

NEWSLETTER

MARCH 2025



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VISION

YUVA NIYOGA envisions a harmonious future, cultivating responsible citizens and nurturing leaders devoted to serving the nation. We aspire to inspire, empower, and instill values that shape a society where every individual stands strong, contributing to a collective journey of progress, compassion, and responsible citizenship.

MISSION

YUVA NIYOGA's mission is to cultivate a responsible society by empowering youth with leadership skills, fostering a sense of social responsibility, and instilling values that drive positive change. Our aim is to nurture future leaders who stand strong, serve the nation, and contribute to the collective well-being of our society

OBJECTIVES

1. Aid and support the overall development of society, with a focus on youth empowerment, women, and economically weaker sections, along with improving education, eco-friendly activities, and healthcare.
2. Promote education in various fields such as Yoga, medicine, science, literature, and sports, offering counseling and guidance services.
3. Conduct personality development sessions and establish libraries in schools and colleges across Karnataka, fostering community development.
4. Preserve and promote the cultural heritage and values of India's rural society.
5. Establish research and training centers to empower women, youth, and children, particularly in academic development.
6. Assist marginalized groups in income-generating activities and promote sustainable agricultural practices.
7. 10. Implement developmental programs for slums, rural, tribal, and urban areas, collaborating with governmental and non-governmental organizations.
8. Promote rainwater harvesting and undertake initiatives for land restoration and environmental conservation.

OUR PROJECTS

SHIKSHA

Students Holistic Insights and Knowledge Sharing Hub for Academics

SHIKSHA is a transformative initiative by Yuvaa Niyoga, aimed at fostering academic excellence and holistic development among students. This project provides interactive learning sessions, mentorship programs, and skill-building workshops to bridge the knowledge gap. Through SHIKSHA, we empower students with critical thinking, leadership, and career guidance, ensuring they are well-equipped for future challenges. Our dedicated mentors collaborate with educators to create an engaging and dynamic learning environment. By instilling confidence and knowledge, SHIKSHA stands as a beacon of hope for students, paving the way for a brighter and more informed generation.

YUVA YATHRE

Igniting Young Minds Across Karnataka

Yuvaa Yathre is a pioneering journey of inspiration, traveling across all districts of Karnataka to empower government school students. This initiative focuses on personal development, social responsibility, and a yogic lifestyle, motivating young minds to dream big and achieve beyond limitations. Through interactive sessions, career guidance, and real-life success stories, we instill self-confidence and purpose-driven leadership in students. Yuvaa Yathre is not just a project—it's a movement to create future changemakers by equipping them with the right mindset and skills to shape a better society.

PLANTATION DRIVES

Greening the Future

At Yuvaa Niyoga, we believe in sustainable action for a healthier planet. Our Plantation Drives aim to restore ecological balance by planting trees in schools, public spaces, and degraded areas. By involving students, volunteers, and community members, we promote environmental consciousness and responsibility. These drives are more than just planting saplings; they serve as a platform for educating youth about climate change, biodiversity, and conservation. Each tree planted is a step towards a greener tomorrow, ensuring a cleaner and more sustainable world for future generations.

FREE MEDICAL CAMP

Healthy Communities, Brighter Futures

Yuvaa Niyoga's Free Medical Camps provide essential healthcare to underprivileged communities through check-ups, consultations, and awareness sessions on hygiene and nutrition. Partnering with medical professionals, we bridge the gap between communities and healthcare, ensuring no one is left behind. Our mission is to build a healthier, more informed society.

06.03.2025

NGO ORIENTATION PROGRAM FOR STUDENTS OF NITTE MEENAKSHI COLLEGE OF ENGINEERING



Final-year Civil Engineering students from NITTE Meenakshi College of Engineering, Bangalore, visited our NGO to gain a comprehensive understanding of our service activities and community impact. The session provided an overview of our initiatives, focusing on how we support underprivileged communities through education, skill development, and empowerment programs. We highlighted our ongoing projects and the various ways we address social challenges through collaborative efforts.

Students were particularly interested in learning about the funding sources that sustain our NGO, including government grants, corporate sponsorships, individual donations, and fundraising events. We explained how these financial contributions enable us to provide scholarships, training programs, mentorship, and essential facilities to students from economically weaker sections.

