

Department of Human Consciousness and Yogic Sciences, Mangalore University Co-ordinated the organizing of International Day of Yoga Celebration at Mangalore University. Also the Department of Human Consciousness and Yogic Sciences involved in International Day of Yoga Celebration in the following institutions.

Mangalore University campus. Prof. Kishore Kumar C.K. acting Vice Chancellor was the President. Programme was attended by the officials, staff and students of the University

Vishwamangala Institutions, Mangalagangothri –

Celebrated on 21-6-2018. Dr. K Krishna Sharma, Professor and Chairman of Department of Human Consciousness and Yogic Sciences, Mangalore University, was the guest and resource person. He explained importance of yoga and yogic practices to over 250 students gathered and taught some of the useful asanas, pranayama and simple meditation techniques. Chairman of the Governing Council, Prof B Ismail, presided over the function. He highlighted the importance of yoga and narrated the experience of daily yoga practice. Parent Teacher Association President Prof. Shivanna was on the dais. MSc Yogic Science students Mr. Aditya Krishna M and Mr. Amiya Das assisted in the practicals.

Jnanakaveri P. G. Centre, ChikkaAluvara –

One day Yoga Training Programme for teaching and non - teaching faculty was organized on 21-6-2018, on account International Day of Yoga. Mr. Chinmay, senior student of Department of Human Consciousness and Yogic Sciences, Mangalore University was the resource person. Prof ManjulaShantharam, presided over the function. Mrs Pushpalatha was the guest. There were 40 participants. Mr Chinmay explained the meaning, use and yogic life style. He also conducted practical session with demonstration. Prof ManjulaShantharam, explained her own experience and benefits attained by practice of yoga since several years and stressed the necessity of yoga becoming part of daily routine.

Mangalore Academy of Professional Studies (MAPS), Mangalore –

Mangalore University of Professional Studies, Mangalore celebrated International Day of Yoga on 21st June 2018. Mr. Hrushikesh, Research Scholar in the Department of Human Consciousness and Yogic Sciences, Mangalore University inaugurated the programme. He spoke about importance of yoga in daily life. Also carried out a practical session. Mrs. Shruthi Shetty, Principal, MAPS, presided over the function. Mr. Ravikumar, MSc Yogic Science student in the Department of Human Consciousness and Yogic Sciences did yoga demonstration. Mrs. Shwetha K, faculty of English briefed importance of yoga. Ms. Sukshitha of IInd PUC spoke about history and practice of yoga.

Sri Sri Ravi Shankar Vidya Mandira, Mittabare, Mudipu -

International Day of Yoga Celebrated on 21-6-2018. Over 100 students from 4th to 10th standard participated in the programme. Ms. Rashmitha and Mr. Rangappa, Research Scholars in the Department of Human Consciousness and Yogic Sciences, Mangalore University, the resource persons, explained importance of yoga to the faculty and students and conducted a practical session. President of the function, Dr. Madhavi Vijayakumar, member of the school governing committee, explained the benefits of yoga.

Mangalore Refinery and Petrochemicals Limited (MRPL), Mangalore –

Yoga Week on account of International Day of Yoga, was Inaugurated on 20-6-2018. Dr. Thirumaleshwara Prasada H, Department of Human Consciousness and Yogic Sciences, Mangalore University, was the guest. Shri A K Sahoo, Director – Finance, presided over the function. On 21-6-2018 there were three practical sessions of one hour each and altogether over 165 members participated. From 22nd to 25th June 2018, everyday there was a practical session of one hour duration. Everyday there were over 35 participants from MRPL Employees, CISF personal

and family members of the MRPL employees. Mr. Vinayka Krishna, assisted in practicals

KVG Ayurvedic Medical College, Sullia–

International Day of Yoga Celebrated on 21-6-2018. Dr. Udayakumara K, Department of Human Consciousness and Yogic Sciences, Mangalore University, was the guest. Dr. K V Chidananda, President, ACLE, presided over the function. Dr. Udayakumara K. explained importance of yoga to the faculty and students and conducted a practical session.

JawaharNavodayaVidyalaya, Mudipu–

International Day of Yoga Celebrated on 21-6-2018. Prof. Krishnakumar G, Dept. of Applied Botany, Mangalore University and senior practitioner of yoga, was the guest.

Yenepoya Medical College, Deralakatte–

Dr. K Krishna Sharma, Professor and Chairman of Department of Human Consciousness and Yogic Sciences, Mangalore University, was the guest and resource person.