Irane Varghese
78	20YYS91003	Amith Sundaresan	89	20YYS91014	Junael Mannual .J
79	20YYS91004	Ananya Shaji	90	20YYS91016	Karishma K J
80	20YYS91005	Aswathy P S	91	20YYS91015	KM Mohammed .J
81	20YYS91006	Athira Suresh	92	20YYS91017	Mohammed Mikdad
82	20YYS91007	Bushra Mujawar	93	20YYS91018	Mohammed Yaseen
83	20YYS91008	C B Lisha	94	20YYS91019	Mugdha Hegde
84	20YYS91009	Chilukuri R Reddy	95	20YYS91020	Sravan. S. Madhav
85	20YYS91010	Eldhose Wilson	96	20YYS91021	Thirumala Vara .P
86	20YYS91011	Hari Prasad			

Assessment Details: Maximum Marks (50)

- Attendance and Active participation - 20 M
- Assessment (Quiz & presentation) – 20 M
- Viva – Voce – 10 M

Course: General B.Sc. 2020 Batch:

S. No.	Name	Marks	S. No.	Name	Marks
1	Geetha M	48	20	Mahendra Kumar	45
2	Kabita Khundrakpam	45	21	Nagarjuna N	49
3	Keerthi R	46	22	Nanda V	46
4	Manoj. A.S.	49	23	Nanditha N	48
5	Sadhana. S	44	24	Neelesh R G	45
6	Sahana.D	42	25	Pallavi D G	46
7	Yogitha.M	46	26	Lavanya Mallappa	49
8	Aishwarya G T	47	27	Parvati Patil.	44
9	Ajith Arivanandan	45	28	Pooja R	42
10	Akhilesh B	49	29	Rakshitha. M	46
11	Ananya Banerji	46	30	Ranjini S Hombale	47
12	Aanupama N Murthy	48	31	Riya Singh	45
13	Bhavana S	45	32	Rhravan Ravi Telang	49



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14	Fasiha Sultana	46	33	Rneha N	46
15	Harish M P	49	34	Spoorthi G	48
16	Harshitha H N	44	35	Tanisha Chakraborty	45
17	Lakshmi Karthik M B	42	36	Tejaswini S	46
18	Lavanya N	46	37	Venkatesh Prasad K R	49
19	Likhitha N	47			

Course: B.Sc. (CND):

S. No.	Students Name	Marks	S. No.	Students Name	Marks
38	A Sree Vani	48	57	Maheswari V	48
39	Aishwarya. R	45	58	Mithun B H	45
40	Akansha Banerjee	46	59	Muskaan. Badgaiyan	46
41	Anagha S Raj	49	60	Nandana. V. B	49
42	Anjana Rajeevan	44	61	Narsigalla Pavan Kumar	44
43	Anupama T Santhosh	42	62	Panguluri Lalitha Srija	42
44	Arpita Bale	46	63	Pavan B A	46
45	Bhumika N C	47	64	Pooja	47
46	Binishamol V	48	65	Pooja Ravindranathan	45
47	Chanda Lokesh Reddy	45	66	Praban Chetry	49
48	Cleena Tom	46	67	Pratikshya Sanskriti. P	46
49	Daniah Fatima	49	68	Reshma M S	48
50	Dhrishya Devarajan	44	69	Rubini M	45
51	Greeshma G	42	70	Sakshi Kiran Kulkarni	46
52	Havra	46	71	Shalini Goswami	49
53	V. Janagan	47	72	Shreevidya S R	44
54	Kamei Lanshiengamei	45	73	Tina Tony Alapatt	48
55	Kruthika. N	49	74	Varshitha. B. Gowda	45
56	Madineni Sai Krishna	46	75	Yavanika .S	46

B. Voc FPN:

S. No.	Students Name	Marks	S. No.	Students Name	Marks
76	Abhinath Ravi	48	87	Ijas K	48
77	Ajith Thomas	45	88	Irane Varghese	45
78	Amith Sundaresan	46	89	Junael Mannual .J	46
79	Ananya Shaji	49	90	Karishma K J	49
80	Aswathy P S	44	91	KM Mohammed .J	44
81	Athira Suresh	42	92	Mohammed Mikdad	42
82	Bushra Mujawar	46	93	Mohammed Yaseen	46
83	C B Lisha	47	94	Mugdha Hegde	47
84	Chilukuri R Reddy	45	95	Sravan. S. Madhav	45
85	Eldhose Wilson	49	96	Thirumala Vara .P	49
86	Hari Prasad	46			



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Course Summary

This program was emphasized about the importance of exercise and nutrition in maintaining body fitness, understand physiology of body components like muscles physiology during exercise. The students also gained knowledge about nutritional components of food groups. the concept of energy, energy expenditure during exercise and meeting energy needs by instructing the students about energy rich food sources. They also learnt about nutritional guidance to gain weight, information on micronutrients – vitamins and minerals required to be healthy and fit. Importance of nutritional supplements, sports drinks to improve the fitness of the body was also explained to the students. Students were assessed during the program by conducting quiz, presentations on given selected topic.



Dr. Indu B.K.

Programme coordinator



Dr. Anuradha M.

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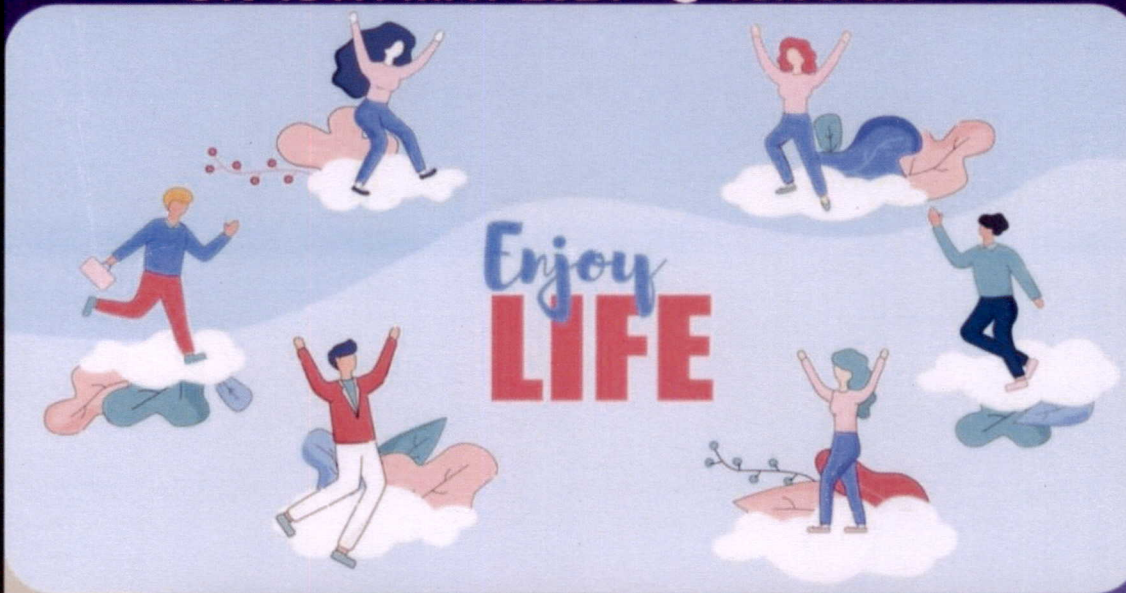
It's Life Renovation

A virtual webinar
organised by



PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

ON 15TH MAY 2021 @ 10:00AM



Mrs . MANJOO SHREE
INTERNATIONAL LIFE COACH
CLINICAL PSYCHOLOGIST
FOUNDER - LIFEOLICIOUS

**A hour HRD on BSM method to manage Life
during COVID**



website: www.pims.org.in

WEBINAR: IT'S LIFE RENOVATION PROGRAMME

Organized by Padmashree Institute of Management and Sciences, Bangalore


YouTube Link: <https://youtu.be/EIM4BsIDuB4>

Date	15 th May 2021 at 10.00 AM
No of Participants	308
Event	Life skill
Online Platform	ZOOM & YouTube live stream

Program schedule

Time	Topic	Speaker
10:00 AM to 11.30 AM	BSM method to manage life during COVID	Mrs. Manjoo Shree N.
11:30 AM-12.30 PM	Interactive session	Mrs. Manjoo Shree N.

