



SRI ADICHUNCHANAGIRI SHIKSHANA TRUST (R.)  
**BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES**  
(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)  
No. 67, BGS Health & Education City, Uttarahalli Road, Kengeri,  
Bangalore- 560060

**Report**

on

**MIND over MAT(TER)**

Yoga Health and Wellness program

<b>Date</b>	Started on 22 <sup>nd</sup> May 2022 ( One year Program)
<b>Venue</b>	Yoga Hall /Yoga Centre
<b>Organized by</b>	Department of Physiology, BSGSIMS
<b>Team Members</b>	Dr. M E Mohan, Principal Dr. Crystal Dsouza (Assistant Prof /Tutor) Dr. Govind G S (Tutor) Mr.Ronald (Faculty) Mr Prakash (Sports) Vibha final year Rachana 2 <sup>nd</sup> year Siddharth 1 <sup>st</sup> year
<b>Participants</b>	Students and Faculty
<b>Outcome of the Program</b>	At the end of this program, participants able to achieve self-well-being and Community harmony through the following areas  <ol style="list-style-type: none"><li>1. Leadership skills - To become resilient and realize ones individual potential</li><li>2. Social skills - To improve physical, mental and emotional wellbeing</li><li>3. Research - To explore Yoga as an adjunct to modern medicine</li><li>4. Career - To expose the interns to integrative medicine</li></ol>
<b>Brief report about the Program</b>	In this Yoga Health and Wellness program , following topics were discussed through Lectures and physical involvement of the participants. <ul style="list-style-type: none"><li>• Enhancing performance and stress management</li><li>• Weekly once Yoga programs for faculty and students, extendable on request</li><li>• Special stress management exercise prior to exams and after wards</li><li>• Talks by pioneers on Integrative medicine</li><li>• Case studies</li></ul>



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## Report

### On

## State Level Intercollegiate Quiz Competition “Cognitair 2.0- UG Pre and Para Medical Quiz” held at BSGGIMS, Bangalore

<b>Date &amp; Time</b>	4 <sup>th</sup> July 2023 Time: 8.45.a.m.-4 p.m
<b>Venue</b>	BGS GIMS Auditorium
<b>Organized by</b>	Quiz Club in cooperation with Pre final year Students ,BGS GIMS
<b>Program in charge</b>	Quiz Club, BSGGIMS
<b>Objective of the Program</b>	<ul style="list-style-type: none"><li>• Provide platform for students to explore their skills outside the classroom like event management, leadership, decision making.</li><li>• Opportunity for students to organization and curation of events right from conceptualization, planning and execution of such academic events</li><li>• To develop capability to organize such an event at higher level.</li></ul>

### Brief Report of the Event

BGS Global Institute of Medical Sciences conducted the second edition of the UG Pre and Para Medical Quiz, “COGNITAIR 2.0” on 4<sup>th</sup> July 2023.

With the blessings of Reverend Sri Sri Dr. Prakashnath Swamiji, the constant support and encouragement from Dean cum Principal, Dr. M E Mohan the event was conducted by the Quiz Committee formed by a collaboration of students from the Batches of 2019 and 2020.

The quiz was open to MBBS students from 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year and was based on pre and para clinical subjects of MBBS. A total of 35 teams hailing from 10 medical colleges across Karnataka appeared for the quiz.

The program was attended by the following.

- Dr. M E Mohan, Dean cum Principal
- Dr.Srikanth Kulkarni, Medical Superintendent.
- Dr. Krishnamurthy N, Head of medical education department & Department of Biochemistry
- Respected HODs of various departments, teaching faculty and MBBS students from BGS GIMS and various medical colleges across Karnataka.

The events of the day started with the Prelims Round, followed by an inaugural function. Host for the event was Deekshaa Vinay, and Nikhil Vallamkondu welcomed the dignitaries. Nidhi Nagesh Rao briefed about the sponsors of the event. The top 8 teams from the Prelims participated in the exciting Semifinal round, conducted by Srivatsa C D and Akash T Naresh. The energy and excitement of the semis was translated into the finals, where it multiplied manifold in a tense and thrilling contest between the top 4 teams under the showmanship of the quizmasters, Anup Sarang R (Batch of 2019) and Srivatsa C D.