During the visit, students explored the facilities we offer, including educational workshops, career guidance sessions, and volunteer opportunities. They engaged in discussions about how NGOs and engineers can work together for societal development, particularly in infrastructure and sustainability projects. The interaction encouraged them to think about ways they can contribute to social causes through their skills and future careers.

Overall, the visit was an enriching experience, providing students with valuable insights into the role of NGOs in community development and inspiring them to be proactive in making a difference.

"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP"

– LAO TZU

15.03.2025

VISIT TO SAMYAMA HEALTH AND WELLNESS PVT. LTD



Our internship students had the opportunity to visit Samyama Health and Wellness Pvt. Ltd. to gain a deeper understanding of the center's operations and its role in promoting holistic well-being. The visit provided insights into various wellness activities, including yoga therapy, naturopathy, Ayurveda, and integrative health practices. Students explored how the center combines traditional and modern approaches to enhance physical and mental well-being.

As part of the visit, the students attended an interactive session conducted by experienced doctors from the center. The session covered key aspects of holistic health, disease prevention, and the importance of a balanced lifestyle. The doctors shared valuable knowledge on the impact of yoga, meditation, and natural healing techniques in maintaining overall wellness.

Adding to the experience, Dr. Dhanvantari S Wodeyar, President of Samyama Yoga Mahavidhyalaya, distributed Surya Namaskara books to the students, encouraging them to incorporate yoga into their daily routine. This visit was a valuable learning opportunity, inspiring students to explore the benefits of holistic health and wellness in their personal and professional lives.

"BE THE CHANGE YOU WISH TO SEE IN THE WORLD"
- MAHATMA GANDHI

17.03.2025

ORIENTATION SESSION TO STUDENTS OF GFGC MALLESHWARAM



Students from Government First Grade College (GFGC), Malleshwaram, visited Yuva Niyoga to explore internship opportunities for their academic year. The session was led by Mr. Kiran S M, Founder and Chairman of Yuva Niyoga, who provided an insightful overview of the NGO's mission, activities, and the impact it has on the community.

During the interactive session, students were introduced to the various programs run by Yuva Niyoga, including educational support initiatives, youth empowerment activities, and community service projects. Mr. Kiran emphasized how internships serve as a valuable learning experience, helping students gain practical knowledge, leadership skills, and hands-on exposure to real-world challenges. He highlighted how Yuva Niyoga offers a platform for young minds to engage in meaningful social work, enhance their leadership capabilities, and contribute to positive societal transformation.

In addition to discussing internship roles, Mr. Kiran stressed the importance of Leadership Training Workshops, which help students develop problem-solving skills, decision-making abilities, and teamwork strategies. He encouraged students to make the most of these opportunities to boost their confidence, enhance their personal growth, and prepare themselves for leadership roles in the future.

The visit proved to be an eye-opening and enriching experience for the students, providing them with a clearer perspective on NGO operations, the significance of community service, and the potential career benefits of engaging in social work. The session concluded with an interactive Q&A, inspiring students to take an active role in creating positive change.

"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT"
– PETER DRUCKER

18.03.2025

SKILL UP SUMMIT : TECHNIQUES TO ACE THE INTERVIEW



Yuvaa Niyoga successfully hosted the Skill Up Summit: Techniques to Ace the Interview, a career-focused session designed to equip students with essential interview skills and boost their confidence in the job market. The session was aimed at preparing students for real-world recruitment challenges by providing practical insights into resume building, communication strategies, body language, and effectively handling tricky interview questions.

The event featured expert speakers and industry professionals who shared valuable insights on how students can present themselves professionally, handle interview pressure, and create a lasting impression on recruiters. They discussed common interview mistakes, salary negotiation techniques, and the importance of personal branding in today's competitive job market.

To make the session more interactive and engaging, students participated in mock interview exercises, real-life case studies, and group discussions, allowing them to apply the concepts they learned in a real-world setting. Personalized feedback was provided to help students refine their responses and improve their confidence.

The session received an overwhelmingly positive response, with students expressing appreciation for the practical techniques and real-world advice shared. Many participants stated that the session significantly enhanced their understanding of the recruitment process and helped them overcome their fear of interviews.

Through initiatives like the Skill Up Summit, Yuvaa Niyoga continues its mission of empowering students with crucial career skills, ensuring they are well-prepared for professional success. The event not only provided interview training but also inspired students to take a proactive approach toward their career growth and personal development.