Resource person/s

	<p>Name: Mrs. Manjooshree N.</p> <p>Designation: CEO – Lifeolicious/India's leading clinical Psychologist.</p> <p>Phone no: 8428190509</p> <p>Email address: lifelicious@live.com</p>
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Participants list

S. No.	Timestamp	Email address	Full Name	Mobile Number
1	5-13-2021 8:56:21	meanjalijha1@gmail.com	Anjali Jha	7366934501
2	5-13-2021 8:59:16	sahanahn4598@gmail.com	Sahanahn	8884073269
3	5-13-2021 9:01:13	amitkumar114101149@gmail.com	Amit Kumar Singh	8464976021
4	5-13-2021 9:03:03	mantesh.shiroor@gmail.com	Malatesh Shiroor	8073374167
5	5-13-2021 9:06:33	pavithragowdagowda10@gmail.com	Pavithra J	8197607543
6	5-13-2021 9:07:44	kaustubhsonarkar777@gmail.com	Kaustubh Sonarkar	8999289833
7	5-13-2021 9:10:18	geethashree175@gmail.com	Geethashree. S	7829226363
8	5-13-2021 9:18:00	chavanmanoj2001@gmail.com	Manoj A S	8310502561
9	5-13-2021 9:19:13	sahanyaprabhu@gmail.com	Sahana P	9632015791
10	5-13-2021 9:20:45	ashfinsunil30@gmail.com	Ashfin Sunil	7306471766
11	5-13-2021 9:23:03	gowthamiechalukoppa@gmail.com	Gowthami E D	9482976911
12	5-13-2021 9:25:37	rajhapriya24@gmail.com	Rajha Priya	8838087355
13	5-13-2021 9:26:13	haripriyaralegankar@gmail.com	Haripriya Ralegankar	9004600169
14	5-13-2021 9:28:34	learninglifeuniquely@gmail.com	Sanjana A S	8861587382

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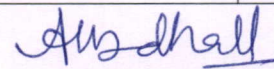


15	5-13-2021 9:28:34	deypriya080@gmail.com	Priya Dey	9365259445
16	5-13-2021 9:32:03	pavithra22.chandra@gmail.com	Pavithra.M	6360137571
17	5-13-2021 9:33:47	khanafsana2019@gmail.com	Afsana Khan	9051548599
18	5-13-2021 9:41:05	pushpatd1999@gmail.com	Pushpa T D	7676342714
19	5-13-2021 9:41:08	reddybhavani396@gmail.com	Bhavani Reddy	8431358880
20	5-13-2021 9:45:36	sanjusanjana123161@gmail.com	Sanjana N	9113099042
21	5-13-2021 9:52:40	koyelthakur317@gmail.com	Koyel Thakur	7439489933
22	5-13-2021 9:55:26	hatagale420@gmail.com	Hatagale Shiv Shyam	8790482548
23	5-13-2021 9:55:53	punitnameirakpam16@gmail.com	Punit Nameirakpam	07005579611
24	5-13-2021 10:10:01	rakshithadimpu3@gmail.com	Rakshitha	8688152741
25	5-13-2021 10:13:08	greeshmag20011@gmail.com	Greeshma G	7975740789
26	5-13-2021 10:13:54	goswamishalini53@gmail.com	Shalini Goswami	9674775706
27	5-13-2021 10:14:06	meikammei60@gmail.com	Kamei Lanshengaimai	7005909712
28	5-13-2021 10:16:13	bhumikashekar23@gmail.com	Bhumika N C	7975497409
29	5-13-2021 10:17:58	yavanika2002@gmail.com	Yavanika S	9380040234
30	5-13-2021 10:33:26	aj.anjali673@gmail.com	A Anjali	9632467221
31	5-13-2021 10:57:36	kiranmayee.024@gmail.com	Kiranmayee Jakkala	09381703936
32	5-13-2021 10:57:36	vidhishashettigar123@gmail.com	Vidhisha Ramesh Shettigar	8087107321
33	5-13-2021 11:00:01	mugdha2101@gmail.com	Mugdha Hegde	9380136211
34	5-13-2021 11:08:44	prabhumeat@gmail.com	Prabhu S	09449229316
35	5-13-2021 11:33:11	kavyatt555@gmail.com	Kavya. T. T.	7411051972
36	5-13-2021 11:33:20	maruthi1206@gmail.com	Maruthi Raj V	08553147020
37	5-13-2021 11:46:05	monishap2720@gmail.com	Monisha P	7022243188
38	5-13-2021 12:14:10	preethipt0398@gmail.com	S. Tharani	9790322318
39	5-13-2021 12:15:28	anushasrinivasgowda@gmail.com	Anusha M S	9008811554
40	5-13-2021 15:10:22	salinisaha.98@gmail.com	Salini Saha	8910904136
41	5-13-2021 16:21:07	tejaswinibhogarajula1098@gmail.com	Muchkoor Bhogarajula Tejaswini	7396410019
42	5-13-2021 17:36:50	nethra.hari8@gmail.com	Dr.Nethra Subramanya	09743855599
43	5-13-2021 18:31:54	divyakalpana19963@gmail.com	Divya K	9731242885
44	5-13-2021 18:38:08	ayazadam987@gmail.com	Aiyaz Ahmed Adam	09980409319
45	5-13-2021 19:06:12	sushs9636@gmail.com	Sushmitha.N	+917019434738
46	5-14-2021 7:57:38	bharathbharatheesh@gmail.com	Matam Bharatheesh	9542479150
47	5-14-2021 8:03:42	hmanasamitradevi@gmail.com	H Manasa Mitra Devi	8884203787
48	5-14-2021 8:07:38	hmanasamithradevi@gmail.com	Manasa Mithra H	8884203787
49	5-14-2021 9:07:44	navyanyadav2@gmail.com	Navya Yadav N	8296533568
50	5-14-2021 10:02:07	deeshmadivakaran11@gmail.com	Deeshma Divakaran	7034509822
51	5-14-2021 10:06:30	neethuks227@gmail.com	Neethu K S	6235465677
52	5-14-2021 10:11:52	umakantaloitongbam@gmail.com	Loitongbam Umakanta Singh	8787723836
53	5-14-2021 10:12:00	rashmi.pcr@gmail.com	Dr. Rashmi D	9964600314
54	5-14-2021 10:12:35	vishupriya984@gmail.com	Vishwa Priya. C	8792651826
55	5-14-2021 10:13:42	p.madhulikha1997@gmail.com	Madhulikha Pullarevu	+918374710796
56	5-14-2021 10:27:42	anuk49075@gmail.com	Anusha K	7760678354
57	5-14-2021 10:32:28	annapoornaharil7@gmail.com	Annapoorna B H	8951921316
58	5-14-2021 13:48:28	ojhaarijit99@gmail.com	Arijit Ojha	+917585946755
59	5-14-2021 17:14:16	yamunag1028@gmail.com	Yamuna G	9482974915
60	5-14-2021 17:22:13	gopikaswaminathan1998@gmail.com	Gopika S	8714108462
61	5-14-2021 17:24:47	shilpasept@gmail.com	Shilpa P	7829767363
62	5-14-2021 17:25:09	geethugichu219@gmail.com	Geethu. A. V	8075728169
63	5-14-2021 17:25:16	sebathomas9@gmail.com	Seba T Jiso Thomas	08547663672