The quiz ended with a valedictory function and prize distribution hosted by Tejas R, Siddharth K Rao, where the dignitaries handed over the trophies and certificates to the winners. 1<sup>st</sup> place was won by Aditya Choubey and Avanish Harish (Bangalore Medical College), 2<sup>nd</sup> place by Arun Ram Ramakrishnan and Vignesh Prakash (M S Ramaiah Medical College) and 3<sup>rd</sup> place by Tejaswini Prakash and Nandan N S (BR Ambedkar Medical College).



**1<sup>st</sup> place won by Aditya Choubey and Avanish Harish (Bangalore Medical College)**



**2<sup>nd</sup> place won by Arun Ram Ramakrishnan and Vignesh Prakash (M S Ramaiah Medical College)**



3<sup>rd</sup> place by Tejaswini Prakash and Nandan N S (BR Ambedkar Medical College).

Title sponsors were Marrow, who offered cash prizes of Rs. 10,000, Rs. 7,000 and Rs. 5,000 for 1st, 2nd and 3rd place respectively. Jaypee Brothers Publishers and Wolters Kluwer Publishers, who generously gifted some of their best-selling medical publications to the winners of the quiz. Superscrubs, provided their high-quality, comfortable scrubs to all the winners. Compendium Medicine offered discounts to the winners for their high-yield medical flashcards.

The quiz team, overlooked by faculty advisors- Dr. Roopashree N and Dr. Rohini K R, and headed by Anup Sarang R comprised of- Aisiri Deepak, Nagendra Srivatsa, Namitha M S Akash T Naresh, Srivatsa C D, Tejas R, Siddharth K Rao, Neha Mahesh.











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## Report on

### BGS GIMS International Yoga Day

BGS and SJB group of institutions in coordination with SJS Yoga institute celebrated the **9<sup>th</sup> International Yoga day** on 21<sup>st</sup> June 2023. It was an eventful and magnificent morning as over 5000 participants from all BGS and SJB group of institutions across Bangalore gathered to perform yoga at the BGS & SJB Cricket ground, BGS Health & education city, Uttarahalli road, Bangalore. This grand event was planned and overlooked by the Dean and Principal BGS Global Institute of Medical Sciences, Dr M. E Mohan.

The occasion was graced by

- Jagadguru Sri Sri.Sri.Dr. Nirmalanandanatha Maha Swamiji, President of Sri AdichunchunagiriShikshana Trust
- Reverend Sri Sri. Dr.Prakashnatha Swamiji, Managing Director, BGS and SJB Group of Institutions
- Shri P. Harishekarana, Hon'ble Additional DGP
- Shri B.G.Jyothi Prakash Mirji, Hon'ble Ex-Commissioner of Police
- Yogacharya Sri Karthik Patil , Founder SJS Yoga Institute
- Shri Tejasvi Surya(Hon'ble Member of Parliament)
- Shri Umapathy Srinivas(Cine Producer)
- Cine Actresses: Ms.Harshika Poonacha, Ms.Ashika Ranganath, Ms.Aditi Prabhudeva, Ms.Radhika Narayan, Ms.KusheeRavi.Their attendance further underscored the importance of yoga as a unifying practice that transcends boundaries and brings people together.

The International Yoga day celebration was inaugurated by lighting the lamp and offering floral tribute to His Divine Soul, Jagadguru Padmabhushana Sri SriSriDr.Balagangadharanatha Maha Swamiji by Poojya guruji Sri SriSriDr. Nirmalanandanatha Maha Swamiji, Reverend Sri SriPrakashnatha Swamiji and our guests.

The Yoga session commenced with OM chanting. Yogacharya Karthik Patil guru, founder SJS Yoga Institute took us through the yoga session and Sri SriDr.Prakashnath Swamiji conducted the Pranayama session. The session concluded with the Aashirvachana and shloka chanting by Sri SriSri Dr Nirmalanadanatha Maha Swamiji.

The program started at around 8:00 am & lasted for an hour & a half. The event was conducted at the BGS-SJB-Cricket Grounds in a sprawling green lawn open space of 5 acres. The lush greenery and vast expanse of the grounds created a pleasant and inviting atmosphere for attendees. The cloudy morning set the stage for a serene and contemplative session.

The event emphasized the significance of discipline in yoga. Discipline plays a vital role in maintaining a regular yoga practice, as it requires consistency, dedication, and focus. By highlighting discipline, the event aimed to inspire participants to incorporate yoga into their daily lives and experience its profound benefits.

The IDY-23 celebration created an environment of unity, harmony, and well-being. It provided an opportunity for staff and students to come together, learn from experienced yoga practitioners and deepen their understanding of yoga as a way of life.

