

International workshop on Yoga Therapy at Mangalore University

Department of Human Consciousness and Yogic science and Dharmanidhi Yoga Peetha of Mangalore University in association with Wonkwang Digital University (WDU) South Korea, have organised three days International Workshop on Yoga Therapy from 28th to 30th January 2019, at Mangalagangothri, Mangalore University. Altogether 150 delegates including 33 Delegates from Wonkwang Digital University (WDU) South Korea, and Indian delegates from Central University Kerala, K.M.C. Manipal and other delegates are participating in the workshop. This is the 5th International Workshop being organised under the department of Human Consciousness and Yogic sciences and Dharmanidhi Yogapeetha, Mangalore University. Inaugural function of the workshop will be held on 28.01.2019, Monday, at 10.30 am in Dr. D. VeerendraHeggade Seminar Hall, at Lecture Complex of Mangalore University, Mangalagangothri. Prof Jong Soon Seo, Prof WDU will be the chief guest. Prof, Ishwara P, Hon'ble Vice Chancellor will preside. Valedictory of the Workshop will be held on 30.01.2019 at 3.00pm in the Dr. D. VeerendraHeggade Seminar Hall of the University at Mangalagangothri. Prof Jong Soon Seo, Prof WDU will be the chief guest. Prof A. M. Khan, the Registrar will preside. During the inaugural of the Workshop, Sri M. Jayaprakash, Dr. M. Nandini and Sri M. Jagadish from Mangalore will be honoured in recognition of their donation of valuable books on YOGA to the Library of Dharmanidhi Yoga Peetha, Department of Human Consciousness and Yogic Sciences, Mangalore University, in memory of their father Late M. Janardana.

During the 3 days' workshop, everyday there will be 3 practical sessions for Ashtangavinyasa Yoga, and 3 sessions of workshop on basics of yoga practise and yoga therapy for diseases like Hypertension, Sinusitis, Backpain, Obesity,

Digestive Disorders, Respiratory Disorders, Frozen Shoulder, Cardiovascular Disorders, Sleep Disorders, Headache etc.