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64	5-14-2021 17:26:03	shagun28041999@gmail.com	Shagun Kaim	+918130570368
65	5-14-2021 17:26:40	anannyapatra3626@gmail.com	Anannya Patra Sil	09380429672
66	5-14-2021 17:27:56	persispauld@gmail.com	Persis Paul. D	9008284167
67	5-14-2021 17:28:27	vishwasri.g1998@gmail.com	Gorumanthula Vishwasri	9550733873
68	5-14-2021 17:29:09	hemasudha67@gmail.com	Pulluru Hemasudha	6305387517
69	5-14-2021 17:29:27	vinnakotaswathi98@gmail.com	Swathi Vinnakota	9515535779
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71	5-14-2021 17:32:52	kmjedhin@gmail.com	Km Jedhin	9746158618
72	5-14-2021 17:32:53	pavanreddyba18@gmail.com	Pavan BA	63619298244
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74	5-14-2021 17:33:31	dhanu.bio@gmail.com	Dhanalakshmi G	9444678608
75	5-14-2021 17:33:34	ashnagnus@gmail.com	Ashna Mathew	8592851101
76	5-14-2021 17:34:27	kolamalaika001@gmail.com	Malaika Kola	+919381842640
77	5-14-2021 17:35:46	bhavyashan98@gmail.com	Bhavya	08971681032
78	5-14-2021 17:37:04	kavyalokesh057@gmail.com	Kavya R	+918050804094
79	5-14-2021 17:37:46	atcharaatchu15@gmail.com	Atchara	8637471505
80	5-14-2021 17:38:13	chanchalpoulose42@gmail.com	Chanchal.O.P	6379291168
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82	5-14-2021 17:38:54	meghamanjuntha1999@gmail.com	Megha M	8495902068
83	5-14-2021 17:39:38	ajaykumarapasupala@gmail.com	Ajay Kumar Reddy	9629207603
84	5-14-2021 17:40:54	bommireddysaisreeja321@gmail.com	B. Sai Sreeja	9640230586
85	5-14-2021 17:41:45	usharanigr452@gmail.com	Ushararani G R	6364813347
86	5-14-2021 17:43:26	sadhanaveerabomma03@gmail.com	Veerabrahma Sadhana	7993289274
87	5-14-2021 17:43:50	kalakyasapura9990@gmail.com	Kalavathi K P	9980711260
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89	5-14-2021 17:45:36	mithungowda027@gmail.com	Mithun BH	9611399589
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91	5-14-2021 17:46:35	sakshikiran@gmail.com	Sakshi Kiran Kulkarni	9741580298
92	5-14-2021 17:47:05	rosemarysunny19@gmail.com	Rose Mary Sunny	07034648159
93	5-14-2021 17:47:56	susmithawilson29@gmail.com	Susmitha P Wilson	7619246997
94	5-14-2021 17:48:09	rajanibiradar81@gmail.com	Rajani Biradar	07337700679
95	5-14-2021 17:48:35	sk0098808@gmail.com	Supriya K	8660317742
96	5-14-2021 17:48:52	rajashreegogoi115@gmail.com	Rajashree Gogoi	+918638867632
97	5-14-2021 17:51:31	ranjithahc1424@gmail.com	Ranjitha H.C	+916363667446
98	5-14-2021 17:54:18	tinatonyalapatt@gmail.com	Tina Tony	7994215584
99	5-14-2021 17:56:11	aparnamukesh23@gmail.com	Aparna Kashyap	07061696458
100	5-14-2021 17:57:38	ravitejabolledu@gmail.com	Ravi Teja	7288015086
101	5-14-2021 18:00:59	marshadinesh75@gmail.com	Marsha Moses.D	6366581477
102	5-14-2021 18:03:30	avadhanivani@gmail.com	Sree Vani Avadhani	9652357402
103	5-14-2021 18:05:26	mvp961418@gmail.com	Poomima M V	8453373394
104	5-14-2021 18:06:10	bhavyashamith01@gmail.com	Bhavyashree R	6361356971
105	5-14-2021 18:08:07	princyk1999@gmail.com	Princy K Pyloth	7356164016
106	5-14-2021 18:08:40	leayaben@gmail.com	Leaya Anna Bency	9446309869
107	5-14-2021 18:10:13	bhaskar.harsha08@gmail.com	Harsha	9740433821
108	5-14-2021 18:10:20	poonambhattad10@gmail.com	Poonam Bhattad	8618513900
109	5-14-2021 18:10:33	huzefajibran@gmail.com	Mohammed Huzefa Jibran	9182478923
110	5-14-2021 18:15:13	malavikasanthosh.p@gmail.com	Malavika Santhosh	07356325534
111	5-14-2021 18:16:57	vijiradha1232000@gmail.com	Vijayalakshmi R	9113033899
112	5-14-2021 18:17:01	kashmirapanicker@gmail.com	Kashmira Panicker	7619247327


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113	5-14-2021 18:18:32	pallavigowda1214@gmail.com	Pallavi D G	6363571594
114	5-14-2021 18:18:38	alochanakavya@gmail.com	Alochanakavya.S	8550891469
115	5-14-2021 18:18:47	sksanjana38@gmail.com	Sanjana S Kanguri	7259855076
116	5-14-2021 18:18:58	bhavanagowda575@gmail.com	Bhavana S	8431574051
117	5-14-2021 18:21:58	akshatha2154@gmail.com	Akshatha.S	9380513209
118	5-14-2021 18:22:00	anupamatsanthosh25@gmail.com	Anupama T Santhosh	9495196651
119	5-14-2021 18:22:14	afreenas091@gmail.com	Afreena.S	8943014961
120	5-14-2021 18:23:49	sfasiha19@gmail.com	Fasiha Sultana	6364336894
121	5-14-2021 18:25:48	sangharsh406@gmail.com	Sangharsh	9743580895
122	5-14-2021 18:27:08	satyavanigg@gmail.com	Satyavani G.	9589800979
123	5-14-2021 18:27:30	yashaswinirm26@gmail.com	Yashaswini R M	6362422956
124	5-14-2021 18:27:51	789banerjeeakansha@gmail.com	Akansha Banerjee	09007102849
125	5-14-2021 18:28:07	rushikeshshelke2141999@gmail.com	Rushikesh Shelke	08379944498
126	5-14-2021 18:28:07	aswiniprakash10@gmail.com	Aswini Prakash	8547907289
127	5-14-2021 18:28:40	varshithags2000@gmail.com	Varshitha. GS	9606714562
128	5-14-2021 18:30:23	jesnasebastian4804@gmail.com	Jesna Sebastian	9496599440
129	5-14-2021 18:30:23	patilparvati939@gmail.com	Parvati	8867653784
130	5-14-2021 18:30:49	sejalsuvarna0410@gmail.com	Sejal Suvarna	8655101042
131	5-14-2021 18:34:56	meerad296@gmail.com	Meera D	8904223099
132	5-14-2021 18:35:10	nirupamtalukdar123@gmail.com	Nirupam Talukdar	9101166054
133	5-14-2021 18:41:23	ananya2banerji4@gmail.com	Ananya Banerji	7022324760
134	5-14-2021 18:42:12	nandithanatraj66@gmail.com	Nanditha N	7899104049
135	5-14-2021 18:44:35	akhilaroyal.999@gmail.com	Akhila Royal	+449908869405
136	5-14-2021 18:46:10	akhileshbandi2002@gmail.com	Akilesh Bandi	9741752472
137	5-14-2021 18:47:12	janishpattani123@gmail.com	Muhammed Janish Kp	8848763051
138	5-14-2021 18:48:17	rakshu713@gmail.com	Rakshitha. S	8884615676
139	5-14-2021 18:49:40	poojiilakshmi2533@gmail.com	Pooja R	7022654531
140	5-14-2021 18:50:40	kabitaKhundrakpam85@gmail.com	Kabita Khundrakpam	7085923830
141	5-14-2021 18:51:01	tejasdoc2015@gmail.com	Tejas N	9743757595
142	5-14-2021 18:51:22	chandananamanju901@gmail.com	Chandana.M	8217431221
143	5-14-2021 18:52:23	dileepkrdileepkr@gmail.com	Dileep K R	8904560250
144	5-14-2021 18:52:31	mplavanya182@gmail.com	Lavanya Mallappa Parasannanavar	7972120250
145	5-14-2021 18:53:53	sumithgowda362@gmail.com	Rakshitha.M	9110671356
146	5-14-2021 18:55:45	vittaruchi123@gmail.com	Vitta Ruchitha	+919966703622
147	5-14-2021 18:59:46	harshithagm123@gmail.com	Harshitha GM	8296753189
148	5-14-2021 19:00:06	lavanyagowda341@gmail.com	Lavanya. N	9620963911
149	5-14-2021 19:05:11	shwetanaik@gmail.com	Shweta Naik	9481652065
150	5-14-2021 19:08:49	ajiththurthel07@gmail.com	Ajith Thomas	6238942737
151	5-14-2021 19:09:45	roodierahul@gmail.com	T.V.Rahul	9110203961
152	5-14-2021 19:16:20	salonimewara18@gmail.com	Saloni Mewara	9602213232
153	5-14-2021 19:18:18	mistu.197@gmail.com	Mistu Paul	7478465710
154	5-14-2021 19:27:48	deekshashetty553@gmail.com	Deeksha Shetty N H	8431495932
155	5-14-2021 19:30:52	janakidevi200024@gmail.com	Indukuri Janaki Devi	9381246067
156	5-14-2021 19:31:23	lspavani98@gmail.com	L Sudha Pavani	8710581894
157	5-14-2021 19:35:20	pavanreddyb1998@gmail.com	Pavan Shivareddy B	7975020649
158	5-14-2021 19:37:33	swekshya.sharma719@gmail.com	Swekshya Sharma	9108309481
159	5-14-2021 19:38:30	aradhnachouhan900@gmail.com	Aradhana Singh Chouhan	7828108162
160	5-14-2021 19:38:52	prajwal1818@gmail.com	Prajwal G S	9108859686
161	5-14-2021 19:39:59	druchita01@gmail.com	Ruchita Das	+918768392159



