



MANGALORE UNIVERSITY

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Mangalagangothri-574199



International Yoga Day Celebration

(On June 21st 2015)



Dignitaries on the dais on the occasion of formal function – International yoga day celebration



Invocation on the occasion of formal function – International yoga day celebration



Welcome by Prof. P.S. Yadapadithaya, the Registrar



Inauguration by Prof. K. Byrappa, Hon'ble Vice Chancellor of the University



More than 200 participants practicing yogic practices designed by the department of Human Consciousness and Yogic Sciences, Mangalore University at Mangala Auditorium



Participants practicing Swastikasana



Participants practicing Tadasana



Participants practicing Tiryak Tadasana



Participants practicing Ardha kati Chakrasana



Participants practicing Purvottanasana



Participants practicing Bhujangasana



Participants practicing Ujjayi Pranayama



Meditation techniques were practiced by the participants for duration of 20 minutes which was taught by the Bramhakumari Vishweshwari and team by Prajapita Iswariya Vishwavidyalaya, Mangalore



Bramhakumari Vishweshwari explaining Meditation techniques



Practical demo – Yaugika surya namaskara (17 Vinyasa)



Practical demo –Trikonasana



Practical demo –Parswakonasana



Practical demo –Paschimottanasana



Practical demo –Purvottanasana



Practical demo –Pavanamuktasana



Practical demo –Bhujangasana



Practical demo –Shalabhasana



Practical demo –Varieties of Dhanurasana



Practical demo –Ustrasana



Practical demo –advanced asanas



Practical demo –advanced asanas



Practical demo –advanced asanas



Practical demo –Viparitakarani



Practical demo –Uttanapadasana



Felicitation to the Guest, Bramhakumari Vishweshwari



Presidential address by Prof. K. Byrappa, the Hon'ble Vice Chancellor of Mangalore University



Vote of thanks by Dr. K. Krishna Sharma, Co-ordinator for the International Yoga Day celebration