



MANGALORE UNIVERSITY

Accredited by NAAC with 'A' Grade

International Yoga Day Celebration

Mangalore University celebrated the International Yoga Day on 21.06.2016 at the Mangalagangothri Campus. The function has been organised at the Mangala Auditorium. The function began by lighting of the lamp by Prof. K. Byrappa, Hon'ble Vice Chancellor 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 slightly modified and taught by the department of Human Consciousness and Yogic Sciences of Mangalore University to the participants for 30 minutes. Prof. Muniraju, Dean, Faculty of Commerce, Mangalore University explained the relevance of the International Yoga Day and welcomed the gathering. Then a practical demo of advanced practices was given by the Research Scholars and the students of the department of Human Consciousness and Yogic sciences, Mangalore University and PG Diploma in Yogic Science of University College, Mangalore for 30 minutes.

Prof. K. Byrappa explained the importance of scientific studies and patents in the field of yoga in his presidential address. He said, Research in yoga is to be done to scientifically study the biological and biochemical changes in the body due to the practice of yoga. The findings are to be properly documented and published which was not there in India till the recent past even though yoga was widely practiced, he added. This lack of documentation in India has given the scope to the foreigners to getting patents and claiming some aspects of the yogic practices, he said. He also said the Mangalore University is the pioneer university to offer M.Sc. Course in Yogic Science with Yoga therapy as specialisation. He said yoga was the part of Indian Culture and expressed his happiness about world wide acceptance and practise of yoga on account of International Yoga Day Celebrations. Prof Byrappa explained his personal experiences of practising yoga and the other similar kind of practice of China and how he found out personally the superiority of yoga. He said everybody should know the importance of yoga, the practice of which gives health, wealth, peace of mind, concentration, intelligence and knowledge. Hon'ble Vice Chancellor also

commended the efforts and activities of Dept. of Human Consciousness and Yogic Sciences. Prof K M Balakrishna, President of Mangalore University Teachers Association(MUTA), Prof Sripathi Kalluraya, Finance Officer, Mangalore University, Prof Udaya, Director of Student Welfare, Mangalore University and Dr. K. Krishna Sharma, Co-ordinator for the International Yoga Day celebration and Chairman of the Dept. of Human Consciousness and Yogic Sciences, were on the dais. Dr. K. Krishna Sharma proposed the vote of thanks. Dr. Udayakumara K of Dharmanidhi Yogapeetha, Dept. of Human Consciousness and Yogic Sciences compeered the programme.



Inauguration of International Yoga Day by Hon'ble Vice Chancellor, Prof. K. Byrappa.



Presidential Address by Prof. K. Byrappa.



Hon'ble Vice Chancellor Practicing Yoga on this occasion.



Advanced Yoga Demo by the senior students of the Department of Human Consciousness and Yogic Sciences, Mangalore University.