

### **3<sup>rd</sup>International Yoga Day Celebration:**

Mangalore University celebrated the 3<sup>rd</sup>International Yoga Day on 21.06.2017 at the Mangala Auditorium in Mangalagangothri Campus. The function began by lighting of the lamp by Prof. K. M. Lokesh, the Registrar of Mangalore University. This was followed by the practise of yoga. A set of yogic practices designed according to the guidelines of 'Common Yoga Protocol for International day of Yoga', by the ministry of AYUSH, Govt. of India was taught by Dr. K. Krishna Sharma, Co-ordinator for the International Yoga Day celebration and Chairman of the Dept. of Human Consciousness and Yogic Sciences to the participants for 45 minutes. Then a practical demo of advanced practices was given by the students of the department of Human Consciousness and Yogic sciences, Mangalore University for 30 minutes.

Prof. K. M. Lokesh explained the importance of research and patents in the field of yoga in his presidential address. He said, the practices are to be properly documented. He said yoga was the part of Indian Culture and it is the evidence for the greatness of ancient India. Nowadays, the importance of yoga has been spread not only in India and abroad as well. He said everybody should know the importance of yoga, the practice of which gives health, peace of mind, concentration, intelligence and knowledge. On this occasion, Mr. Hanumantappa and Mr. Praveena, students of M.Sc. Yogic Science in the department of Human Consciousness and Yogic Sciences were felicitated in honour of having secured prizes, representing India, in the 1<sup>st</sup> Pacific- Asian Yoga Sports Championship, held on 13, 14 May 2017, at Bangkok, Thailand. Mr. Hanumantappa has secured 2<sup>nd</sup> place and Mr. Praveena has been placed 3<sup>rd</sup> in the artistic yoga and athletic yoga events.

Prof. Sripathi Kalluraya, Finance Officer of the University, Prof. B. Udaya, Director of Student Welfare and Dr. K. Krishna Sharma, Co-ordinator for the International Yoga Day celebration were on the dais. Prof. Sripathi Kalluraya welcomed the gathering. Prof. B. Udaya proposed the vote of thanks. Ms. Rashmitha, Research Scholar, Dept. of Human Consciousness and Yogic Sciences compeered the programme.

The dept. of Human Consciousness and Yogic Sciences, Mangalore University was part of organising international yoga day in 6 other places such as MRPL, JavaharNavodayaVidyalayaMudipu, Vishwamangala institutions, Konaje, Govt. first grade college, Uppinangadi, Gokarnanatheshwara college, Mangalore&Institute of Chartered Accountants of India, Mangalore. Altogether around 1750 participants practised on this occasion.





