

5- IN PRESENT SITUATION IMPORATANCE OF YOGA IN BHAGAVATHGEETHA

DATE- 4TH AUGUST – 20TH AUGUST 2021

TIMING- 3-5PM

RESOURCE PERSON—DR KRISHNA JOSHI

VENUE- KSU SEMINAR HALL

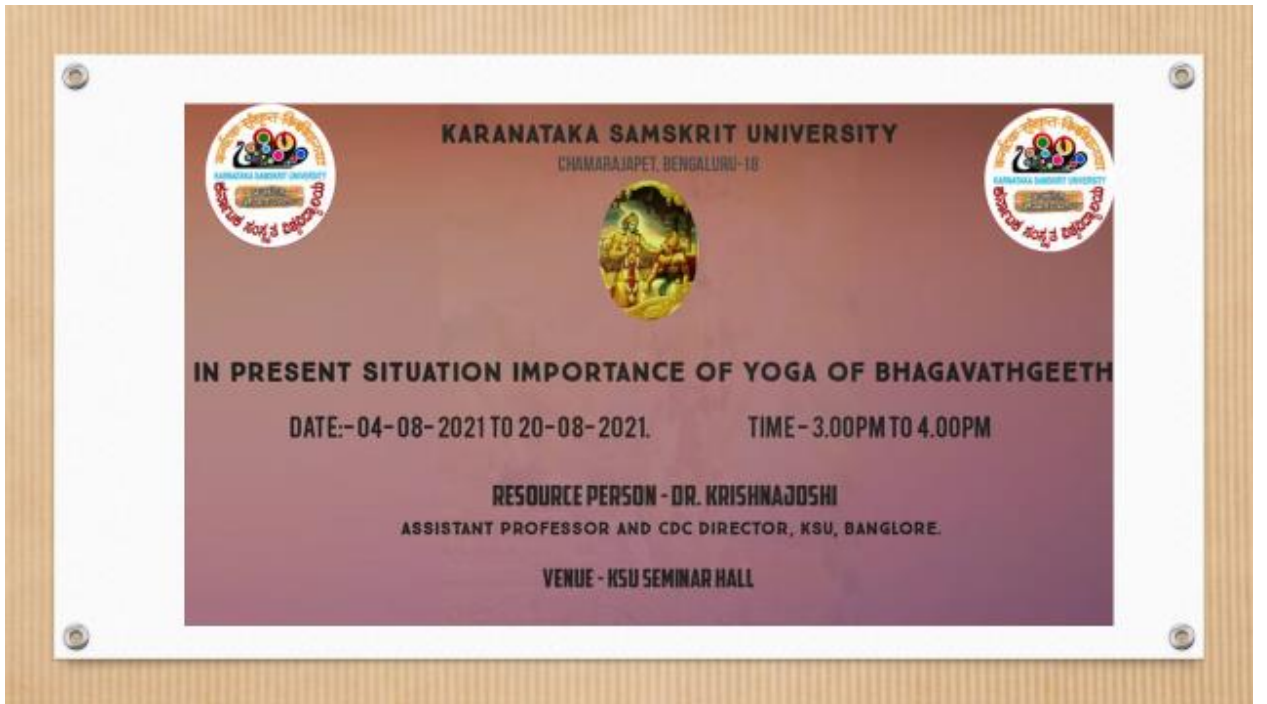
CORODINATOR- DR JAYAREVANNA M V

COURSE DURATION-30HRS

BHAGAVATGEETHA IS ONE OF THE ENCYCLOPEDIA IN INDIAN LITRETURE. IT HAS ALL ANSWERS TO ALL QUESTIONS FOR ANY LIFESTYLE, SO THIS COURSE WAS AIMED AT STUDENTS TO UNDERSTAND BETTER THE VALUES AND PRACTICES MENTIONED IN GEETHA.

IT INCLUDED—

1. HISTORICAL EVIDENCE OF BHAGAVATGEETHA
2. DIFFERENT COMMENNTATORS AND COMMENTARIES OF BHAGAVAT GEETHA
3. WAYS TO FOLLOW KARMA YOGA AND ITS PRACTICE IN MODERN ERA
4. IMPORTANCE OF JNANA YOGA
5. WAYS TO FOLLOW BHAKTI YOGA AND ITS PRACTICE IN MODERN LIFESTYLE



LIST OFSTUDENTS PARTICIPATED—

6. ANITHA R
7. ARUN SAGAR

8. BALASUBRAMANYAM R
9. K V CHANDRASHEKAR
10. GAUTHAM N
11. HARISH KUMAR D P
12. KEERATHI V
13. LOHITH K
14. MAHESHWARI V
15. MANJUNATH S PATIL
16. SAVITHA VINAYAK KUMAR TANDASI
17. SOMASHEKHARA M R
18. SOUNDARYA K C
19. SRILAKSHMI S N
20. SUREKHA PATIL
21. TANUSHREE B C
22. TEERTHA R N
23. DR TEJASHWINI TV
24. VASANTH KUMAR S P
25. VEENA ARJANAGI

6-SCOPE OF YOGA IN 21ST CENTURY AND ITS PRACTICE

DATE- 20TH – 30TH DECEMBER 2021

TIMING – 10AM-1PM

RESOURCE PERSON- DR MURLIDHAR (RTD. SCIENTIST, INTERNATIONAL LEVEL SPEAKER)

