



*Celebration of 9<sup>th</sup> International Day of Yoga - 2023*  
**NATIONAL SEMINAR ON YOGA**

**on 8<sup>th</sup> June, 2023**  
(In Hybrid Mode)

*Jointly Organized by*



**DEPARTMENT OF HUMAN  
CONSCIOUSNESS & YOGIC SCIENCES**

and

**DHARMANIDHI YOGAPEETHA**

Mangalore University, Magalagangothri - 574 199

and

**UNIVERSITY COLLEGE MANGALURU**

(Constituent College of Mangalore University)

Hampanakatte, Mangalore 575 001.

*In collaboration with*

**Morarji Desai National Institute of Yoga**

Ministry of Ayush, Govt. of India.

68, Ashoka Road, New Delhi - 110 001

## About the University :

Mangalore University campus at Mangalagangothri, located about 20 km to the south-east of the historic coastal town of Mangalore, sets the tone for the educational endeavors of the three districts under the jurisdiction of the University. It is a picturesque campus that sprawls over 333 acres, overlooking the confluence of the river Nethravathi with the Arabian Sea on the one side, and the cloud-capped Western Ghats on the other. It grew out of a modest post-graduate center of the University of Mysore to become the focal point of an independent University in 1980. The campus, has 26 postgraduate departments, supported by modern infrastructure and experienced faculty.

## About the Department :

Department of Human Consciousness & Yogic Sciences is unique being first in the country to offer two years master's degree programme (M.Sc.) in Yogic Sciences since 1998, with specializations in 1. Yoga therapy 2. Yoga spirituality. To spread the value-based knowledge of Yogic science, namely, Teaching, Therapy and Research in Yoga, with its contribution in human resource development and capacity building with basic principles, underlying mechanisms and application potential of yoga practices. The department with the full-fledged teaching and research center will provide an opportunity to scholars to work in this area of nation's rich heritage.

## About the programme:

Declaration of June 21st as International Day of Yoga by UNO has been embraced by every corner of the world and it's still expanding popularity and participation by all class of people have been proving the necessity of Yoga to the world. At this juncture, being the mother land, where this great science of all time has flourished, has a key role in safeguarding and promoting its essence of originality of both practical as well as the theoretical understating and their application. As a step forward to full fill this responsibility, Department of Human Consciousness & Yogic Sciences and Dharmanidhi Yogapeetha of Mangalore University, jointly with University College Mangaluru are organizing a One-day National Seminar on Yoga. The Seminar is organized in Collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India, New Delhi. The seminar focused on research, therapy and study of classical texts.

**Venue of the Seminar: Raveendra Kalabhavana, University College, Hampanakatte, Mangalore - 575001**

# THEME : YOGA FOR HEALTH

## Sub Themes:

1. Yoga Therapy
2. Yoga in Education
3. Yoga Research
4. Yoga for Holistic Health
5. Health applications in Upanishads
6. Yoga and Common Ailments
7. Yoga for skill development
8. Any themes of healthcare and life sciences

## Call for Abstract/Papers & Poster

Department of Human Consciousness & Yogic Sciences calls for papers from academicians, research scholars, scientists, yoga practitioners from universities across the nation. They are called to share their research paper, original article, review paper and conceptual paper / poster in the seminar.

## Abstract & Paper submission guidelines

- An abstract of 200-250 words having 1.5 line spacing with font in Times New Roman font in MS word should be Emailed to **hcyogicscience@gmail.com**
- Poster dimensions should be maximum of 4ft height and 3ft width.
- Last date for sending the abstract & paper/poster is 4th June, 2023. Papers will be selected through the peer review process. Selected presenters will be intimated through Email.

## Registration fee

Teachers and Professionals : ₹ 500 /-  
Students/ Research Scholars : ₹ 300 /-

## Link for Registration

<https://forms.gle/CKGBe98fpMyBPvqbA>



## Account Details

**A/c Holder's Name:** Chairman  
Dept. H.C. & Y.Sc. M.U.

**Name of Bank:** State Bank of India

**Branch Name :** Mangalagangothri

**Bank Account No.:** 10094967495

**IFSC Code No.:** SBIN0008034

**MERCHANT NAME:** CHAIRMAN DEPT.H.C.Y.SC.M.U.  
**UPI ID:** YSDEPTMU@SBI



## SCHEDULE

Date: 8-06-2023	
Spot Registration	09.00AM - 09.45AM
Inaugural Session	10.00AM - 11.00AM
Sessions	11.15AM - 01.00PM
Lunch Break	01.00PM - 02.00PM
Sessions	02.00PM - 04.00PM
Valedictory	04.00PM - 05.00PM

### Expected Speakers

- **Prof. B. R. Sharma**, Hon'ble Vice Chancellor, Sri Sri University, Sandhapur, Godisahi, Odisha.
- **Dr. Manmath M. Gharote**, Director, Lonavala Yoga Institute, Lonavala.
- **Prof. G. D. Sharma**, Prof. and HOD of yoga at Himachal Pradesh University, Shimla, Himachal Pradesh.
- **Dr. Ganapathi Joisa**, Yoga Expert, Manipal.
- **Dr. Annapoorna K.** Professor & HOD, Division of Yoga, MAHE Manipal.
- **Dr. Subramanya Pailoor**, Associate Professor, Department of Yoga, CUK Kerala.
- **Dr. S. D. Pathak**, Research officer, Physiology, Scientific Research Department, Kavalyadhama, Lonavala, Maharashtra.
- **Dr. Ravichandra K.**, Professor, Yenepoya Medical College (Deemed to be University), Deralakatte.
- **Dr. K. Krishna Sharma**, Professor & Chairman, Dept. of Human Consciousness & Yogic Sciences, Mangalore University.
- **Dr. Dhanesh P. V.**, Asst. Prof., Central Sanskrit University, Guruvayur Campus, Thrissur.
- **Dr. Hariprasad V. R.**, Yoga Expert, Drug Discovery Group, R & D Himalaya Drug Company, Makali, Bengaluru.
- **Dr. Prasanna Hegde**, Director, Shri Krishna Yoga & Counselling Centre, Karkala.

### FOR MORE INFORMATION, PLEASE CONTACT : Joint Organizing Secretaries

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**Guest Lecturers, University College Mangaluru, Hampanakatte, Mangalore- 575 001**

**CHIEF PATRON**  
**Prof. P. S. Yadapadithaya**  
Hon'ble Vice-Chancellor  
Mangalore University

**PATRON**  
**Dr. Kishore Kumar C. K.**  
Registrar  
Mangalore University

**ORGANISING SECRETARY**  
**Dr. K. Krishna Sharma**  
Professor and Chairman  
Dept. of HC&YS, Mangalore University