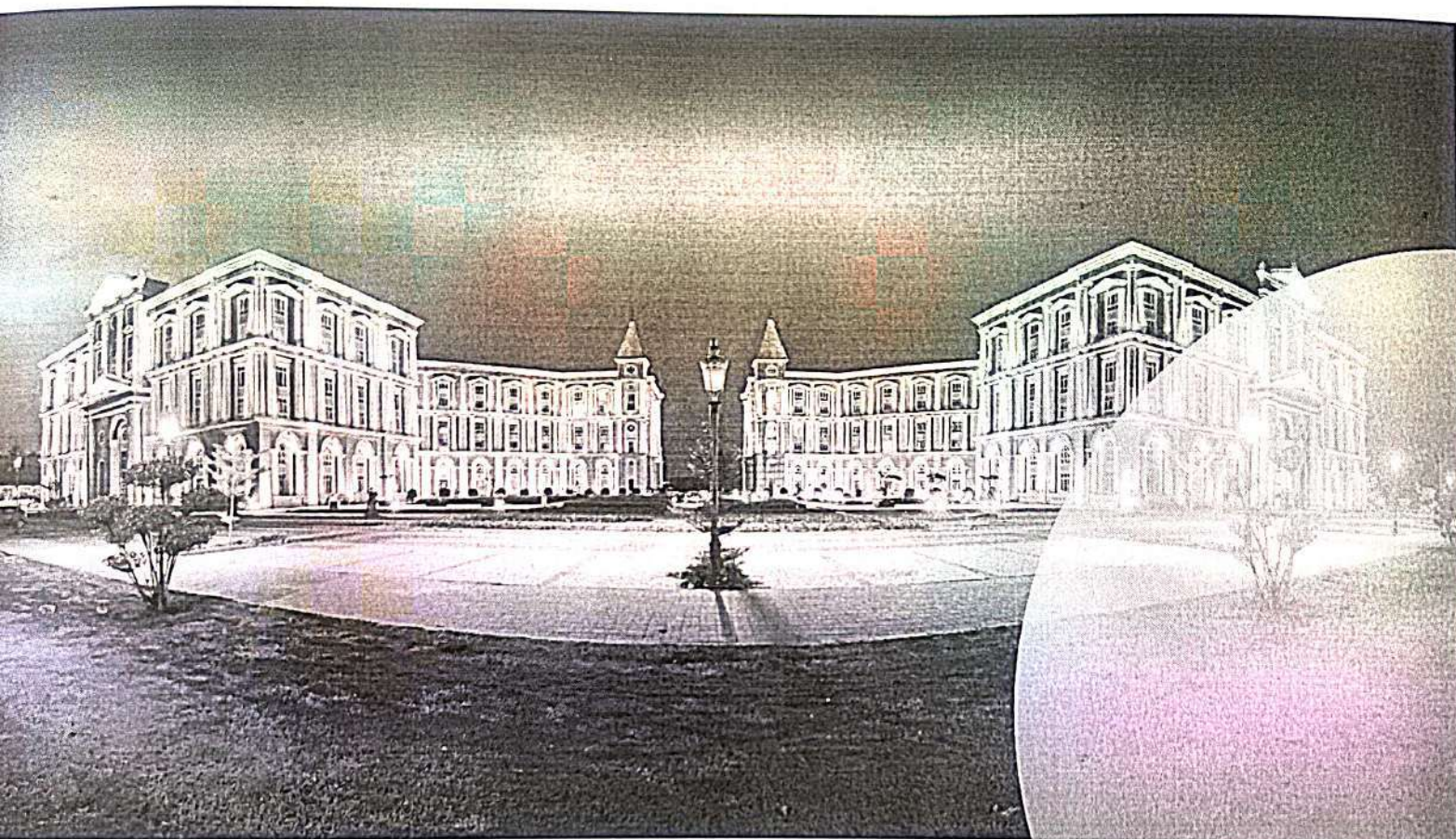




DAYANANDA SAGAR
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TRIKONA: Art, Awareness & Advancement in Yoga

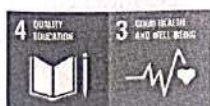
(Capacity Enhancement & Awareness Session)

**COLLEGE OF PHYSIOTHERAPY,
SCHOOL OF HEALTH SCIENCES.**

DR FEBE ROY (PT), DR M ANITHA (PT), DR JAGGURTHI N (PT)

Faculty Coordinator, College of Physiotherapy.