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162	5-14-2021 19:41:08	madhurima1998maddy@gmail.com	Madhurima Das	7980870432
163	5-14-2021 19:42:33	coolspriya7@gmail.com	Priyanka Dey	8759089077
164	5-14-2021 19:43:22	daniafatima312@gmail.com	Daniah Fatima	+966538847456
165	5-14-2021 19:43:36	dhrishyadevarajan1590@gmail.com	Dhrishya Devarajan	9778296739
166	5-14-2021 19:43:57	sneharamesh254@gmail.com	Sneha Ramesh	9108914309
167	5-14-2021 19:46:53	gayatriparwar798@gmail.com	Gayatri Pawar	7337747217
168	5-14-2021 19:48:29	ganavijagadish@gmail.com	Ganavi.J	9148220841
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170	5-14-2021 19:53:16	havra.ir52@gmail.com	Havra	8618721250
171	5-14-2021 19:54:47	aaniya22@gmail.com	Gayatri Pandey	7879023156
172	5-14-2021 19:55:21	varshugowda.b2002@gmail.com	Varshitha.B.Gowda	6363829806
173	5-14-2021 19:56:21	irinevarghese63@gmail.com	Irine Varghese	7025952374
174	5-14-2021 19:57:04	renuyadavyadav0184@gmail.com	Renu	09664418128
175	5-14-2021 19:58:42	gowdadarshan18@gmail.com	Darshan Gowda G M	8861162872
176	5-14-2021 19:59:08	mohammedijas05@gmail.com	Ijas K	8606345214
177	5-14-2021 19:59:16	vjanagan2001@gmail.com	Janagan V	6382230628
178	5-14-2021 19:59:17	mikdad0012@gmail.com	Mohammed Mikdad	7025462096
179	5-14-2021 20:01:38	sreesanjay2599@gmail.com	Sreelakshmi S	8086787335
180	5-14-2021 20:04:26	praneethas2001@gmail.com	Singamsetty.Praneetha	6303414510
181	5-14-2021 20:06:39	achuabhi746@gmail.com	Aravind Naik M G	8861961778
182	5-14-2021 20:10:26	nsdancer99@gmail.com	Nandhana S	09633041090
183	5-14-2021 20:17:53	binishamol329@gmail.com	Binisha Mol V	9048457678
184	5-14-2021 20:22:15	ganeshgowda211@gmail.com	Shriganeshgowda V	7406824493
185	5-14-2021 20:24:31	jemy2798@gmail.com	Jemy Ratna Jovita	8151862683
186	5-14-2021 20:29:52	prateeksha2000@gmail.com	Prateeksha	09964487041
187	5-14-2021 20:30:13	eldhosewilson049@gmail.com	Eldhose Wilson	7907092679
188	5-14-2021 20:35:04	km951310@gmail.com	Kusuma M	9686867917
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192	5-14-2021 20:50:38	vadethymaheswari@gmail.com	Vadathy Maheswari	9989157941
193	5-14-2021 20:54:23	tejaaswini294@gmail.com	Tejaswini.S	9620010867
194	5-14-2021 21:15:11	nmj5214@gmail.com	Nishanth M	8970624469
195	5-14-2021 21:16:05	porneswarnarzary2@gmail.com	Porneswar Narzary	9954847339
196	5-14-2021 21:16:32	sushmaravi461@gmail.com	Sushma B R	6363715039
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198	5-14-2021 21:18:08	sajikavya004@gmail.com	Kavya K Saji	7306469631
199	5-14-2021 21:20:33	jcsajinsabu@gmail.com	Ajin Sabu	9567715421
200	5-14-2021 21:21:13	shomincsaji@gmail.com	Shomin C Saji	6383870492
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203	5-14-2021 21:26:48	harshithatr172@gmail.com	Harshitha T R	9008410234
204	5-14-2021 21:28:37	liyaabeyc@gmail.com	Liya Abey	7306142580
205	5-14-2021 21:29:18	don19joseph@gmail.com	Don Jose	6282611748
206	5-14-2021 21:31:33	shilnakuriyakose85@gmail.com	Shilna Kuriyakose	7010876348
207	5-14-2021 21:31:58	udaykrishna7259@gmail.com	Uday Krishna	7996587343
208	5-14-2021 21:33:45	rushithareddy93470@gmail.com	Chilukuri.Rushitha Reddy	8309934022
209	5-14-2021 21:35:49	shruthivenkatesh0420@gmail.com	Shruthi V	6362776876
210	5-14-2021 21:36:15	akshaysimha645@gmail.com	Akshay Simha N	9972599590



