

International Workshop and Conference on Yoga Therapy and Stress Disorders from 30<sup>th</sup> January 2015 to 5<sup>th</sup> February, 2015:

The department of Human Consciousness & Yogic Sciences and Dharmanidhi Yoga Peetha, Mangalore University jointly organized “International Workshop and Conference on Yoga Therapy for Stress Disorders”, held from 30<sup>th</sup> January 2015 to 5<sup>th</sup> February 2015 at Mangalore University.

The four days International Workshop was inaugurated on 30<sup>th</sup> January 2015 by the Chief Guest, Sri Vijayakumar Gogi, *IFS*, Director of AYUSH, Government of Karnataka. Registrar of the Mangalore University Prof. P.S. Yadapadithaya presided over the function. On the successive days, there were different sessions by eminent yoga experts from yoga institutions like Ashtanga Yoga centre Mysuru, Association of Himalyan Yoga Meditation Societies International (AHYMSIN), Rishikesh, Krishnamacarya Yoga Mandiram, Chennai and Yoga Jeevana Kendra, Bangalore. For these four days international workshop, 103 delegates were participated from all over India and abroad.

International Conference on yoga therapy for stress disorders was inaugurated on 3<sup>rd</sup> February 2015 by Prof. M.I. Savadatti, Formerly member of UGC and Former Vice-Chancellor of Mangalore University. Prof. K. Siddappa, the director of JSS Foundation for Science and Society, Bangalore and former Vice Chancellor of Bangalore University chaired the inaugural function as a chief guest and released the souvenir. Hon’ble Vice Chancellor Prof. K. Byrappa presided over the function. After the inaugural function, the key note address was delivered by Dr. B.N. Gangadhar, the Professor, Department of Psychiatry, NIMHANS, Bangalore. On the next three days, series of scientific sessions – invited talk, parallel paper presentations took place in the Mangala Auditorium, MBA Hall and in the department of Human Consciousness and Yogic Sciences.

On the last day of the Conference (5<sup>th</sup> February 2015), the series of lectures, paper presentations and scientific sessions were discussed in the panel discussion by eminent yoga experts. Valedictory function was held in the afternoon. Sri. V.V. Bhat, *IAS*, Former Secretary, Government of India and Sri Abdulla Kunhi, Chancellor of Yenepoya University, were the guests of honour. Registrar of the University, Prof. P.S. Yadapadithaya presided over the

function. In the light of the presentations, deliberations and interactions, the conference unanimously adopted resolutions.

During the conference three **Memorandum of Understandings** were signed with the following Institutions of abroad -

- 1. Yoga Federation of Serbia**
- 2. Wankwong Digital University, Korea**
- 3. Kashyapa Clinic, Toronto, Canada.**

The MOU includes – Conducting Different yoga courses, exchange of yoga experts, students of yoga.

No. of Delegates participated in the Conference are – 206, No. of Resource Persons – 35, No. of papers presented – 102, Organizing Committee members – 80.



Inauguration of the International Workshop by Shri VijayakumarGogi,



Delegates



Inauguration of the International Conference by Prof. M. Savadatti

Releasing of the



Releasing of the Poster related to International Yoga Day

Signing of the MOU with WDU,



Key Note Address by Prof. B.N. Gangadhar

Delegates