



RASHITREYA SIKSHANA SAMITHI TRUST

RV INSTITUTE OF MANAGEMENT

CA 17, 26 Main, 36th Cross, 4th T Block, Jayanagar
Bengaluru, Karnataka 560 041



International Conference on Holistic Approach of Yoga for Women's Wellness
Mahila Yoga Mela
Organized by RVIM, Bengaluru
In Collaboration
with
Indian Yoga Association
Bengaluru

Date: 17 th March 2024	Venue: RV Institute of Management, Bengaluru
Time: 09:30 am to 05:00 pm	Event : International Conference on Holistic Approach of Yoga for Women's Wellness
No. of Participants: 107	Event Coordinator: Asst. Professor Ankita Shrivastava

Objectives:

- To promote holistic wellness for women through yoga, emphasizing physical, mental, and emotional health.
- To highlight the cultural and therapeutic integration of yoga with fine arts for mental well-being.
- To foster community engagement and recognize impactful contributions to yoga and social work
- To encourage mindful living and resilience through sessions on nutrition, aging, and laughter yoga

The flow of the Event

- **Morning Sessions:** Inaugural ceremony led by distinguished guests, followed by a keynote address and expert-led discussions on yoga's role in women's health, mindful aging, and nutrition
- **Afternoon Sessions:** Interactive yoga workshops, a laughter yoga session, cultural presentations integrating fine arts and yoga, and the award ceremony honoring contributions to yoga and social work.

Outcome Achieved:

The International Conference on "Holistic Approach of Yoga for Women's Wellness" will take place on Sunday, March 17, 2024, at RV Institute of Management, Bengaluru. The event features prominent speakers discussing various aspects of yoga, including its benefits for women's health, mindful aging, nutrition, and the integration of fine arts with yoga. The conference also includes award ceremonies recognizing contributions to yoga and social work.

Highlights -

1. Date & Venue: March 17, 2024, at RV Institute of Management, Bengaluru.
2. Inaugural Session: Led by Pujya Yatiswari Ramapriya Mataji and notable speakers.

3. Keynote Address: Dr. Vijayalakshmi Balekundri emphasizes healthy mothers for a wealthy nation.
4. Yoga Sessions: Focus on women's wellness, mindful aging, and nutrition.
5. Laughter Yoga: Practical session on happiness and health.
6. Award Ceremony: Yoga Lakshmi Puraskara honors contributors to yoga.
7. Cultural Integration: Sessions on music therapy and aesthetic dance for mental health.

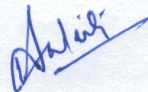
Key Insights -

1. Empowerment through Yoga: The conference highlights yoga as a transformative tool for women's wellness, emphasizing its relevance in addressing modern health issues.
2. Holistic Health Approach: Integrating physical, mental, and emotional well-being through yoga and nutrition showcases a comprehensive method to achieve wellness.
3. Community Engagement: The event encourages community participation and recognizes those who have made significant contributions to yoga and society, fostering a sense of belonging.
4. Mindful Living: Sessions on mindful aging and laughter yoga promote mental resilience, showcasing the psychological benefits of yoga practices.
5. Cultural Significance: The integration of art forms like music and dance with yoga emphasizes the cultural richness of yoga and its holistic benefits.
6. Recognition of Excellence: The Yoga Lakshmi Puraskara honors individuals making impactful contributions in yoga, inspiring future practitioners and teachers.
7. Diversity of Practices: The conference reflects a diverse array of yoga practices, from scientific approaches to traditional methods, promoting a well-rounded understanding of yoga.

Feedback & Coordinator Comment:

The resource people at the International Conference on Holistic Approach of Yoga for Women's Wellness expressed positive feedback regarding the event's organization and the enthusiastic participation of attendees. They appreciated the platform provided for sharing their expertise and engaging in meaningful discussions on the therapeutic potential of yoga. The experts highlighted the value of integrating traditional yogic practices with modern medical knowledge, and many expressed a desire for continued collaboration in future research initiatives.