By organizing such a grand gathering and involving yoga gurus and dignitaries, IDY-23 aimed to spread awareness about the transformative power of yoga and encourage individuals to incorporate yoga practices into their daily routines, leading to a healthier and more balanced life.

Overall, concluding a program by distributing mementos and singing the National Anthem sounds like a fitting and meaningful way to end the event, leaving participants with a sense of appreciation and national pride.

--: Jai Sri Gurudev :-  
Sri Adichunchanagiri Shikshana Trust (R)

# BGS & SJB Group of Institutions Trust & SJS Yoga Institute

Presents



His Holiness Jagadguru  
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji  
President, Adichunchanagiri Shikshana Trust

## INTERNATIONAL YOGA DAY

21<sup>st</sup> June 2023

In the Divine Presence of



Revered Sri Sri Dr. Prakashnath Swamiji  
Managing Director, BGS & SJB Group  
of Institutions Bangalore

**CHIEF GUEST**  
Shri Tejasvi Surya  
Hon'ble Member of Parliament

### GUESTS

Shri P. Harishekar  
Hon'ble Additional DGP

Shri B.G. Jyothi Prakash Mirji  
Hon'ble Ex-Commissioner of Police

Shri Karthik  
Yogacharya, SJS Yoga Institute

Time: 7:30 AM – 9:00 AM  
BGS & SJB Grounds



### HONOURABLE GUESTS

Shri Umopathy Srinivas  
Cine Producer

Ms. Harshika Poonacha  
Cine Actress

Ms. Ashika Ranganath  
Cine Actress

Ms. Aditi Prabhudeva  
Cine Actress

Ms. Radhika Narayan  
Cine Actress

Ms. Kushee Ravi  
Cine Actress

*A Hearty Welcome to One & All*



Jai Sri Gurudev  
Sri Adichunchanagiri Shikshana Trust®

## International Yoga Day

Organized by  
BGS & SJB Group of Institutions  
& SJS Yoga Institute  
21<sup>st</sup> June 2023

To,

Jai Sri Gurudev  
Sri Adichunchanagiri Shikshana Trust®

You are cordially invited to

## International Yoga Day

Organized by  
BGS & SJB Group of Institutions  
& SJS Yoga Institute

On Wednesday 21st June 2023  
Time: 7:30 AM onwards

At  
BGS Health & Education City Campus  
Kengeri, Bengaluru



Service to Mankind is Service to God

IN THE DIVINE PRESENCE OF



His Holiness Jagadguru  
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji  
President, Sri Adichunchanagiri Shikshana Trust, Srirangapatna



Revered Sri Sri Dr. Prakashnath Swamiji  
Managing Director  
BGS & SJB Group of Institutions

**CHIEF GUEST**  
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Ms. Radhika Narayan  
Cine Actress

Ms. Ashika Ranganath  
Cine Actress

Ms. Kushee Ravi  
Cine Actress

### Programme Schedule

- Assemble at Grounds
- Zumba dance
- Flash Mob dance
- Receiving the Guests
- Inauguration
- Yoga Session
- Address by Chief Guest
- Ashirvachana by His Holiness
- Felicitation
- Vote of Thanks
- National Anthem
- Refreshments for students and staff







# S Yoga Institute

Presents

## INTERNATIONAL YOGA D

21<sup>st</sup> June 2023

In the Divine Presence of

Sri Sri Sri P. S. Anandam

Adi Vikshan









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### **36<sup>th</sup> IAP UNDERGRADUATE QUIZ – 2023**

The Intra College rounds of 17th IAP undergraduate quiz were conducted at BGS Global institute of medical science and Hospital, Bengaluru, Karnataka on 13<sup>th</sup> July 2023, Thursday. This is an annual extravaganza conducted under the aegis of IAP to ignite interest for paediatrics among the young medicos. It is a memorable moment for the department of paediatrics as well as to the institution as this is the seventh round of IAP UG quiz to be conducted in this college. It was an enriching experience for the department of paediatrics, all the staff, post graduates, Interns and Undergraduates to be a part of this academic event.

The programme started with invocation song by Dr Rohit, to invoke the blessings of almighty, followed by lamp lighting by the dignitaries.

It was followed by rendering prayers to his divine soul Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, His Holiness Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, and Reverend Sri Sri Dr. Prakashnathaswamiji, in the presence of our beloved Dean cum Principal Dr. Mohan.M.E, Medical Superintendent Dr. Srikanth Kulkarni, Dr. Ramesh M-Head of the department of Paediatrics. The venue was hospital lecture hall and the compere for the event was done by Dr. Darshan C.