VENUE- KSU SEMINAR HALL

COORDINATOR- DR JAYAREVANNA M V

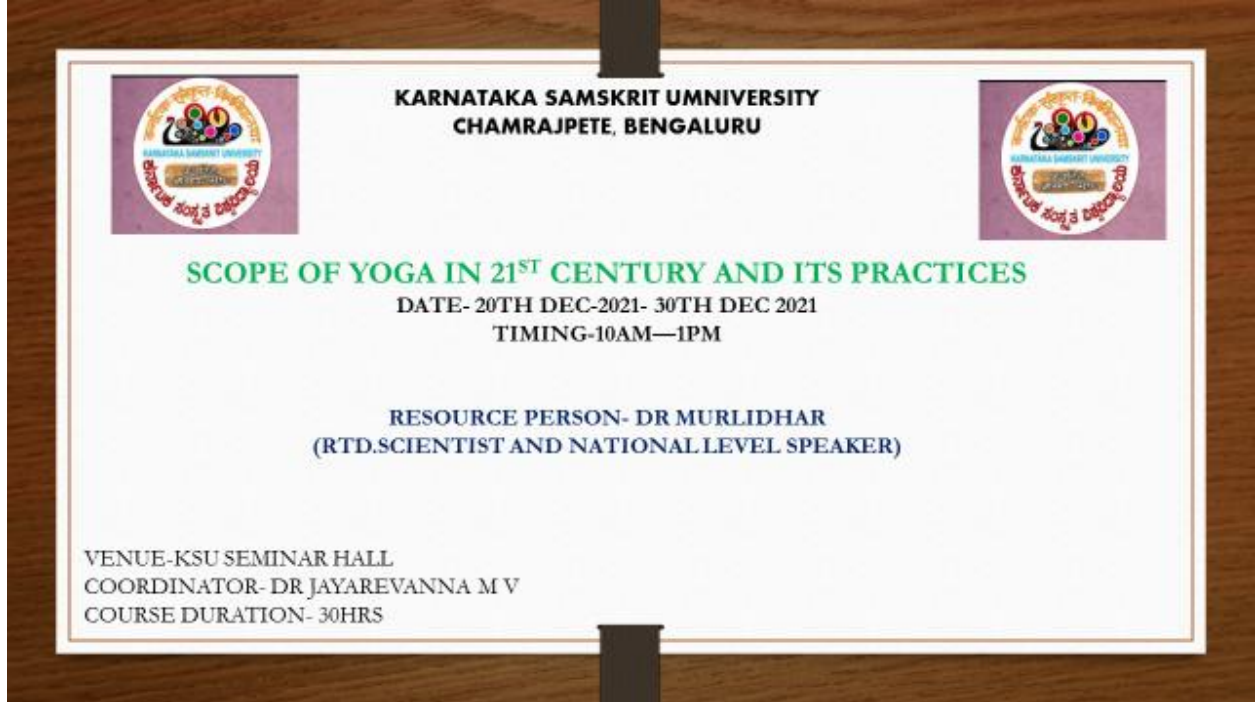
COURSE DURATION-30HRS

AFTER THE PANADEMIC EFFECTS AND AFTER EFFECTS THE IMPORTANCE OF YOGA AND YOGA PRACTICE BECAME POWERFUL, IN ACCORDANCE WITH THIS IF WE TAKE IT AS A PROFESSION IT IS IMPORATANT TO KNOW THE OPENINGS AND OPTIONS FOR THE CAREER.

IT INCLUDED-

1. YOGA DEFINITION , ITS TYPES AND ITS LIMBS
2. SKILLS TO PRACTICE YOGA ASANAS AND PRANAYAMA

3. TEACHING METHODS OF THERAPETIC YOGA
4. ASHTANGA YOGA
5. YOGA FOR STUDENTS AND FAMILY
6. YOGA FOR HEALTHY LIFE STYLE
7. DIFFERENT FIELDS WHERE YOGA CAN BE TAUGHT AND FIELDS WHERE IT CAN BE INCLUDED



KARNATAKA SAMSKRIT UNIVERSITY
CHAMRAJPETE, BENGALURU

SCOPE OF YOGA IN 21ST CENTURY AND ITS PRACTICES
DATE- 20TH DEC-2021- 30TH DEC 2021
TIMING-10AM—1PM

RESOURCE PERSON- DR MURLIDHAR
(RTD.SCIENTIST AND NATIONAL LEVEL SPEAKER)

VENUE-KSU SEMINAR HALL
COORDINATOR- DR JAYAREVANNA M V
COURSE DURATION- 30HRS

LIST OF STUDENTS WHO PARTICIPATED---

1. ANITHA L S
2. DEEPTHI GURURAJ
3. M HANUMAPPA
4. HARIPRIYA R KULKARNI
5. JAYALAXMI SHEKHAR
6. KALPANA M K
7. KALPANA V
8. KAVITHA KS
9. KRISHNAMURTHY B
10. LEELA N
11. LOKESHWARI R

12. KALAMMA H C B
13. MEGHANA B
14. NARAYANA SWAMY
15. NIKHIL N RAO
16. PANKAJA K B
17. PRAVEEN P
18. PRATHIMA
19. RAJESHWARI B M
20. PUSHPALATHA M
21. RAMYA C
22. RANI K M
23. B RATHNAMMA
24. REKHA M S
25. RENUKHA B K
26. N SARITHA DEVI