Event Coordinators



Prof. Ankita Shrivastava



Director

Annexure 1	Mail communication
Annexure 2	Brief profile of the speaker
Annexure 3	Attendees list
Annexure 4	Photo Gallery

RV Institute of Management
Indian Yoga Association
Adhyatma Yoga
AYUSH TV

**MAHILA VIBHAG - WOMEN'S CELL, KriYA
ADHYATMA YOGA ACADEMY, Bengaluru
RV INSTITUTE OF MANAGEMENT, Bengaluru**

Jointly Invites you for

लक्ष्मी पुरस्कार लक्ष्मी
INTERNATIONAL CONFERENCE on
**"Holistic Approach of Yoga
for Women's Wellness"**

on account of
International Women's Day

Venue :
RV Institute of Management
4th T Block East, Jayanagara 9th Block,
Bengaluru - 560041

Scientific & Thoughtful
Presentations by Globally
renowned experts

Yogalakshmi Puraskara to
Women contributors in the
field of Yoga
and a lot more...

Registration Fee ₹ 650/-
₹ 499/- Discounted tariff for
Members of IYA

Registration includes : Kit bag, Lunch,
Refreshments, Gifts & Certificate

Scan for Register

Sunday
17th March
2024
9:30AM - 5PM

Who can participate:
Yoga Teachers,
Medical & Wellness
Professionals,
Counsellors,
Dietitians & students
(Entry only for Women)

+91- 9900450407
www.adhyatmayoga.net



RV Institute of
Management



❖ yoganushasanam ❖



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INTERNATIONAL CONFERENCE on

"Holistic Approach of Yoga for Women's Wellness"

Sunday
17th March
2024
9:30AM - 5PM

on account of International Women's Day



SPIRITUAL SUTRAS FOR SUCCESSFUL STREE

Poojya Mataji Vivekamayi
President Sri Bhavatanini Ashrama,
Bengaluru

VEDIC WELLNESS FOR WOW WOMEN

Dr P Brahmaramba Maheshwari
Vedic Scholar & International Priestess
Mysore



HEARTFUL MOTHERS FOR HEALTHY KIDS

Dr Vijayalakshmi Balekundri
Professor Emeritus, Former HOD, Pediatrics, Cardiology,
Dr Jayashrinivas of Cardiovascular Sciences & Research,
Bengaluru

SCIENTIFIC PRANAYAMA

Dr Devaki Madhav
Psychologist & Scientific Pranayama Therapist,
Mysore



MINDFUL AGING FOR MIND BLOWING WOMEN

Yoga Thilakam Dr. Meena Ramanathan
Vice Principal, School of Yoga Therapy,
ISCM, Pondicherry

VISHESHA ADHIKARI
Sri T Krishnamacharya's insights on Yoga as
an essential healthcare discipline for women

Smt Nrithya Jagannathan
Director, KYM Institute of Yoga Studies,
Chennai



COOK WELL - EAT WELL - BE WELL!
Impact of Right Diet on Women's Wellness

Dr Gauri Rokkam
Holistic Nutritionist,
Bengaluru

MELODY IS THE BEST REMEDY
Role of Music Therapy in Women's Wellness

Dr Karuna Nagarajan
Deputy Director, ODL,
S-VYASA Yoga University, Bengaluru



DANCE & TAKE A CHANCE - TO BE STRESS FREE
Dance & Yoga for Women with Positive Mind

Dr Jayashree Ravi
Founder, Layaabhinaya Cultural Foundation,
Bengaluru

BE HAPPY BE HEALTHY
Practice Session on Laughter Yoga

Smt. Vani A Hegde
Certified Laughter Yoga Therapist
KriYA Committee Member, Bengaluru



Chair Persons :

