

# **Report on the Two-Day National Workshop on “Yogic Approach to Cardiovascular Health”**

**Ref. No.: KSV/ YTC/ 01/2025-26**

**Date:** 8th November 2025

**Organized by:** Department of Yoga Therapy and Counselling, Karnataka Samskrit University, Bengaluru

**In Collaboration with:** Sri Balaji Vidyapeeth (Deemed to be University), Puducherry

**Dates:** 6th & 7th November 2025

**Venue:** Kannada Sahitya Parishat, Bengaluru.



The Department of Yoga Therapy and Counselling, **Karnataka Samskrit University, Bengaluru**, organized a **Two-Day National Workshop on “Yogic Approach to Cardiovascular Health”** on **6th and 7th November 2025** in collaboration with **Sri Balaji Vidyapeeth, Puducherry**. The workshop aimed to provide deeper insights into the Yogic and scientific perspectives of cardiovascular wellness, preventive care, and holistic health.

The **Inaugural Session** was held on 6th November 2025 at Kannada Sahitya Parishat. The event was **presided over by Dr. Ahalya S**, Hon’ble Vice-Chancellor, KSU, and **inaugurated by Dr. Kishore Kumar**, Professor & Head, Department of Integrative Medicine, NIMHANS, Bengaluru. **Prof. Meena Ramanathan**, Principal, SYT, ISCM, SBV, graced the occasion as **Chief Guest**. The function was attended by **Prof. V. Girishchandra**, Registrar (I/c), **Prof. Palaiah C**, Dean, Faculty of Ancient Indian Sciences, and **Smt. Shruthi I**, Finance Officer, KSU.



The workshop featured **expert lectures, practical demonstrations, and interactive sessions** conducted by renowned scholars and practitioners in the field of Yoga and Integrative Medicine. Participants engaged in meaningful discussions on the physiological and therapeutic benefits of Yoga in maintaining cardiovascular health, stress management, and lifestyle regulation, Yoga Students, researchers over 200 participants attended the wokshop

The **Valedictory Function**, held on 7th November 2025, was **presided over by Prof. V. Girishchandra**, Registrar (I/c), KSU. **Dr. Meena Ramanathan** delivered an inspiring valedictory address, congratulating all participants for their enthusiasm and active contribution. **Prof. Palaiah C** addressed the gathering on the importance of incorporating Yoga into daily life for holistic well-being.



The program concluded with a **group photograph** followed by a **vote of thanks**, expressing heartfelt appreciation to all dignitaries, resource persons, organizing members, and participants for their valuable support in making the workshop a grand success.

This Two-Day National Workshop served as a **significant academic and practical platform** to promote research, awareness, and implementation of Yogic methods for cardiovascular

health, aligning with the University's mission to integrate traditional wisdom with modern health sciences.



Group Photo with the Dignitaries and Organizing Committee





**Karnataka Samskrit University**

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**Sri Balaji Vidyapeeth**

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## Certificate of Honour

Mr./Mrs./Ms./Prof./Dr. \_\_\_\_\_ has participated at the Two day National Workshop titled “*Yogic approach to Cardiovascular Health*” jointly organized by Karnataka Samskrit University in collaboration with Sri Balaji Vidyapeeth (Deemed to be University), Puducherry - 607402 held at Karnataka Samskrit University, Bengaluru on 06<sup>th</sup> & 7<sup>th</sup> November, 2024.

Prof. Palaiah  
Dean, Faculty of Ancient Indian Sciences  
Karnataka Samskrit University

Prof. Meena Ramanathan  
Principal, SYT, ISCM  
Sri Balaji Vidyapeeth

Prof. V Girish Chandra  
Registrar  
Karnataka Samskrit University