

## **6- ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES**

DATE- 10<sup>TH</sup> AUG-26<sup>TH</sup> AUGUST 2022

TIMING- 3PM-5PM

RESOURCE PERSON-DR MANIKARNIKA N B

VENUE-KSU SEMINAR HALL

COORDINATOR-DR JAYAREVANNA M V

COURSE DURATION-30HRS

IN THE PRACTICE OF YOGA IT IS IMPORTANT TO KNOW THE PARTS OF BODY AND ITS FUNCTIONS SO THAT WHEN WE TEACH COMMON MAN IT'S IMPORTANT TO KNOW WHEN TO AVOID PRACTICING AND WHY? AND ALSO ITS BENEFITS ACCORDING TO THE POSTURES WE DO.

IT INCLUDED-

1. INTRODUCTION OF HEALTHY BODY AND ITS SYSTEMS
2. ANATOMY OF HUMAN BODY IN BRIEF
3. PHYSIOLOGY OF BODY HUMAN BODY IN BRIEF
4. YOGA SHASTRA AND ASHTANGA YOGA
5. 30 IMPORTANT ASANAS AND 10 IMPORTANT PRANAYAMAS
6. ANATOMY AND PHYSIOLOGY OF 30 DIFFERENT ASANAS AND 10 DIFFERENT PRANAYAMAS



**KARNATAKA SAMSKRIT UNIVERSITY**  
CHAMARAJAPET, BENGALURU-18



# **ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICE**

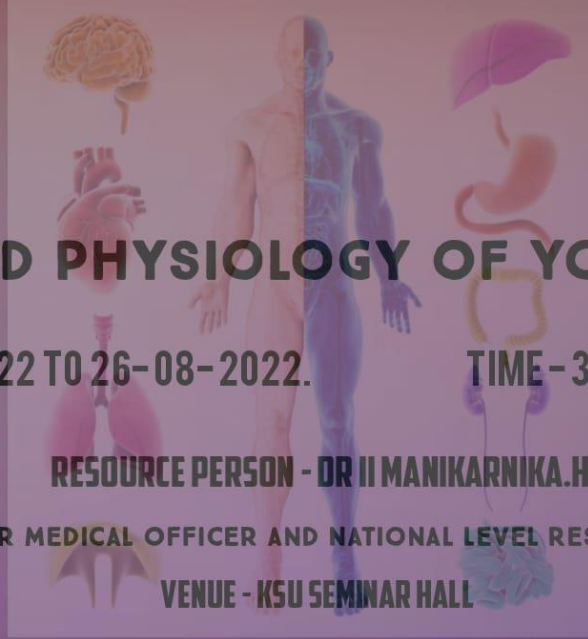
**DATE:- 10-08-2022 TO 26-08-2022.**

**TIME - 3.00PM TO 4.00PM**

**RESOURCE PERSON - DR II MANIKARNIKA.H.R**

**SENIOR MEDICAL OFFICER AND NATIONAL LEVEL RESOURCE PERSONS.**

**VENUE - KSU SEMINAR HALL**



Sl.No	Name of the Candidate	Father Name	Gender (M/F)	DOB (ddmmyyyy)	Category
1	Halewadimath Prabhayya	Gangadharayya	M	20-07-1980	SC
2	Harish R	Raju B	M	01-11-1986	IIIA
3	Jayashree Prabhakar	K G Satyanarayana	FM	03-05-1961	GM
4	Jyothilakshmi	Mallanagowda	FM	15-04-1979	IIIB
5	Kavitha Yadav.H	Honnaiah.T	FM	01-02-1996	CAT I
6	Kavyashree N	Nagaraju R K	FM	31-05-1989	IIIA
7	Kousalya N	Narendra Kumar G	FM	10-08-1999	ST
8	Kumaraswami N	Nagaraj	M	27-02-2002	IIIB
9	Lakshmi S N	Narasimhasetty	FM	18-06-1989	IIA
10	Latha B	Gangadhar	FM	16-06-1969	IIA
11	Latha D	Devaraj M	FM	10-12-1997	IIA
12	Leela N	Nanjunda	FM	20-03-1956	GM
13	Lokesha B N	Nagaraju	M	01-06-1984	IIA
14	Madhava Kumar G	Govinda Raju N	M	25-01-1997	CAT I
15	Ujwala	Umesh V S	FM	17-10-1995	GM
16	Ullas Rai B	D T Rai	M	15-05-1972	GM
17	Urmila	Madhukar Rao Pandurangi	FM	20-07-1971	GM
18	Vishnu R	Raghupathy	M	04-03-1996	IIIA
19	Vidhyashree H	Hanumappa M	FM	23-08-1989	SC
20	Vidya Bhat	Madhukeshwar Bhat	FM	06-07-1979	GM
21	Veena	Raghu L Suvarna	FM	07-02-1978	GM
22	Vasanti Zalkikar	Vijaykumar Zalkikar	FM	24-11-1999	GM
23	Vasanthi S	Selvaraj	FM	10-06-1975	GM
24	Vanishree H	Hanumanthappa	FM	12-04-1979	GM
25	Yogesh P Sajjan	P S Sajjan	M	16-10-1988	IIA

## **8- AAHRA AND VIHARA FOR HEALTHY LIFESTYLE**

DATE- 7<sup>TH</sup> DEC-2022- 23<sup>RD</sup> DEC 2022

TIMING-3PM-5PM

RESOURCE PERSON- DR NAGESH N(RTD. DIST AYUSH OFFICER )

VENUE-KSU SEMINAR HALL

COORDINATOR- DR JAYAREVANNA M V

COURSE DURATION- 30HRS

ACCORDING TO AYURVEDA AND CLASSICAL YOGIC TEXTS AHARA AND VIHAR IS VERY IMPORTANT TO KEEP OURSELF FIT AND FINE. ON THAT BASIS VALUE ADDED COURSE ON AHARA AND VIHAR FOR HEALTHY LIFESTYLE WAS ADDED

IT INCLUDED-

1. AYURVEDA GUIDELINES FOR EATING
2. EAT ACCORDING TO YOUR LIFE STYLE
3. IMPORATNCE OF NUTRIENTS FOR NOURISHMENT
4. AAHRA FOR YOGA PRACTITIONER
5. VIHAR FOR HEALTHY LIFESTYLE
6. IMPACT OF AAHARA ON OUR MENTAL HEALTH



**KARNATAKA SAMSKRIT UNIVERSITY  
CHAMRAJPETE, BENGALURU**



**AAHRA AND VIHARA FOR HEALTHY LIFESTYLE**

**DATE- 7TH DEC-2022- 23RD DEC 2022  
TIMING-3PM-5PM**

**RESOURCE PERSON- DR NAGESH N (RTD.DIST AYUSH OFFICER)**

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

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