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211	5-14-2021 21:40:54	amruthharshan@gmail.com	Amruth Harshan	9713090787
212	5-14-2021 21:47:43	bharathsreenivass3@gmail.com	Srinivas L	07022001703
213	5-14-2021 21:48:16	harishmp586@gmail.com	Harish Prasanna	8904695992
214	5-14-2021 21:49:35	akashvinod101@gmail.com	Akash Vinod	8078072031
215	5-14-2021 21:50:40	aishyash2002@gmail.com	Aishwarya.G.T	9353996245
216	5-14-2021 21:52:15	sharyushivankar@gmail.com	Sharyu Shivankar	7020096471
217	5-14-2021 21:53:38	mahendrakumarmahi2002@gmail.com	Mahendra Kumar	7483339088
218	5-14-2021 21:55:51	shashankgowdagowdru46@gmail.com	Shashank K V	7829932488
219	5-14-2021 22:04:49	saikumarmaidu457@gmail.com	Rasineni Sai Kumar Naidu	8106119151
220	5-14-2021 22:05:21	usharani.yedula1999@gmail.com	Yedula Usharani	7981489577
221	5-14-2021 22:05:28	himasnair9@gmail.com	Hima S Nair	8848311200
222	5-14-2021 22:06:54	annmaryantonyp@gmail.com	Annmary Antony	9025003442
223	5-14-2021 22:07:21	dilnasibi@gmail.com	Dilna Sibi	9345491083
224	5-14-2021 22:10:03	sjbhakthigowdabakku@gmail.com	Bhakthi S J	9353631863
225	5-14-2021 22:16:52	ashuashwini7676@gmail.com	Ashwini J	7676988671
226	5-14-2021 22:19:11	bhyravigowda91.2@gmail.com	Bhyravi	9108880916
227	5-14-2021 22:19:41	giftysamuel99@gmail.com	Gifty Samuel	7510228085
228	5-14-2021 22:21:04	akhilakurian98@gmail.com	Akhila Kurian	7738308871
229	5-14-2021 22:35:14	gangahavle2001@gmail.com	Ganga H	09380619586
230	5-14-2021 22:35:25	sudivinaykumar123@gmail.com	Sudi Vinay Kumar	6305250868
231	5-14-2021 22:39:41	binoylias600@gmail.com	Binoy Mp	8129036243
232	5-14-2021 22:43:30	harsha hc.hsn@gmail.com	Harsha HC	9535161228
233	5-14-2021 22:49:42	britokb7@gmail.com	Brito Kurian Babu	09497741782
234	5-14-2021 22:57:23	soumya.murthy13@gmail.com	Soumya Murthy	+918788030908
235	5-14-2021 23:06:19	gummadiakhila1998@gmail.com	Gummadi. Akhila	9441877530
236	5-14-2021 23:14:48	arunimav960@gmail.com	Arunima Vinod	7306594223
237	5-15-2021 0:03:48	wdhanapatidevi@gmail.com	Waikhom Dhanapati Devi	7982808880
238	5-15-2021 0:51:46	aishwaryaravi006@gmail.com	Aishwarya R	7338451963
239	5-15-2021 1:20:02	chandanan10022000@gmail.com	Chandana.N	8618358808
240	5-15-2021 1:32:31	danyeldo9586@gmail.com	Dany Eldho	8129894047
241	5-15-2021 1:33:15	safapathan1@gmail.com	Safa Pathan	8780778140
242	5-15-2021 5:14:34	likitha16.ips@gamil.com	Likitha. N	9663394653
243	5-15-2021 6:42:26	arjunagarjun254@gmail.com	Nagarjuna N	6363759858
244	5-15-2021 7:17:43	srideviyalla2001@gmail.com	Yalla Poojitha	08688133765
245	5-15-2021 7:30:46	harshamadhavimadhu@gmail.com	Harshamadhavi	6303001973
246	5-15-2021 7:35:05	rajulusrlm@gmail.com	K.Rajeswari	6304039290
247	5-15-2021 7:40:24	sumabai369@gmail.com	Suma Bai	+918884552117
248	5-15-2021 7:49:59	lisharockz13@gmail.com	C.B. Lisha	9353026433
249	5-15-2021 7:54:53	ranjinihombale608@gmail.com	Ranjini S Hombale	8431959891
250	5-15-2021 7:56:41	nitheeshkps246@gmail.com	Nidheesh Kumar P S	9746733138
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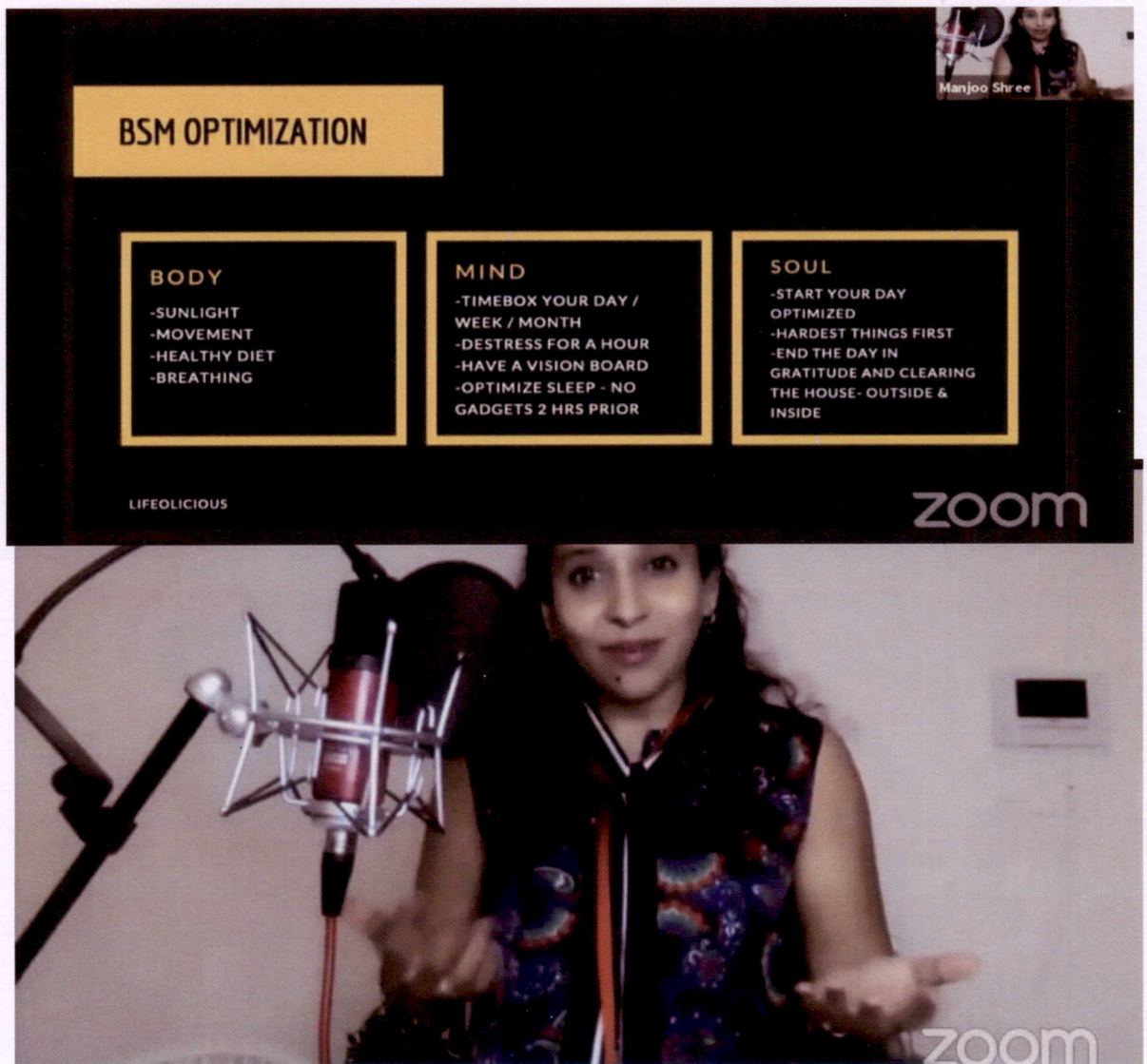


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Photo gallery: Its Life Renovation Program

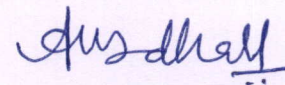


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Program Summary

The “Life Renovation” program was organized by Padmashree Institute of Management and Sciences to address the emotional distress experienced by students during the COVID-19 pandemic. The speaker, Mrs. Manjooshree, provided valuable insights about strategies like BSM (Body Mind Soul) optimization for coping up with stress, anxiety, and depression caused by the pandemic's social and economic consequences, uncertainty about college education and post-college careers. Students were also given an opportunity to have an interactive session.




Mrs. Manjooshree also addressed the student concerns and provided practical solutions to their problems. Overall, the Life Renovation Program was a success, providing a platform for students to address their emotional concerns during the pandemic and offering valuable insights into managing life during COVID-19.




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INTERNATIONAL YOGA DAY 2021

ORGANISED BY
PADMASHREE GROUP of INSTITUTIONS

ON 21 ST JUNE 2021 @ 6:30 AM



When you perform yoga,
you establish a connect between
your body and mind and become
more aware of yourself.

Happy Yoga Day

Session 1 - 6:30 to 7:30 am
FOREWORD
Dr. Ashwath Narayan
Hon'ble DCM, Minister of Higher education,
IT & BT, S&T, Skill Development, Entrepreneurship
and Livelihood, Government of Karnataka



YOGA & STRESS MANAGEMENT


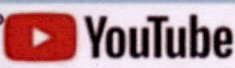
Ms. Sudha Rao Founder of Yoganjali, School of yoga for the body and mind, USA	Dr Savitha Kadakol Hematology, Medical Oncologist, Rochester hills, USA
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Break time 7:30 to 9:00am

Session 2 - 9:00 to 10:00am
YOGA DEMONSTRATION
Dr. Vedamurthachar
Yoga teacher, Art of Living, Bangalore

JOIN US ON



**For E-Certificates
register here**

website: www.PADMASHREE.ORG / www.pims.org.in

WEBINAR: INTERNATIONAL YOGA DAY 2021




Organized by Padmashree Institute of Management and Sciences, Bangalore

Date	21-06-2021
Time	06:30 – 10:00 AM
No of Participants	323
Online platform	ZOOM & YouTube live stream, https://youtu.be/FNjjOcpKbxU , https://youtu.be/iJToYW4hbnE

Program schedule

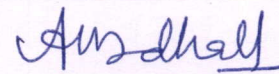
Time	Particulars	Speaker
6:30AM	Presidential remarks	Dr. Ashwanth Narayan
7:00 AM	Yoga and stress management	Ms. Sudha Roa
7:30 AM	Yoga and stress management	Dr. Savitha Kadakole
9:00 AM	Yoga demonstration	Dr. Vedamurthachar

Resource person/s

	<p>Name: Ms. Sudha Rao, Designation: Chairman, Founder of Yoganjali, Affiliation: School of Yoga for the body and Mind, USA Phone no: +1 (248) 670-5938</p>
	<p>Name: Dr. Savitha Kadakole, Designation: Independent Medical Practice Professional, USA Phone no: 810 9374 8027 Experience: 22 years</p>
	<p>Name: Dr. Vedamurthachar, Designation: Yoga teacher, Affiliation: Art of Living Phone no: +91 98450 30340</p>

