

VALUE ADDED COURSES

3- IMPORTANCE OF SANKYA KARIKA

DATE- 3RD AUGUST -17TH AUGUST 2020

TIMING- 3PM-5PM

RESOURCE PERSON- DR ANUPAMA B(ASST. PROF VYAKARNA SHASTRA)

VENUE- KSU SEMINAR HALL

COORDINATOR- DR JAYAREVANNA M V

COURSE DURATION-30HRS

The Samkhyakarika is the earliest surviving text of the Samkhya school of Indian philosophy. The text's original composition date is unknown, but its terminus completed before date has been established through its Chinese translation that became available by 569 CE. It is attributed to Ishvara Krishna .

PHILOSOPHY OF YOGA IS TAKEN SAMKYA AS BASE , SO TO KNOW MORE ABOUT IT THIS VALUE ADDED CASE WAS TAKEN.

IT INCLUDED—

1. OBJECTIVES OF SANKYA KARIKA
2. DIVISION OF 25 TATVAS
3. CONCEPT OF SATKARYA VADA
4. CHARECTERRISTICS OF PURUSHA AND PRAKRUTI
5. IMPORTANCE OF TRIGUNAS
6. KAIVALYA SWAROOPA



KARNATAKA SAMSKRIT UNIVERSITY



IMPORTANTANCE OF SANKYA KARIKA

DATE:- 03-08-2020 TO 17-08-2020.

TIME- 3.00PM TO 5.00PM

RESOURCE PERSON – DR ANUPAMA. B
ASSISTANT PROFESSOR VYAKARANA SHASTRA

VENUE – KSU SEMINAR HALL

Sl.No	Name of the Candidate	Father Name	Gender (M/F)	DOB (ddmmyyyy)	Category
1	Brunda Yadav P S	Shivakumar P R	FM	21-10-2001	CAT I
2	Deepika N	Narasimhan P	FM	19-04-1991	GM
3	Deepika S	Surya M D	FM	23-02-2000	IIA
4	Deepthi K	Kolluraiah K S	FM	10-06-1983	GM
5	Doreswamy.N	Narasimaiah	M	10-05-1973	IIIA
6	Fernandes Anil.Juje	Juje. Fernandes	M	11-06-1969	GM
7	Ganesh Sharma H N	Narasimha Sharma H N	M	06-05-1989	GM
8	Girijadevi	Yamanappa .Bhajantri	FM	15-07-1998	SC
9	Shivakumara M	Madaiah	M	10-07-1982	IIA
10	Shivaraju G	Govinda Raju	M	20-02-1998	IIA
11	Shivananda Lakshman Banavi	Lakshman Banavi	M	10-07-1987	IIA
12	Shruthi M	Mallaiah R	FM	13-12-1994	IIIA
13	Shruthi S Bhat	Seetharam K M	FM	06-01-1989	GM
14	Shwetha N	Narayanaswamy K	FM	14-12-1988	SC
15	Sindhu B	B Basavaraju	FM	14-02-1987	GM
16	Smitha M R	Sree Ramachandra M V	FM	27-07-1983	GM
17	Sudarshan D K	Krishnachar S D	M	02-12-1994	GM
18	Sudha	Munivenkatappa	FM	13-05-1991	IIA
19	Sudhakara S	Shrinivasa Reddy	M	10-08-1988	GM
20	Sudhendra Kulakarni	Annarao Kulkarni	M	11-02-1974	GM
21	Surya Prabha C S	CS Ramaswamy Gupta	FM	01-05-1953	GM
22	Tejashwini K H	Hanumanthappa K S	FM	03-02-1990	SC
23	Thirthamesha K S	Shankarachar K	M	20-02-1972	IIA