Yogacharini Smt. Devasena Bhavanani

Gen. Sec. Yoganjali Natyalayam, Pondicherry

Dr. Nidhi Choudhary

Founder, Yoga Plus, Intl. Women's Wellness Expert

Dr. T. Gargi Urmila

Corporate Wellness Expert, Coimbatore



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4th T Block East, Jayanagara 9th Block, Bengaluru - 560041

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International Conference on HOLISTIC APPROACH OF YOGA FOR WOMEN'S WELLNESS

Sunday 17th March 2024 at RV Institute of Management, Jayanagar, Bengaluru

SAMAYA	VISHAYA
9:30 AM	Registration, welcome Kit, Energy Drink, Assembly
10 – 10:40 AM	Session 1: INAUGURAL SESSION Inauguration Pujya Yatishwari Ramapriya Mataji Sarada Ashrama, Chandapura Invocation Dr P Brahmaramba Maheshwari, Mysore Vedic Scholar & International Priestess Presided by Prof Purushottam Bung, Director, RVIM Welcome Address Smt Malathi Vivek, Jt Secretary, Indian Yoga Association, KASCC -KriYA Presence – All Office Bearers of KriYA & AYA Management & Faculty of RV Group of Institutions
10:40 – 11:10 AM	Session 2: KEY NOTE ADDRESS HEALTHY MOTHERS FOR HEALTHY CHILDREN & WEALTHY NATION Dr Vijayalakshmi Balekundri, Professor Emeritus, Former HOD, Paediatric Cardiology, Sri Jayadeva Institute of Cardiovascular Sciences & Research, Bengaluru
	Pibare Yoga Rasam - Energy Drink
11:30 AM – 1 PM	Session 3 YOGA FOR WOMEN'S WELLNESS Chair Person: Dr Nidhi Choudhary, Founder Yoga Plus, International Women's Wellness Expert 1.1 VISHESHA ADHIKARI <i>Sri T Krishnamacharya's insights on Yoga as an essential healthcare discipline for women</i> Smt Nrithya Jagannathan, Director, KYM Institute of Yoga Studies, Chennai 1.2 MINDFUL AGING FOR MIND BLOWING WOMEN Dr Meena Ramanathan, Vice Principal, School of Yoga Therapy, ISCM, Pondicherry
	Dota & Aata



लक्ष्मी पुरस्कार लक्ष्मी

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SAMAYA	VISHAYA
2 – 3 PM	Session 4 YUKTA AHARA – VIHARA Chair Person: Dr T Gargi Urmila, Corporate Wellness Expert, Coimbatore 2.1 BE HAPPY – BE HEALTHY! Practice Session on Laughter Yoga Smt Vani Hegde, IYA, KriYA EC Member 2.2 COOK WELL - EAT WELL – BE WELL! Impact of Right Diet on Women's Wellness Dr Gauri Rokkam, Holistic Nutritionist, Bengaluru
3 – 4:15 PM	Session 5 KALA RASA YOGA Yoga & Fine Arts in Women's Wellness Chair Person: Smt Devasena Bhavanani, General Secretary, Yoganjali Natyalaya, Pondicherry 3.1 MELODY IS THE BEST REMEDY Role of Music Therapy in Women's Wellness Dr Karuna Nagarajan, Deputy Director, ODL, S-VYASA Yoga University DANCE & TAKE A CHANCE - TO BE STRESS FREE! Aesthetic Dance & Yoga for Women with Positive Mental Health Dr Jayashree Ravi, Founder, Layaabhinaya Cultural Foundation, Bengaluru
4:15 – 5:00 PM	Session 6 VALEDICTORY SESSION SPIRITUAL SUTRAS FOR A SUCCESSFUL STRI Pujya Sri Vivekamayi Mataji, Adhyaksharu, Bhavatarini Ashrama, Bengaluru Presided by Sri Bhawarlal Aryaji, Chairman, KriYA Karnataka Rajya Prabhari, PYP, Hardwar
	Refreshments & Certification
YOGA LAKSHMI PURASKARA to Women Contributors through Yoga & Social Work will be awarded during the day long sessions	