"DOUBT KILLS MORE DREAMS THAN FAILURE EVER WILL"
– SUZY KASSEM

19.03.2025

LEADERSHIP TRAINING WORKSHOP



Yuvaa Niyoga successfully organized a Leadership Training Workshop aimed at empowering students with essential leadership skills. The workshop focused on nurturing confidence, decision-making abilities, teamwork, and problem-solving skills to help students excel in both academic and professional life.

The session began with an engaging introduction to leadership principles, highlighting the importance of vision, responsibility, and adaptability. Through interactive discussions, students explored various leadership styles and real-world scenarios, gaining practical insights into effective leadership. Activities such as team-building exercises, role-playing, and case studies were conducted to enhance their ability to handle challenges, communicate effectively, and inspire others.

Experienced mentors and industry professionals guided the students on how to develop a growth mindset, take initiative, and lead with integrity. They also shared personal experiences and success stories, encouraging students to step out of their comfort zones and take on leadership roles in their academic institutions and communities.

The workshop concluded with a Q&A session and feedback discussion, where students expressed their enthusiasm for the skills learned and their willingness to implement them in real-life situations. Many participants shared that the session had given them a new perspective on leadership and self-improvement.

By organizing this training, Yuvaa Niyoga reaffirmed its commitment to holistic student development, ensuring that young minds are equipped with the necessary skills to become responsible leaders of tomorrow. This initiative not only benefited the students but also reinforced the importance of leadership in driving positive change in society.

"LEARN AS IF YOU WILL LIVE FOREVER, LIVE LIKE YOU WILL DIE TOMORROW"
– MAHATMA GANDHI

21.03.2025

INTERNATIONAL FOREST DAY 2025



MR. KIRAN S M

**FOUNDER AND CHAIRMAN
YUVA NIYOGA**

CHIEF GUESTS



MS. TRIVENI GOWDA

**FOUNDER
PRAKRUTHIYONDIGE BADUKU
CHARITABLE TRUST**



MR. SS CHAKRAVARTHY

**FOUNDER
SWAMI VIVEKANANDA YOUTH
CLUB**



DR. DHAVANTARI S WODEYAR

**MANAGING DIRECTOR
SAMYAMA HEALTH AND WELLNESS PVT.LTD**



**MEMORANDUM OF UNDERSTANDING
FOR ENVIRONMENTAL SUSTAINABILITY
SIGNED DURING THE EVENT**



**FELICITATION OF KIRAN S M BY
SS CHAKRAVARTHY AND TRIVENI GOWDA**

**"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAILY"
– ROBERT COLLIER**

21.03.2025

INTERNATIONAL FOREST DAY 2025



**"THE ROAD TO SUCCESS IS DOTTED WITH MANY TEMPTING PARKING SPACES"
- WILL ROGERS**

28.03.2025

A SEMINAR ON YOUTH AND HEALTHY LIFESTYLE



Yuva Niyoga successfully organized an insightful seminar on "Youth and Healthy Lifestyle" at Samyama Health and Wellness Centre for our students. The session aimed to educate and inspire young minds about the significance of maintaining a balanced and healthy lifestyle in today's fast-paced world.

Dr. Dhanvantari S. Wodeyar, a renowned expert in health and wellness, addressed the students with an engaging and informative talk. He emphasized the importance of physical fitness, mental well-being, nutritious eating habits, and stress management in leading a fulfilling life. He highlighted how lifestyle choices made at a young age can have a lasting impact on overall health and productivity.

The session also covered the adverse effects of poor dietary habits, lack of exercise, and excessive screen time, encouraging students to adopt mindful practices. Dr. Wodeyar shared practical tips on maintaining a healthy routine, managing academic stress, and incorporating yoga and meditation into daily life.

Students actively participated in the discussion, asking insightful questions about fitness, nutrition, and mental resilience. The seminar served as a wake-up call for many, motivating them to make conscious efforts toward a healthier lifestyle.

Yuva Niyoga remains committed to holistic youth development, and this seminar was a step forward in encouraging students to prioritize their health. The event concluded with a note of gratitude to Dr. Wodeyar for her valuable insights and guidance, leaving students inspired to take charge of their well-being.

"CREATE THE HIGHEST, GRANDEST VISION POSSIBLE FOR YOUR LIFE, BECAUSE YOU BECOME WHAT YOU BELIEVE" – OPRAH WINFREY