23/06/2025





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1. Introduction of the Event

The College of Physiotherapy, under the School of Health Sciences, Dayananda Sagar University, organized a one-day event titled **“TRIKONA: Art, Awareness & Advancement in Yoga”** on **23rd June 2025**. The event was designed to celebrate the holistic essence of yoga, integrating its scientific, cultural, and therapeutic dimensions.

Yoga, an ancient discipline rooted in Indian tradition, has evolved as a global practice promoting physical health, emotional balance, and mental harmony. Recognizing its multidimensional benefits, the event aimed to create awareness of yoga's role in health sciences and rehabilitation, as well as its artistic expression through dance and movement.

“TRIKONA” served as a platform for students, faculty, and professionals to engage in an enriching blend of **performative art, academic dialogue, and clinical insights**. The sessions included a **performative yogic dance showcase (Samanvaya)**, **paper presentations on the physiological benefits of yoga (Wellness on Paper)**, and a **seminar on recent advances in yoga therapy for rehabilitation (YogXplore)**.

This initiative was aligned with the **United Nations Sustainable Development Goals (SDGs)** — particularly:

- **SDG 3: Good Health and Well-being**, by promoting yoga as a tool for physical and mental wellness, and
- **SDG 4: Quality Education**, by enhancing learning through interdisciplinary engagement and evidence-based discussions.

By combining art, science, and awareness, the program sought to inspire a deeper understanding of yoga's relevance in contemporary healthcare and education, encouraging participants to adopt yoga as a lifelong practice for holistic well-being.

2. Objective of the Event





- Promote **holistic awareness** about the scientific and therapeutic significance of yoga in physical and mental well-being.
- Integrate **art and science** by showcasing yoga through performative dance and creative expression, highlighting its cultural and aesthetic dimensions.
- Enhance **academic understanding** by encouraging students and faculty to present papers on the physiological and rehabilitative benefits of yoga.
- Explore **recent advancements** in yoga therapy and its applications in rehabilitation and physiotherapy practice.
- Support **Sustainable Development Goals (SDGs)** — particularly **SDG 3: Good Health and Well-being** and **SDG 4: Quality Education** — through education, awareness, and practice of holistic health approaches.

3. Beneficiaries of the Event

The event “TRIKONA: Art, Awareness & Advancement in Yoga” greatly benefited undergraduate and postgraduate students of the College of Physiotherapy, School of Health Sciences, Dayananda Sagar University. It enhanced their academic learning and critical understanding of yoga’s scientific and therapeutic value (SDG 4 – Quality Education). Students actively engaged in yoga-based sessions that promoted holistic physical and mental well-being (SDG 3 – Good Health and Well-being). The platform encouraged research-driven thinking and innovation in physiotherapy practice (SDG 9 – Industry, Innovation, and Infrastructure), while fostering essential communication, teamwork, and leadership skills (SDG 4 – Quality Education). Furthermore, by connecting traditional wellness practices to sustainable health initiatives, the event inspired students to contribute to broader community and global health goals (SDG 17 – Partnerships for the Goals).

4. Brief Description of the event

The College of Physiotherapy, under the School of Health Sciences, Dayananda Sagar University, conducted a one-day academic and cultural event titled “TRIKONA: Art, Awareness





& Advancement in Yoga” on **23rd June 2025**. The initiative aimed to integrate artistic expression, scientific knowledge, and wellness awareness through yoga, emphasising its pivotal role in physiotherapy education, rehabilitation sciences, and holistic health promotion.