Participants list

S. No.	Timestamp	Email address	Full Name	Mobile Number
1	6-19-2021 15:22:48	bhavanagowda575@gmail.com	Bhavana S	8431573051
2	6-19-2021 15:43:45	aishwaryaravi006@gmail.com	Aishwarya R	7338451963
3	6-19-2021 15:44:41	learninglifeuniquely@gmail.com	Sanjana A S	8861587382
4	6-19-2021 15:59:40	goswamishalini53@gmail.com	Shalini Goswami	9674775706
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7	6-19-2021 17:37:24	geethashree175@gmail.com	Geethashree S	7829226363
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9	6-19-2021 18:59:18	riyasingh99045@gmail.com	Riya Singh	9667480742
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13	6-19-2021 20:20:56	dineshseervi78744@gmail.com	Dinesh Seervi	9799153515
14	6-19-2021 20:31:59	ritikapalhl123@gmail.com	Ritika Pal	7364012023
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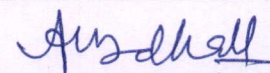
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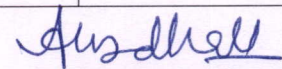
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116	6-20-2021 22:36:51	drnivedithayadav@gmail.com	Niveditha Yadav P	6360106528
117	6-20-2021 22:37:02	preethipreetu2728@gmail.com	Preethi	9538211050
118	6-20-2021 22:37:31	sindhujabhaduri83@gmail.com	Sindhuja Bhaduri.	9.17866E+11
119	6-20-2021 22:37:57	charanchinnu311@gmail.com	Charan V	8792788338
120	6-20-2021 22:38:50	christinajosphin@gmail.com	Deekshith.J.C	9945237439
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124	6-20-2021 22:42:27	krishnamurthyv2001@gmail.com	Krishan Murthy V	990140770
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130	6-20-2021 22:46:29	marshadinesh75@gmail.com	Marsha Moses.D	6366581477
131	6-20-2021 22:48:05	sushmasumi9916@gmail.com	Sushma P	8197928739
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137	6-20-2021 22:52:44	preranam2903@gmail.com	Prerana M	9108987748
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139	6-20-2021 22:54:12	sk0098808@gmail.com	Supriya K	8660317742
140	6-20-2021 22:55:17	zakiabujamal@gmail.com	Zaki J I Abueida	09901192736
141	6-20-2021 22:55:59	kalakyasapura9990@gmail.com	Kalavathi K P	9980711260
142	6-20-2021 22:57:47	cleenatom@gmail.com	Cleena Tom	8281955788
143	6-20-2021 23:05:11	alimohdsaburi@gmail.com	Ali Mohd	8197818971
144	6-20-2021 23:05:30	bhuvanaram2399@gmail.com	Bhuvanewari Ramakrishna	9786913915
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146	6-20-2021 23:13:27	sushmithaag149@gmail.com	Sushmitha A G	7022700688



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147	6-20-2021 23:13:38	satyam1999sonu@gmail.com	Satyam Kumar	9741984021
148	6-20-2021 23:20:19	anushabista14@gmail.com	Anusha Bista	+9779863782620
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155	6-20-2021 23:38:28	chaithran2012@gmail.com	Chaithra.N	9206161067
156	6-20-2021 23:40:05	divyaverma4451@gmail.com	Divya Verma	9324561377
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162	6-21-2021 0:12:44	sriyasri15@gmail.com	Sriya Sri	7093850070
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166	6-21-2021 0:34:55	shobhi266@gmail.com	Shobhika CG	7349212550
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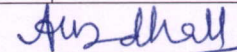


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205	6-21-2021 6:37:45	ankitachopade.ac@gmail.com	Ankita Bharat Chopade	7066092089
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213	6-21-2021 6:48:57	ambikabai12345@gmail.com	Ambika Bai K	9148269032
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232	6-21-2021 7:17:46	jesnasebastian4804@gmail.com	Jesna Sebastian	9496599440
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236	6-21-2021 7:30:42	deepurishi0118@gmail.com	Deepika Singh	08850314283
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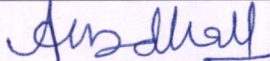


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318	6-21-2021 11:48:30	chandanmr03@gmail.com	Chandan M R	8904950983
319	6-21-2021 12:10:57	jyotigupta7718@gmail.com	Jyoti Gupta	7977530072
320	6-21-2021 12:27:33	malikmohsin84092@gmail.com	Mohsin Malik	6005359979
321	6-21-2021 12:39:23	priscilagoodwill@gmail.com	Dr. Priscila J C J	9845611290
322	6-28-2021 9:33:34	sauphr@gmail.com	Dr. Avinash	8375856747
323	8-2-2021 17:23:30	murmuujjwal18886@gmail.com	Ujjwal Murmu	+919334918783

Program summary

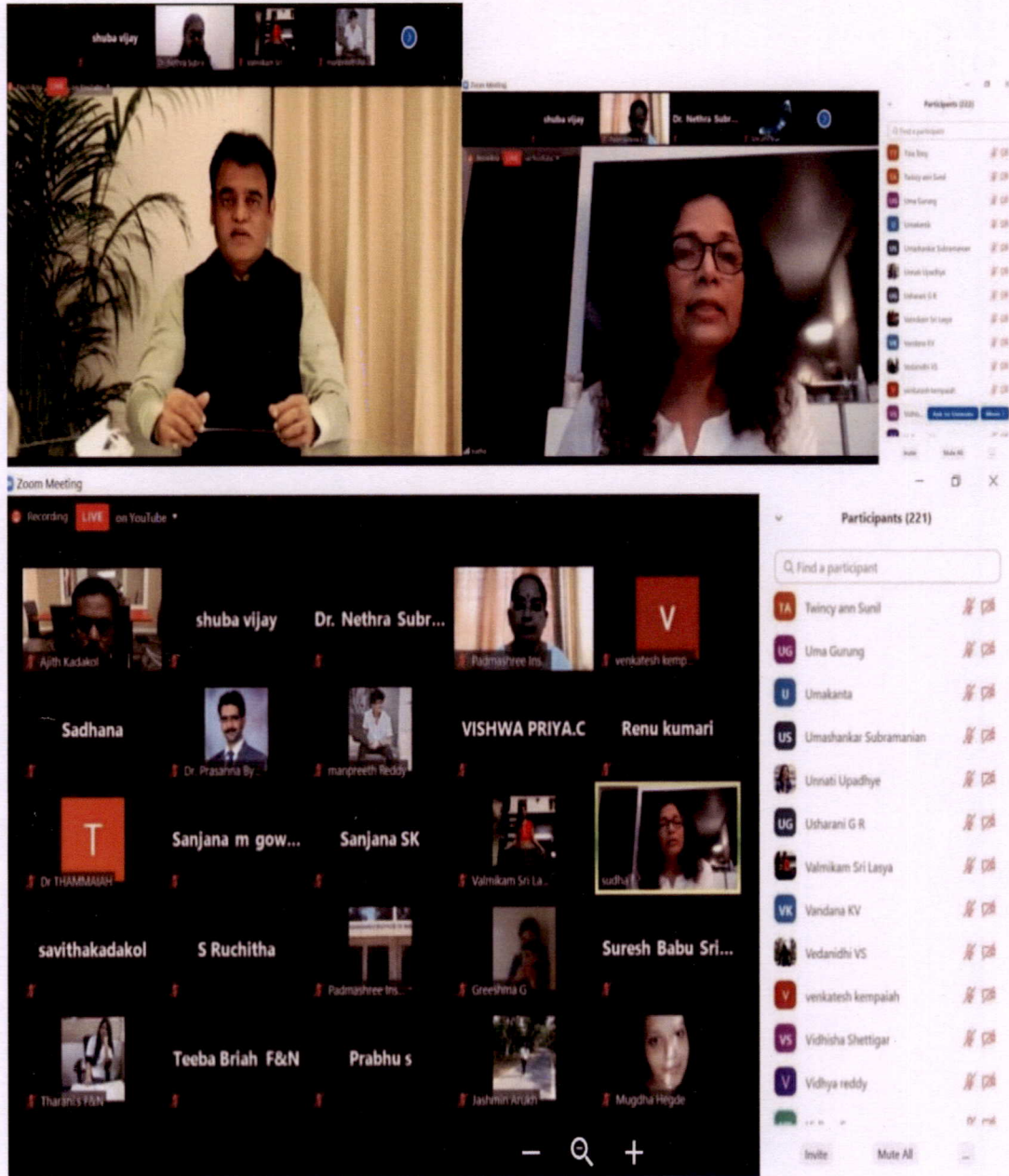
International Yoga Day was organized for students to create awareness about the importance of practicing yoga and understanding the benefits of yoga for physical and mental health. Improved participation in yoga and other physical activities, increases community engagement, and promotion of a healthier lifestyle. The program also included basic yoga asanas demonstration, that can be practiced on daily basis for better health.