4- PRANAYAMA – EASY PRACTICE FOR HEALTH DURING COVID 19

DATE- 2ND -12TH DECEMBER 2020

TIMING – 10AM -1PM

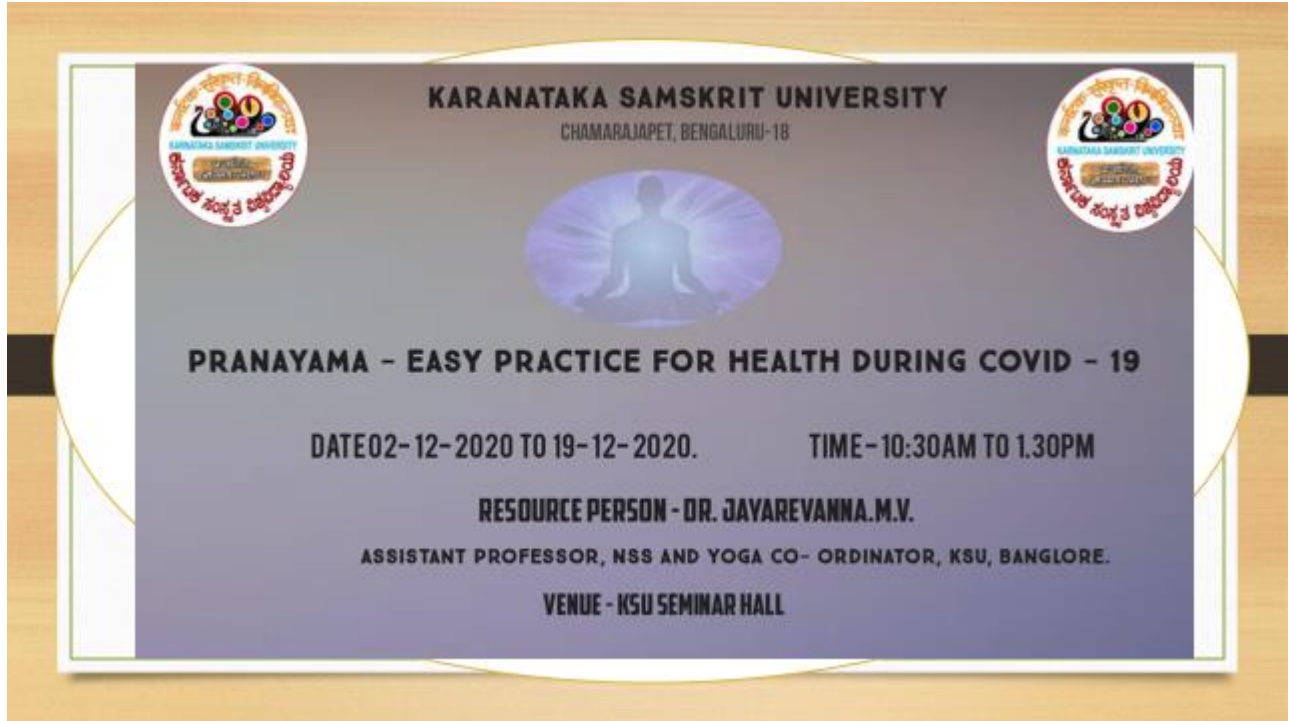
RESOURCE PERSON- DR JAYREVANNA M V

COURSE DURATION- 30HRS

IT WAS VERY IMPORATANT TO MAKE PUBLIC AND STUDENTS AWARE OF THE SITUATION AND EASY WAY TO TACKLE IT STAYIING AND HOME ONLY AS IT WAS A TIME ALL HAD TO WORK FROM HOME AND MENTALLY THEY WERE DISTURBED , SO THIS COURSE WOULD HELP TO KICK OFF AND FACE THE SITUSTION WITH AT MOST CONFIDENCE.

1. SWASA KRIYA
2. SUKSHMA VYAYAMA
3. BASIC EASY ASANAS AND PRANAYAMA
4. IMPORTANCE OF PRANAYAMA

5. IMPORTANCE OF AHARA DURING PANDEMIC
6. HOME REMEDIES FOR COMMON AILMENTS



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5	Doreswamy.N	Narasimaiah	M	10-05-1973	IIIA
6	Fernandes Anil.Juje	Juje. Fernandes	M	11-06-1969	GM
7	Ganesh Sharma H N	Narasimha Sharma H N	M	06-05-1989	GM
8	Girijadevi	Yamanappa .Bhajantri	FM	15-07-1998	SC
9	Shivakumara M	Madaiah	M	10-07-1982	IIA
10	Shivaraju G	Govinda Raju	M	20-02-1998	IIA
11	Shivananda Lakshman Banavi	Lakshman Banavi	M	10-07-1987	IIA
12	Shruthi M	Mallaiah R	FM	13-12-1994	IIIA
13	Shruthi S Bhat	Seetharam K M	FM	06-01-1989	GM
14	Shwetha N	Narayanaswamy K	FM	14-12-1988	SC
15	Sindhu B	B Basavaraju	FM	14-02-1987	GM
16	Smitha M R	Sree Ramachandra M V	FM	27-07-1983	GM
17	Sudarshan D K	Krishnachar S D	M	02-12-1994	GM
18	Sudha	Munivenkatappa	FM	13-05-1991	IIA
19	Sudhakara S	Shrinivasa Reddy	M	10-08-1988	GM
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23	Thirtharamesha K S	Shankarachar K	M	20-02-1972	IIA