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List of Yoga Lakshmi Puraskara Awardees 2024		
In Yogic Memory of Pujya Lakshmi Amma, Founder of Prashanti Kutiram, Jigani Bengaluru		
	Yoga Lakshmi	Yoga Seva Sadhana
1	Dr Devaki Madhav, Scientific Pranayama Teacher, Bengaluru	Dedicated service in the field of Yoga spreading Scientific Pranayama
2	Sushri Padmashri Didi, Faculty Member, S-VYASA Yoga University, Bengaluru	Dedicated service in the field of Yoga Teaching at S-VYASA Yoga University and motivating young sadhakas
3	Smt Devasena Bhavanani, General Secretary, Yoganjali Natyalaya, Pondicherry	Service to spread of Bhakti Yoga & Bharatheeya Samskruti through Yoga, Sangeetha, Nritya and Samskrutam
4	Dr Meena Ramanathan, Vice Principal, School of Yoga Therapy, ISCM, Pondicherry	Contributions to Scientific research in Yoga and benefiting the community of senior citizens and Children with special needs
5	Smt Nrithya Jagannathan, KYM Institute of Yoga Studies, Chennai	Contributions to Yoga Academics through authentic teaching and writings
6	Dr Sony Kumari, Professor & Controller of Examinations, S-VYASA Yoga University, Bengaluru	Contributions to Yoga Academics and administration
7	Smt Soumya Dey, Social Volunteer & Yoga Teacher	Contributions to community through Social volunteering and Yoga teaching
8	Smt Selvi Abaranjithan, Yogasana Sports Expert, Hosur	Contributions to Yogasana Sports and Yoga Education
9	Smt Vijaya Hariharan, Chief Yoga Therapist, Yoga Bharati, Bengaluru	Yoga Therapy and Yoga Teaching in Yoga Bharati Courses
10	Smt Shalini Buddha, Meditator, Pyramid Valley International	Spread of Meditation and advocating Spiritual Sciences
11	Dr Jayashree Ravi, Founder, Layabhinaya Cultural Foundation, Bengaluru	Research and teaching in the fields of Yoga and aesthetic dance and involvement in various rural outreach programs
12	Dr Geetharani Hariprasad, Founder, Vivekananda Yoga Shala, Bengaluru	Yoga Research and Entrepreneurship
13	Dr Divya Keshavmurthy, Faculty Member, S-VYASA Yoga University, Bengaluru	Yoga Academics –authentic teaching and writings based on scriptures
14	Dr Asha Ravikiran, Founder, Asha Yoga Center, Bengaluru	Yoga Entrepreneurship and Out Reach
15	Smt Sonal Joshi, Founder, Samarth Yoga Darshan, Kochi	Contribution to society through the combined application of Vedanta (Jnana Yoga), Bhakti Yoga, Raja Yoga and Karma (Seva) Yoga



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In Yogic Memory of Pujya Lakshmi Amma, Founder of Prashanti Kutiram, Jigani, Bengaluru		
	Yoga Lakshmi	Yoga Seva Sadhana
16	Smt Sumitra MG, Founder, Swastha Yoga Therapy & Prenatal Centre	Yoga Entrepreneurship, Yoga Chikitsa, Yogasana Sports & Grabha Yoga Abhyasa
17	Dr T Gargi Urmila Corporate Wellness Expert, Coimbatore	Spread of Yogic awareness amongst corporates
18	Smt Gauri A Koustubhan, Founder, Preggersyoga, Hyderabad	Benefiting Women through Grabha Yoga Abhyasa
19	Smt Veni Iyer, Varma Chikitsa Expert, Bengaluru	Teaching and healing through ancient science of Varma Chikitsa
20	Smt Garima Khatri, Yogamitra Free Online Yoga Workshops Kota, Rajasthan	Team Building & Dedicated service during COVID 19 pandemic time through Free Online Yogamitra
21	Smt Bhagya Ram, Yoga Teacher, Nelamangala	Spread of Yogic awareness amongst rural girls & women