Anuradha M

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Photo gallery: International Yoga Day 2021




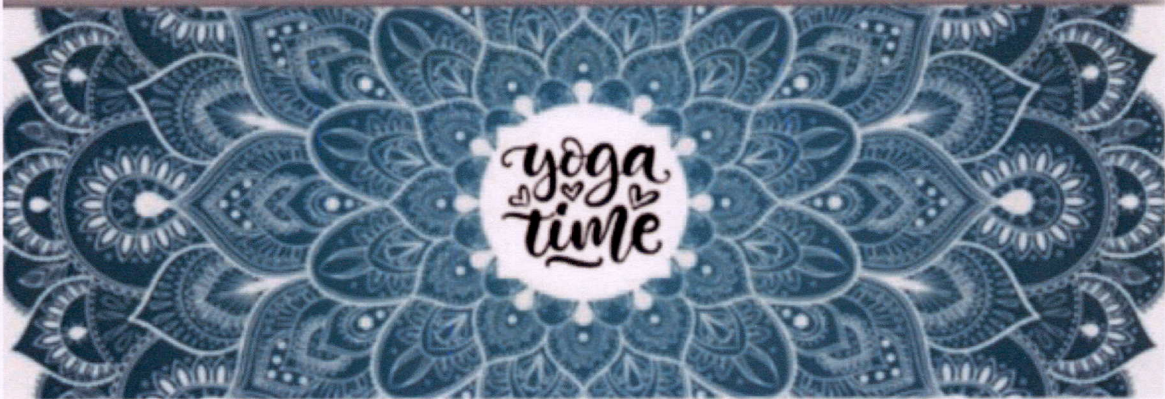
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Principal
Padmashree Institute of
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YOGA FOR MIND AND BODY
International Workshop




Organised by  Sponsored by 

 **6 PM - 07 PM | 26 - 30 TH JUNE, 2021**



Five Dayl workshop focused on
Strengthening Mind and body

 **Ms. Sudha Rao**
Founder of Yoganjali,
School of yoga for the body and Mind,
USA

website: www.pims.org.in

WEBINAR: YOGA FOR MIND AND BODY

Sponsored by Rishi Foundation. Organized by
 Padmashree Institute of Management and Sciences, Bangalore

Life Skills	
Date	26- 06-2021 to 30-06-2021 at 6.00-7.00 PM
Speaker	Ms. Sudha Rao
No of Participants	51
Online Platform	Zoom and YouTube live stream https://youtu.be/Szh_ticJwGY , https://youtu.be/43Sj_U_mf-I , https://youtu.be/1DqeK0q8EmU

Resource person/s

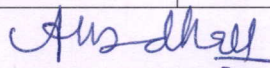


Name: Ms. Sudha Rao,
 Designation & Affiliation: Founder of Yoganjali, Chairman and Spiritual
 Founder of Yoga Bharati
 Phone no: +1 (248) 670-5938

Participants list

S. No.	Timestamp	Email address	Full Name	Mobile Number
1	6-23-2021 16:46:12	meikammei60@gmail.com	Kamei Lanshiengaimei	7005909712
2	6-23-2021 16:58:02	sakshikiran@gmail.com	Sakshi Kiran Kulkarni	9741580298
3	6-23-2021 17:08:01	bhumikashekar23@gmail.com	Bhumika N C	7975497409
4	6-23-2021 17:15:54	rajhapriya24@gmail.com	Rajha Priya A.	8056712810
5	6-23-2021 17:17:41	pavithra22.chandra@gmail.com	Pavithra.M	6360137571
6	6-23-2021 17:18:03	swathipriyanka1307@gmail.com	Swathi.M	7204507651
7	6-23-2021 17:24:09	susmithareddy234@gmail.com	R Susmitha	7989250785
8	6-23-2021 17:26:06	harshitha01mm@gmail.com	Harshitha Mahesh Mudaliar	9535290387
9	6-23-2021 17:26:37	jagnyeswarirout36111@gmail.com	Kumari Jagnyeswari Rout	7978572662
10	6-23-2021 17:27:20	muskaanbadgaiyan@gmail.com	Muskaan Badgaiyan	8817835197
11	6-23-2021 17:27:52	ananya2banerji4@gmail.com	Ananya Banerji	7022324760
12	6-23-2021 17:31:59	chavanmanoj2001@gmail.com	Manoj A S	8310502561
13	6-23-2021 17:33:30	varshakunco lienkar1@gmail.com	Varsha Rama Kuncolienkar	9145529802
14	6-23-2021 17:37:15	hari priyara legankar@gmail.com	Hari priya Ralegankar	9004600169
15	6-23-2021 17:39:57	abhicm8970@gmail.com	Abhishek Cm	8749075787
16	6-23-2021 17:41:43	shaiknaseema116@gmail.com	Shaik Naseema	8197554202
17	6-23-2021 17:44:31	goswamishalini53@gmail.com	Shalini Goswami	9674775706
18	6-23-2021 17:45:57	ajithprabhaarivanand25@gmail.com	Ajith A	7306954855
19	6-23-2021 18:05:34	anushabs575@gmail.com	Anusha BS	7338311424
20	6-23-2021 18:10:33	apamamukesh23@gmail.com	Aparna Kashyap	07061696458




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21	6-23-2021 18:16:53	harshithaganghat06@gmail.com	Harshitha Ganghat	9480330243
22	6-23-2021 18:17:09	ramtanurss345@gmail.com	Ramtanu Satapathi	8016475128
23	6-23-2021 18:30:47	salonimewara18@gmail.com	Saloni Mewara	9602213232
24	6-23-2021 18:37:44	learninglifeuniquely@gmail.com	Sanjana A S	8861587382
25	6-23-2021 19:12:12	p.madhulikha1997@gmail.com	Madhulikha Pullarevu	+918374710796
26	6-23-2021 19:22:25	manasadevrajmanu@gmail.com	Manasa D	7899347074
27	6-23-2021 19:23:52	shalinitelkar15@gmail.com	Shalini B Telkar	7892727745
28	6-23-2021 19:26:59	gourishree44@gmail.com	Shree Gouri	7259254389
29	6-23-2021 19:34:23	kshitijasangave15@gmail.com	Kshitij Ashish Sangave	7397864139
30	6-23-2021 19:35:13	deekshashetty553@gmail.com	Deeksha Shetty N H	8431495932
31	6-23-2021 19:39:08	aishwaryaravi006@gmail.com	Aishwarya R	7338451963
32	6-23-2021 19:51:33	aaniya22@gmail.com	Gayatri Pandey	7879023156
33	6-23-2021 19:52:26	salinisaha.98@gmail.com	Salini Saha	8910904136
34	6-23-2021 20:06:29	aditigavali22@gmail.com	Aditi Bhausaheb Gawali	8698131969
35	6-23-2021 20:30:12	yashaswinisv1998@gmail.com	Yashaswini SV	6366325815
36	6-23-2021 20:31:33	udaysj194@gmail.com	Uday S J	8152022432
37	6-23-2021 20:46:07	shaikaiesha0006@gmail.com	Shaik.Aiesha	7981979294
38	6-23-2021 20:58:10	nitheeshkps246@gmail.com	Nidheesh Kumar P S	9746733138
39	6-23-2021 21:06:36	sanjugowda19995@gmail.com	Sanjana M	8310272546
40	6-23-2021 21:33:45	sahithyapotlapelli654@gmail.com	Sahithya	9502968537
41	6-24-2021 0:50:14	ritikarani19362@gmail.com	Ritika Rani	9166894216
42	6-24-2021 6:13:14	annapoomahari17@gmail.com	Annapurna B H	8951921316
43	6-24-2021 8:16:33	durveshdahibhate08@gmail.com	Durvesh Dahibhate	6360608983
44	6-24-2021 9:10:42	vasanthpriya570@gmail.com	M.Vasanthpriya	6383791813
45	6-24-2021 11:18:24	deepakguru227@gmail.com	Deepak B S	8296909677
46	6-24-2021 12:53:11	km951310@gmail.com	Kusuma M	9686867917
47	6-24-2021 18:06:55	yavanika2002@gmail.com	Yavanika S	8861221533
48	6-24-2021 21:09:57	sneharamesh254@gmail.com	Sneha Ramesh	9108914309
49	6-25-2021 23:03:13	vidhishashettigar123@gmail.com	Vidhisha Ramesh Shettigar	8087107321
50	7-17-2021 13:03:59	shwethakrishnamurthy720@gmail.com	Shwetha K	7204542227
51	11-21-2022 21:23:26	ramlaismail1999@gmail.com	Ramla	7996292013

