



RAMAIAH

College of Arts, Science &
Commerce

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M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,

Approved by Government of Karnataka, Approved by AICTE, New Delhi,

Recognized by UGC under 2f & 12B of UGC act 1956



(National Institutional Ranking Framework, Ministry of Education, Govt of India)

Ranked 62nd in NIRF India Ranking by MHRD, New Delhi

DBT Star College Scheme

Ref. No: MSRCASC/ CHEM-BIOCHEM/21-22/29

Date: 17. 06. 2022

CIRCULAR

DEPARTMENT OF CHEMISTRY / BIOCHEMISTRY

The Department of Extension activities in association with IQAC, Department of Chemistry / Biochemistry, Physical Education and Sports is organizing a Lecture talk on the Importance of Yoga and Meditation “Secret of Inner Peace and outer Dynamism” on “International Yoga Day” 21/06/2022 at morning 10:30 to 12:00 by two Scientist’s Prof. Subinoy Das, Indian Institute of Astrophysics and Prof. Banani Chakraborty, Dept of Chemical Engineering, IISc Bangalore and also a Teachers of Art of Living International Center Bangalore.

We are requesting to send faculty members to attend the programme and oblige

Event Coordinator:

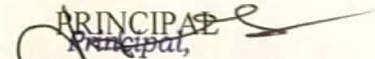
Dr. Shashidhar Bharadwaj S.,

Asst. Professor

Department of Chemistry and Biochemistry


Head of the Department

Head of the Department
CHEMISTRY / BIO-CHEMISTRY
M.S. Ramaiah College of Arts,
Science & Commerce
Bangalore - 560 054


PRINCIPAL

M.S. Ramaiah College of Arts, Science & Commerce
MSRIT Post, MSR Nagar
Bangalore - 560 054

M S Ramaiah Nagar

MSRIT Post

Bangalore 560 054

T +91 80 2360 0966/8597

+91 80 2360 6905

F +91 80 2360 6213

E principal.msrmcasc@gmail.com

W www.msrmcasc.edu.in



RAMAIAH
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MS RAMAIAH COLLEGE OF ARTS, SCIENCE & COMMERCE

DEPARTMENT OF CHEMISTRY & BIOCHEMISTRY

AND

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

~ AN IQAC INITIATIVE

ORGANIZES PROGRAMME ON :-

SECRET OF I.P.O.D

(INNER PEACE OUTER DYNAMISM)

IN THE OCASSION OF :-

8th INTERNATIONAL YOGA DAY



Dr. BANANI CHAKRABORTY



DR. SUBINOY DAS

SCIENTISTS & MEDITATORS



21st JUNE 2022
10:30 AM - 11:45 AM



Dr. APJ ABDUL
KALAM
AUDITORIUM,
MSRCASC

CONVENORS :-

Dr. Nagarathna A
Principal
MSRCASC

Mr. Prasanna Kumar S G
(HOD, Department of
Chemistry & Biochemistry)

Dr. Shashidhar Bharadwaj S
(Asst. Professor Department of
Chemistry & Biochemistry)

Lt. Mahesh G
(Department of Physical Education & Sports)
(Associate NCC Officer – Army Wing)

Fig offr. Naveen Kumar R
(Associate NCC Officer)
(AIR FORCE WING)



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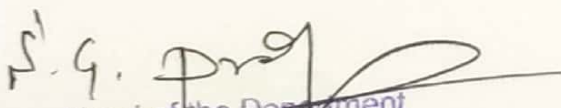
Report on International Yoga Day

Department of Chemistry and Biochemistry in collaboration with Department of Physical Education and NCC of college has arranged "Yoga Day" on 21st July 2022 on occasion of "International Yoga Day". The International Yoga Day was collaborated with Art of Living International Center Bangalore. The Yoga and meditation was open for all students, faculty and Non-Teaching staff and was arranged in Mother Theresa auditorium of M. S. Ramaiah College of Arts Science and Commerce Degree College.

The event was inaugurated by Vice-Principal Prof. B S Jayarama by watering the plants, followed by HOD of Department of Chemistry and Biochemistry, M. S. Ramaiah College of Arts science and Commerce and also by Guest speaker's Scientist's Prof. Subinoy Das, Indian Institute of Astrophysics and Prof. Banani chakraborty, Dept of Chemical Engineering, IISc Bangalore.

Scientist's Prof. Subinoy Das, Indian Institute of Astrophysics and Prof. Banani chakraborty, Dept of Chemical Engineering, IISc Bangalore and also a Teachers of Art of Living International Center Bangalore. Gave a lecture talk on the importance of yoga and meditation on the Topic "Secret of Inner Peace and outer Dynamism" for teaching staff. Followed by meditation which really helped for all, students, faculty and Non-Teaching staff's to relax and rejuvenate.

The Guest speakers are from The Art of Living International Center, where the headquarter of the Art of Living Foundation center is located 21 km southwest of Bangalore on Kanakapura road, at the top of the Panchagiri Hills. It is connected by Road via Nice Ring Road or Banshankari - Kanakpura Road. The Center was established in 1986 by Ravi Shankar to offer a base for his Art of Living Foundation. It draws 1.2 million visitors yearly for its yoga and meditation programs. The lifestyle is with a daily routine of group meditation, chanting, knowledge sessions, pujas and satsangs. It also host Panchkarma Center and Ayurvedic Hospital for Ayurvedic treatment.


Head of the Department
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The session begin with simple warm-up and stretching by Yoga practitioner Dr. Namitha Kumari followed by simple yogic asana's, by saying its importance of asana to which part of the body it will help, starting from head to toe rotation and stretching which made them to actually feel the part of the body.

Later glimpse of Yogic history lecture talk by Prof. Subinoy Das, followed by its importance. Also said that why really one should practice yoga and meditation in this busy and stressful life. By giving various examples of real life.

Later Prof. Banani chakraborty conducted a meditation for about 20 min by playing an audio clip of "Gurudev Sri Sri Ravishankar" the world peace ambassador of Art of Living International Center Bangalore. The Meditation really helped everyone to relax and rejuvenate, Audience gave a very good feedback that how this meditation helped them to relax and most of them showed interest to learn this breathing technique called as "Sudarshan kriya" of Art of Living International Center Bangalore.

Later saw the video clip of 10 min about the benefits of learning and practicing Yoga & meditation especially the "Sudarshan kriya" of Art of Living International Center Bangalore, by various people across the globe.

Scientist's also gave an advice to all that, by continues practice of Yoga and meditation we can keep our health in a good manner and we can have stress free life.

S.G. Prof

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Bangalore 560 054 | F +91 80 2360 6213

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E principal.msrmcasc@gmail.com
W www.msrmcasc.edu.in

Faculty members during Meditations



Faculty members doing Yoga and Stretching



Faculty members doing Meditation

S.G. Prasad
Head of the Department
CHEMISTRY / BIO-CHEMISTRY
M.S. Ramaiah College of Arts,
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[Signature]
Principal,
M.S. Ramaiah College of Arts, Science & Commerce
MSRIT Post, MSR Nagar
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Thanks giving letter to Prof. Banani chakraborty, Dept of Chemical Engineering, IISc Bangalore by Prof. Prasanna kumar, Head of Department of Chemistry / Biochemistry



Vote of thanks by event co-ordinator, Dr. Shashidhar Bharadwaj S. Asst. Professor
Department of Chemistry / Biochemistry

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