The audience was welcomed by Dr. Ramesh M succeeded by our dynamic Dean cum Principal' address. The vote of thanks was delivered by Dr. Purnimasamayam

The quiz master for undergraduate quiz for Dr Ashish Mallige, who conducted the quiz after explaining the rules and regulations in detail. The quiz experts were Dr Ramesh M, Dr Purnima Samayam and Dr Sharath Chandra N.

The quiz teams were selected based on the performance in preliminary round conducted previously. Five teams participated in the UG quiz and 4 teams for PG quiz. The participants of undergraduate quiz were final year MBBS students, who showed great enthusiasm and active participation. The quiz was done using PowerPoint slides and proceeded smoothly in six rounds which included Visual, clinical scenarios and rapid-fire rounds which were monitored by Dr.Rohith H R &Dr. Vinod Muniyappa.

Dr.MadhukiranB T, Dr B Vanitha and Dr Mansi Kumari were the score keepers. Dr Chaitra was the Timekeeper. The audio-Visual round and other technical support were managed by Dr Manjunath R. Ms. Radha and Mr. Manjunath extended excellent support for the smooth conduct of the program.Vinod M and Dr Rohith H R were actively involved in co-ordinating the audience questions at the end of each round. The audience showed active participation.

The undergraduate quiz went into a Tie Breaker round with a nail-biting finish. Ultimately it was won by team bearing **Mr.Krupal and Mr.JeevanReddy** and runners were **Ms. Bhoomika H R and Ms. Smitha**. All the participants and winners were felicitated participant certificates and trophies respectively.

This was followed by refreshment for the members of the audience. It was indeed a feast of knowledge. The entire department of paediatrics worked as a well-coordinated team under the leadership of Dr. Ramesh M.

The winners**Mr.Krupal and Mr.JeevanReddy** will represent BGS GIMS in the divisional level of 36th IAP Under graduate quiz, 2023.

This IAP Quiz of college round was a grand success that received excellent reception.It was a stimulating and academically enriching experience for the participants, audience and all the staff. Such events help to nurture the spirit of continuous learning among PGs, interns, students and all of us as well.We hope that this event heralds many more successful events to be held in the institution.

Let us keep the lamp of learning, burning bright and long!







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**Report**

**on**

**“Leadership and Team Building”**

<b>Date</b>	10 <sup>th</sup> JULY 2023
<b>Venue</b>	Lecture hall no-1 , Administrative block
<b>Organized by</b>	Department of Community Medicine, BGSGIMS
<b>Coordinator/ Program in charge</b>	Dr. Jayashree S. Seeri
<b>Students Benefited</b>	50 Students
<b>Objective of the Program</b>	The main objective of the program is to build the competency of leadership and team building.
<b>Program outcome</b>	<p>Team building is one of the leadership qualities. So, each student has built up this competency and end up with good result in assigned task.</p> <p>The students gained in depth knowledge about these quality and recent updates. The gained knowledge will boost confidence of students in facing the complaint encountered as medical practitioners and lead the team.</p>
<b>Brief report about the Program</b>	<p>In this program, following topics were discussed through Lectures.</p> <ul style="list-style-type: none"><li>• Team Member selection.</li><li>• Commitment of Members.</li><li>• Management support.</li><li>• Communication skills</li><li>• Barriers in team Building.</li><li>• Leadership qualities</li><li>• Case studies</li></ul>



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**Report**  
**on**  
**“Communication Skills”**

<b>Date</b>	25 <sup>th</sup> Feb 2024
<b>Venue</b>	Lecture hall no-2 , Administrative block
<b>Organized by</b>	Department of Psychiatry, BGS GIMS
<b>Coordinator/ Program in charge</b>	Dr. Keertish
<b>Students Benefited</b>	50 Students
<b>Objective of the Program</b>	The main objective of the program is to build the competency of Communication .
<b>Program outcome</b>	one of the important quality the medical field is, how best doctor is going understand the case. The same has to be communicated to the patient. So each student has built up this competency and able to solve the problem of the case.
<b>Brief report about the Program</b>	In this program, following topics were discussed through Lectures and case studies. <ul style="list-style-type: none"><li>• Communication skills</li><li>• Barriers in Communication.</li><li>• Transactional Analysis</li><li>• Case studies</li></ul>

  
**Dean /Principal**

Dean / Principal  
BGS Global Institute of Medical Science  
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Bengaluru - 560 060.