Annexure 2

Brief Profile of the Resources Team

The Resource Team included:

Pujya Yatiswari Ramapriya Mataji from Sarada Ashrama is a revered spiritual leader, Dr P Brahmaramba Maheshwari is a distinguished Vedic Scholar and International Priestess from Mysore, Prof Purushottam Bung serves as the Director of RV Institute of Management, Smt Malathi Vivek is the Joint Secretary of the Indian Yoga Association, Dr Vijayalakshmi Balekundri is a Professor Emeritus and former HOD of Pediatric Cardiology at Sri Jayadeva Institute, and Dr Nidhi Choudhary is the Founder of Yoga Plus and an International Women's Wellness Expert, collectively bringing a wealth of knowledge and experience to the conference on women's wellness.

Annexure 3

Attendees list

Sl No.	Name	Mobile Number (Whatsapp)	Signature
1	Anitha Venugopal	9686934491	Anitha Venugopal
2	Anup Krishna	7411949415	Anup Krishna
3	Aparna	9971236369	Aparna
4	Aparna Bhandwaj	9845313872	Aparna Bhandwaj
5	Arathimanjunath	9901935245	Arathimanjunath
6	Asha RaviKiran	9972648888	Asha RaviKiran
7	Ashwini N	9972737427	Ashwini N
8	ASHWINI.N	9886426186	ASHWINI.N
9	Balash Shiragaonkar	9448278143	Balash Shiragaonkar
10	Bhagya Bai B	9535135469	Bhagya Bai B
11	Bhagyalakshmi	9008607197	Bhagyalakshmi
12	Bharathi B	7676582929	Bharathi B
13	Bharathi KN - Doctor	9448474768	Bharathi KN - Doctor
14	Bharati R	9008270864	Bharati R
15	Chaithra C	8660460080	Chaithra C
16	Chandana M	9986020447	Chandana M
17	Chandika Varna	9535133336	Chandika Varna
18	Dedeepya Gonugunta	9493236440	Dedeepya Gonugunta
19	Divya Deepak Kulkarni	7483368843	Divya Deepak Kulkarni
20	Divya Prakash	9480383502	Divya Prakash
21	Gargi Urmila T - Doctor	9840712450	Gargi Urmila T - Doctor
22	Gauri A. Koustubhan	8886904166	Gauri A. Koustubhan
23	Gayathri G	8495089938	Gayathri G
24	Geetha Sateesh	9952928067	Geetha Sateesh
25	Geetharani A - Doctor	99863 93111	Geetharani A - Doctor
26	Greeshma G	7676488728	Greeshma G
27	GUNJUR GANESH GURUJI - Doctor	9008607197	GUNJUR GANESH GURUJI - Doctor
28	Harish K K	9242084509	Harish K K
29	Hemalatha S	9886696301	Hemalatha S
30	Iranna	8970443800	Iranna
31	Janani Kumar	9945269922	Janani Kumar
32	Jashmi	7204161133	Jashmi
33	Jayanthi Vasudevan	9845451418	Jayanthi Vasudevan
34	Jency Shamna Jesvar	9884566543	Jency Shamna Jesvar
35	Jony Ranta	7986454571	Jony Ranta