The program encompassed three major components — **“Samanvaya: Harmony of Yoga and Dance”**, a creative performance illustrating the synchrony between movement and mindfulness; **“Wellness on Paper”**, a scholarly platform for students to disseminate research findings on the physiological and therapeutic effects of yoga; and **“YogXplore”**, an interactive academic session focused on recent developments and clinical applications of yoga in rehabilitation practice.

The event facilitated intellectual engagement, experiential learning, and professional competency development among undergraduate and postgraduate students. It reinforced the **vision and mission of Dayananda Sagar University**, which aspire to cultivate excellence, innovation, and humanistic values through education, research, and community outreach.

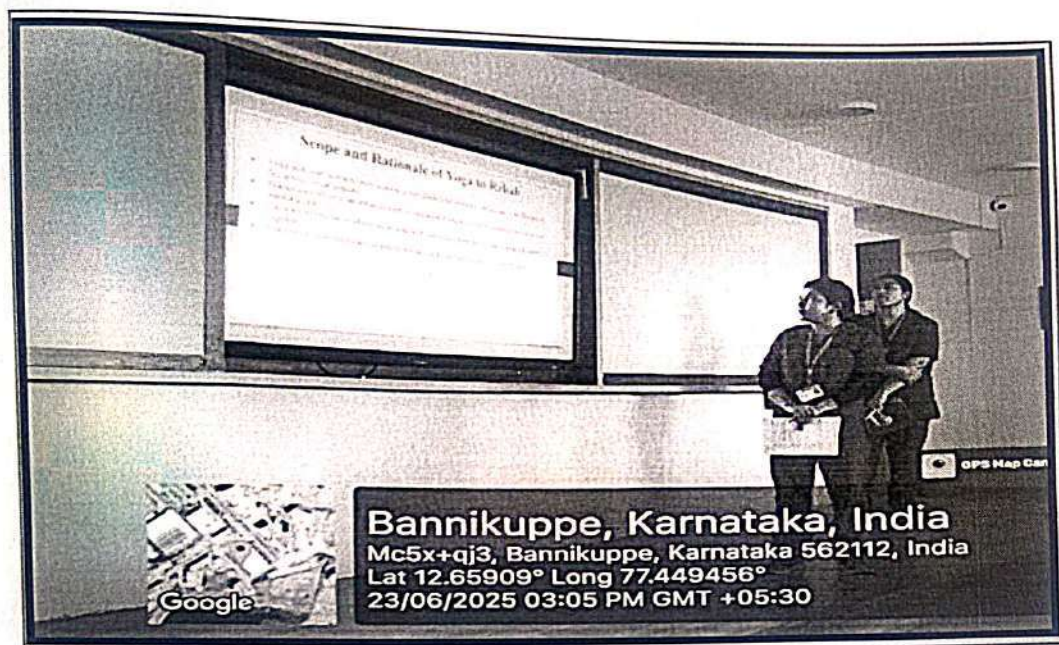
Aligned with the **United Nations Sustainable Development Goals (SDGs)**, the event effectively supported:

- **SDG 3 – Good Health and Well-being**, by fostering awareness of yoga as a preventive and therapeutic health strategy;
- **SDG 4 – Quality Education**, by promoting interdisciplinary, evidence-based learning; and