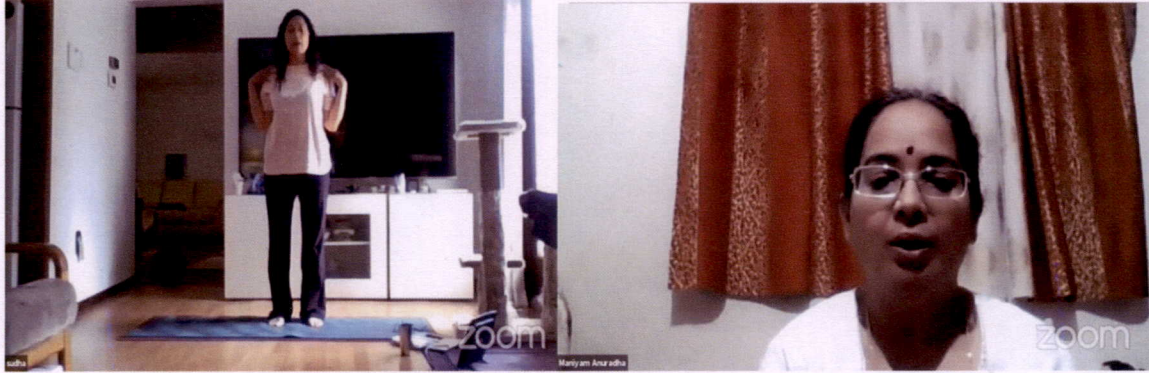
Program Summary

Padmashree Institute of Management and Sciences, conducted a webinar on yoga for the body and mind from June 26 to June 30, 2021, from 6:00-7:00 PM. The focus of the webinar was to create awareness about benefits of yoga for both physical and mental health. Ms. Sudha Rao, the founder of Yoganjali School of Yoga taught participants various yoga postures and breathing techniques that help reduce stress and promote relaxation. The webinar also covered the importance of mindfulness and meditation in improving mental well-being. Overall, the program aimed to provide participants with a better understanding of how yoga can help them achieve balance and wellness in their daily lives.



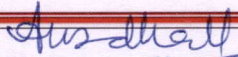
Anuradha M
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 Principal
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Photo Gallery: Yoga for Mind and Body



Certificate:




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Principal
Padmashree Institute of
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yoga is the journey of the self, through the self to the self. -Bagavad Geetha



DR. MALLIKARJUNA
Specialist Wellness
Lifestyle Management

Yoga shines the light of awareness to the darkest corners of the body



SHRI. T. K NARAYANAPPA
Managing Trustee
PGI, Bengaluru

Yoga For Humanity



21 ST JUNE

ORGANISED BY



IN ASSOCIATION WITH



21st JUNE 2022
@ 10:00 AM




website: www.pims.org.in

Program Schedule

- Welcome
- Invocation
- Guest talk
- Yoga Demonstratiom
- Yoga Nritya Sangama
- Complex yoga
- Vote of Thanks

See you there with the yoga mat
Venue: Padmashree Campus

YOGA FOR HUMANITY- INTERNATIONAL YOGA DAY

In collaboration with Yoga Parijnanapratishthana Poornayu Ayurveda Centre and Vibhu Foundation,
Bangalore

Date:	21-06-2022
Time:	10:00 AM – 12:00 PM
No of participants:	130

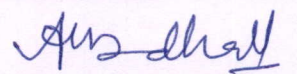
Program Schedule

Time	Particulars	Speaker
10:00AM-10:05 AM	Presidential remarks	Shri T.K. Narayanappa
10:05 AM-10:20 AM	Lifestyle Management	Dr. Mallikarjun
10:20 AM-10:40 AM	Yoga and Wellness	Mr. Prema krishnan
10:40 AM-12:00 PM	Yoga performance, Yoga Nritya Sangama	

Participants list

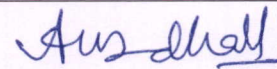
S. No.	Students Name	S. No.	Students Name
1	Anusha B S	66	Aneesha Paul
2	Anusha K	67	Atchara R
3	Anusha S	68	Avinash V Nath
4	Bharath Kumar L	69	Cronia Panja
5	Boyapati Renuka	70	Divya K
6	Chandhana D C	71	Gowthami E D
7	Chethan Gowda H N	72	J Priya Varshini
8	Devika H R	73	Kavala Sai Durga
9	Harsha K M	74	Kuncolienkar Varsha Rama
10	Kalpana R	75	Malatesh Shiroor
11	Kavyashri Gurunath Shet	76	Manasa Mithra H
12	Darshana Kotharkar Vijay	77	Mattam Bharatheesh
13	Maithra B Raj	78	Mishra Apeksha Sunil
14	Manasa D	79	Pramita Nayak
15	Mubeen Taj	80	Priya Dey
16	Soumya Prabhakar Murthy	81	Pullaravi Madhulikha




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17	N. Nandhini Nagarajan	82	Ramesh D
18	Lekshmi Uday Nair	83	Sahana P
19	Navya Lakshmi N H	84	Sanjana A S
20	Pathipati Harika	85	Sanjana M
21	Pooja P	86	Shree Gouri
22	Priyanka E	87	Supriya K
23	Rajshree Panda	88	Teebabriah M
24	Ramya M	89	Tharini S
25	Rasineni Sai Kumar Naidu	90	Banashree G
26	S Ruchitha	91	Gayatri Pawar
27	Shilpa N H	92	Gonte Anil Balasaeb
28	Sreelakshmin B Nath	93	Haripriya Ralegankar
29	Udayaravi	94	Janani S
30	Varun Kumar Y N	95	Kavya D
31	Vishwa Priya C	96	L Priyanka
32	Akshitha P	97	Meera D
33	Anjana Rajeevan	98	Prabhu S
34	Bathini Bharathi	99	Prateeksha
35	Bhavana Bichanna	100	R Mahesh
36	Chandrika S	101	Rajha Priya A
37	Cleena Tom	102	Sangharsh R
38	Disha J	103	Shelke Rushikesh Dattatraya
39	Divyadharshini M	104	Shruthi V
40	Fouzia Sultana	105	Sundhuja H D
41	Gladys Moirangthem	106	Swathi M
42	Imlijungla Jamir	107	Swathi M
43	Kaku Venkata Vandana	108	Tejas N
44	Karandeep Kaur	109	M Vasanthpriya
45	Kavana S	110	Vedanidhi Venkatesh Sulebhavi
46	Khaurrath Ul Ain	111	Alochana Kavya S
47	Koyel Thakur	112	Anjali R J
48	Languichunglu Kamei	113	Bommireddy Sai Sreeja
49	Mamatha K S	114	Dileep K R
50	Mulakatte Greeshma Ramalingaiah	115	Gollamuri Subramanyam Yamini
51	Parinitha R Nanda	116	Harsha B
52	Patil Jayashree Ananda	117	Kalavathi K P
53	Prasanna Pradhan	118	Kavya T T
54	R Susmitha	119	Marsha Moses D
55	Ramla	120	Maruthi Raj V
56	Reema Singh	121	Megha M
57	Reshma Pebam	122	Pasupala Ajay Kumar
58	Ritika Rajpurohit	123	Pavan Shiva Reddy


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59	Sadaf Banu Sajeed Bhathara	124	Prajwal G S
60	Sadiya Zaiba Fathima	125	Praveena
61	Salini Saha	126	Pushpa T D
62	Shravani R Raikar	127	Rajashree Gogoi
63	Yashaswini S V	128	Sanjana N
64	Yeddula Keerthana	129	Tejaswini S
65	Akshay Simha N	130	Vijaya Lakshmi R

Program Summary

Dr. Mallikarjun, addressed about the health benefits of yoga emphasising on the practice of asanas to manage stress and anxiety. He also mentioned that yoga teaches individual to cultivate qualities such as compassion, empathy, interconnectedness to promote greater understanding and cooperation among individuals and communities.

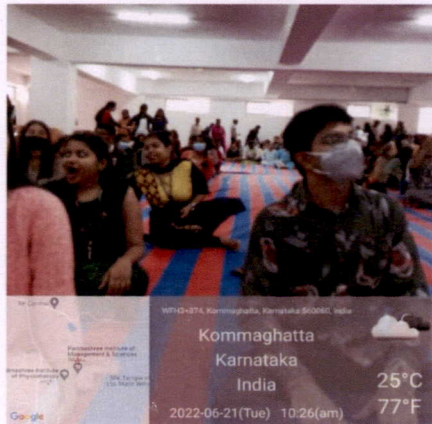
Mr. Premakrishnan, emphasized on the role of yoga in physical and mental well-being. He gave insight about different yogic postures (Tadasana, Trikonasana, Bhujangasana, Matsyasana and Setu Bandhasana) and breathing exercises (Kapabhati, Bhastrika) that plays a key role to improve physical health and mental well-being.



Anuradha M

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Photo Gallery: Yoga for Humanity



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