Sl No.	Name	Mobile Number (Whatsapp)	Signature
26	Kannu Priya	08095055682	Kannu Priya
37	Karuna N	9740499958	Karuna
38	Kavya Saigopal	9886435734	Kavya
39	Lalitha Rajaram	7760188730	Lalitha
40	Latha Lingaraju	9148758988	Latha Lingaraju
41	Latika Pargain	9880043878	Latika
42	Lavanya Shree Indudhar	9916901206	Lavanya
43	Mahalakshmi k	9611532030	Mahalakshmi k
44	Mahesh Natarajan	12098199534	Mahesh Natarajan
45	Malathi V	9739556688	Malathi V
46	Mamatha	9880058074	Mamatha
47	Mamatha Ravishankar	9986667271	Mamatha Ravishankar
48	Manjima Manoria	9902022555	Manjima Manoria
49	Manjunath N T	09448178625	Manjunath N T
50	Meena BM Mudalagiralah	9606152912	Meena BM Mudalagiralah
51	Meera manjunatha	9964447268	Meera manjunatha
52	Mohan Ranganathan	9739993237	Mohan Ranganathan
53	Mohini	9901302805	Mohini
54	Nagalakshmi S Rao	9980135464	Nagalakshmi S Rao
55	Nandhini	9008607197	Nandhini
56	Nandini Shreesha	9945826520	Nandini Shreesha
57	Nirmala Mannam	9341718080	Nirmala Mannam
58	Nirmala S Dikshit	9538300066	Nirmala S Dikshit
59	Nirupama H	9483064329	Nirupama H
60	Padma	9379016793	Padma
61	Padma kommi	8050059449	Padma kommi
62	Padmaja G	9741152246	Padmaja G
63	PADMALATHA.M.S	9480478658	PADMALATHA.M.S
64	Poornima H. R.	09741958118	Poornima H. R.
65	Prakash B - Doctor	9448233885	Prakash B - Doctor
66	Preeti Joshi	9769922686	Preeti Joshi
67	Priyanka Kulkarni	9538465846	Priyanka Kulkarni
68	Punam M Bhatia	7899050004	Punam M Bhatia
69	Pushpa Thantry	9845169488	Pushpa Thantry
70	Pushpalatha	7892272338	Pushpalatha
71	Pushpavathi C. M.	9740432660	Pushpavathi C. M.
72	Megha Malhar	9074665969	Megha Malhar

Sl No.	Name	Mobile Number (Whatsapp)	Signature
72	Rajashree Anand	9686634343	Rajashree
73	Rajeshwari Shankar	9632473271	Rajeshwari
74	RAMYA B.K	9845497376	Ramy
75	Ranjani Srikumar	9901998570	Ranj
76	Rashmi	7022927682	Rash
77	Rashmi B	9342010247	Rash
78	Rashmi Nelli	9742733732	Rash
79	Rashmi Ramappa	6360334148	Rash
80	Ravinder Kumar Vats	9433306369	Ravinder
81	Ritu Jain Paliwal	9610026100	Ritu
82	Sandeep Kulkarni	9740211535	Sandeep
83	Sandhya N Bhat	9483031093	Sandhya
84	Sandhya Tantri K.	9980132929	Sandhya
85	Sanjana	9008270864	Sanjana
86	Sapnaa	9902098089	Sapnaa
87	Sasipriya V	7899904532	Sasipriya
88	Sathya Prakash M N	09880062962	Sathya
89	Savitha Bai	9686579204	Savitha
90	Seema BS	7259027880	Seema
91	Shadakshari BS	9986391349	Shadakshari
92	Shailaja MG	9900264596	Shailaja
93	Sharmila Udupi	9483504327	Sharmila
94	Sheela Naik	9819929404	Sheela
95	Sheetal S Pillai	9945542911	Sheetal
96	Sheethal	9945566713	Sheethal
97	Shilpa K R	9663960291	Shilpa
98	Shivamma HR	9739583347	Shivamma
99	SHIVASHANKAR B	9448493639	Shivashankar
100	Shiyamala S	9538885981	Shiyamala
101	SHOBHA YOGA	9660349191	Shobha
102	Shobha.R	8050571059	Shobha
103	Shruthi Keerthi - Doctor	9901249825	Shruthi
104	Shruti Naik	9423583644	Shruti
105	Smitha N	9900218411	Smitha
106	Sougandhi Sarath	7483687011	Sougandhi
107	Soumya	9513129922	Soumya

Annexure 4
Photo Gallery