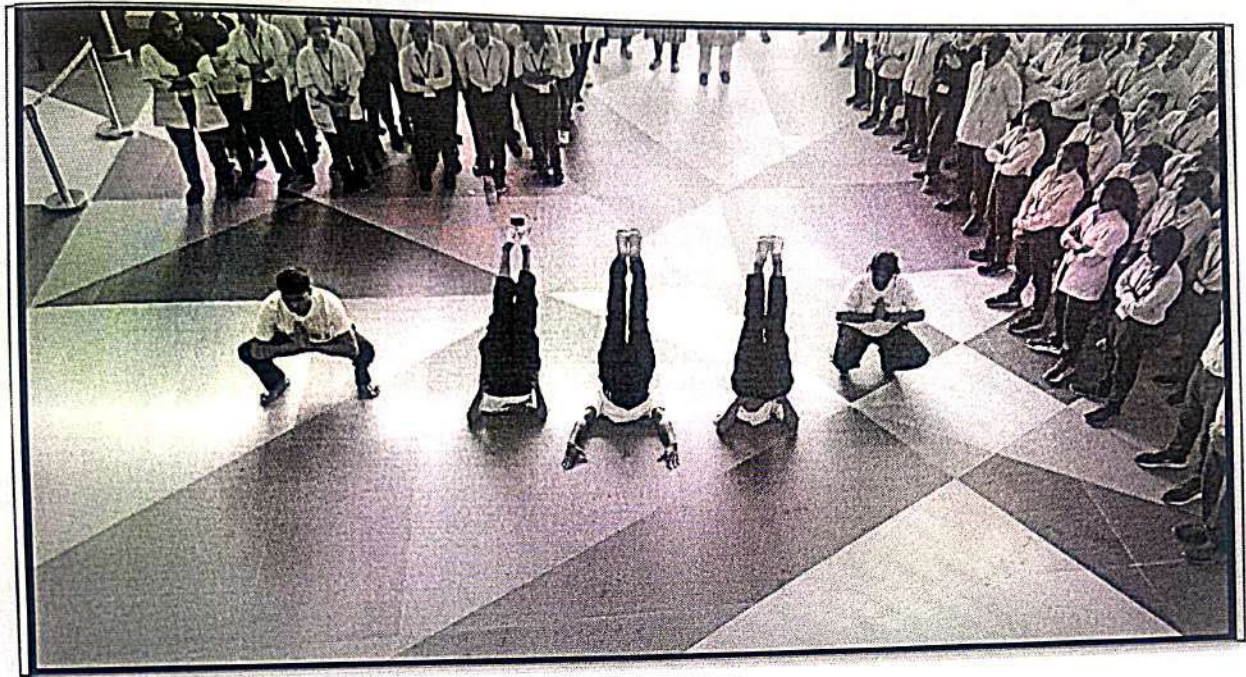
Overall, **“TRIKONA”** served as an exemplary academic platform that bridged traditional wisdom with contemporary scientific practice, empowering students to become holistic health professionals committed to lifelong learning and societal well-being.



6. Photographs



Pic 1 –YogXplore (recent applications of yoga in rehabilitation practice)



Pic 2 - Samanvaya: Harmony of Yoga and Dance



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7. Brochure of the event



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Cordially invites you to

"TRIKONA : ART , AWARENESS & ADVANCEMENT IN YOGA "

Join us for a day of yoga, dance, music, seminars and more

Event line up -

Samanvaya -
Harmony of Yoga
and Dance
- Performative yogic
dance showcase
9:30 am - 10:15 am

Wellness on Paper
- Paper presentation
on benefits of the
physiological power
of Yoga
10:30 am - 11:15 am

YogXplore -
Recent advances in
Yoga therapy
for rehab
11:39 am - 1:00 pm

23/06/2025

HEALTH SCIENCES BUILDING COLLEGE OF PHYSIOTHERAPY,
SCHOOL OF HEALTH SCIENCES DSU MAIN CAMPUS ,DEVARAKAGGALAHALLI, HAROHALLI, KANAKAPURA
ROAD, SOUTH BANGALORE DT. BENGALURU - 562 112

Dean
School of health Sciences

Principal and Staff
COPT , DSU





8. Schedule of the Event

Title: *TRIKONA – Art, Awareness & Advancement in Yoga*

Date: Monday, 23rd June 2025

Time: 9:00 AM to 1:15 PM

Theme: Integration of Yoga, Art, and Science for Holistic Health and Wellness

Location: Health Sciences Building, College of Physiotherapy,

Dayananda Sagar University, Harohalli Campus, Kanakapura Road, Bengaluru – 562112

TIME	EVENT NAME
09:30 AM – 10:15 AM	Samanvaya: Harmony of Yoga and Dance
10:30 AM – 11:15 AM	Wellness on Paper
11:30 AM – 01:00 PM	YogXplore: Seminar on Yoga in Rehabilitation

9. Attendance of the Event.

Attendance has been attached with the coordinator's signature.

Signature of the Coordinator

IQAC cell

Principal signature

