



UNIVERSITY OF MYSORE
UGC-HUMAN RESOURCE DEVELOPMENT CENTRE

Prof. S.S. Malini
Director

MANASAGANGOTRI
MYSURU – 570 006
KARNATAKA, INDIA

2021-2022

(ONLINE MODE)

Report of the 1-Day Webinar on “Yoga and Wellness”

The 1-Day Webinar on Yoga and Wellness was conducted by the UGC-Human Resource Development Centre, University of Mysore on 21-02-2022. The Course Coordinator was Dr. L. Nanjundaswamy, Assistant Professor, UGC-Human Resource Development Centre, University of Mysore, Mysore. A total of 37 participants attended the 1-Day Webinar. Dr. Devaki Madhav, Yoga Expert, Vivekanandanagar, Mysore gave talk on “Yoga and Wellness” and interacted with the participants at the end.

In support to this report, the following Documents are attached.

1. Resource Persons’ List
2. Teacher Participants’ List
3. Time Table

A handwritten signature in green ink, appearing to read 'S.S. Malini'.

(Prof. S.S. Malini)
Director

UGC-Human Resource Development Centre
University of Mysore,
Manasagangotri, Mysore-570006.

Allotment of courses for 2021-22-reg.

1 message

Archana Thakur <archana.ugc@nic.in>

Fri, Jun 25, 2021 at 3:18 PM

To: asc_au@yahoo.com, hrdcuoh@gmail.com, hrdcou@gmail.com, hrdcsvutpt@gmail.com, rama_jaypee@rediffmail.com, directorhrdcjntuh@jntuh.ac.in, gkviswanadh@jntuh.ac.in, Shakeel_du@yahoo.com, ugchrdmannuhyd@gmail.com, ugcascgu@rediffmail.com, subodhpankhu@gmail.com, rkjha51266@gmail.com, ascpatna@yahoo.com, c.singh.vmpu@gmail.com, hrdcprsu@gmail.com, akguptarsu@gmail.com, ratnesh1975@gmail.com, Ratnesh Singh <directorhrdc@ggu.ac.in>, Du.cpdhe@gmail.com, geetanjali1908@gmail.com, dir.ascjmi@rediffmail.com, asc.jnu@gmail.com, MGOVIND MGOVIND <m_govind@mail.jnu.ac.in>, asc@unigoa.ac.in, curivonkar@unigoa.ac.in, asc@ascgujarat.org, joshijagdish@yahoo.com, kaladhar@ascrajkot.org, kaladharaya@gmail.com, mkayagnik@yahoo.co.in, director@hrdcspu.ac.in, ugcasc_kuk@yahoo.co.in, ugcascbps@rediffmail.com, hrdcgjuhisar@gmail.com, hrdcshimla@gmail.com, ashokchoudhary.ru@gmail.com, ugcascjammu@gmail.com, jpsjoord@gmail.com, asc@kashmiruniversity.ac.in, hrdc@uok.edu.in, shivakumarais@gmail.com, ugchrdc.kud@gmail.com, hrdcmysore@gmail.com, asc.uoc@gmail.com, hrdcunike@yahoo.com, drsvsudheer@hotmail.com, kannurasc@gmail.com, ugcascindore@gmail.com, hrdcagar@gmail.com, ugcasc@gmail.com, /hrdcjabalpur@gmail.com, asclnipe@rediffmail.com, martin_evcity@yahoo.com, director.hrdc@bamu.ac.in, ugchrdc@mu.ac.in, asc_ngpnu@yahoo.co.in, cgdethe@gmail.com, asc_pune7@gmail.com, directorhrdc@srbau.ac.in, dirasc@manipuruniv.ac.in, hrdcnehu@gmail.com, asc@nehu.ac.in, sarro@nehu.ac.in, lalundunga@rediffmail.com, asc.utkal@gmail.com, akdm.2002@gmail.com, ugcascsu@gmail.com, HRDC_PU <director.asc@pondiuni.edu.in>, hrdcgndu@yahoo.com, krjsingh@gmail.com, hryograj@yahoo.com, hrdcjnvu@gmail.com, directorhrdc@gmail.com, vijayvir@hotmail.com, ascmdsu@gmail.com, mathi_principal@yahoo.co.in, richardpaulv@gmail.com, asc@bdu.ac.in, ugcasc@uom.ac.in, ugcascuom@yahoo.com, mkuascdirector@gmail.com, asc_amu@yahoo.com, ugcascu@rediffmail.com, pksahooald@rediffmail.com, ac_staff@rediffmail.com, ascddugkp@gmail.com, nutan_tyagi@yahoo.com, asclko@rediffmail.com, hrdcnainital@gmail.com, divyavj@gmail.com, Pabitra_c@hotmail.com, anjaneco@gmail.com, office@hrdc.buruniv.ac.in, dirhrdc@jadavpuruniversity.in, rajat.acharya@gmail.com, ascnbu@gmail.com, hrdcnbu@gmail.com

Cc: archana ugc2012 <archana.ugc2012@gmail.com>, kundlaugc <kundlaugc@gmail.com>, hrdcsection <hrdcsection@gmail.com>

TO ALL THE DIRECTORS OF 66 HRDCs

Sir/Madam,

Kindly find attached herewith Allotment of courses for the year 2021-22 in respect of all 66 HRDCs.

With regards,

Dr. Archana Thakur, Joint Secretary, UGC

**Allotment of courses for 2021-22 to 66 HRDCs.pdf**

2260K



**UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI – 110002**

	<u>Allotted for 2020-21</u>	<u>Demanded/Allotted for 2021-22: Carry Forward is allowed from previous allocation, if the programs could not be organized or generated much interest in participants as evidenced from Feedback.</u>
01	<p>ANDHRA UNIVERSITY</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme - 04 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Life Science ii) Languages, Literature & Cultural Studies (Indian, English & foreign Languages). iii) Commerce & Management iv) Human Rights Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> v) Environmental Sciences vi) Computational Social Sciences vii) Teacher Educators: Learning outcomes and educational reform – Pedagogy, Assessment and Quality Assurance. viii) Home Science (Food & Nutrition) 3. Short Term Courses <ol style="list-style-type: none"> i) Professional Development Programme for Non Academic Staff ii) Women Studies iii) Research Methodology iv) Applied Statistics for Teachers & Research Scholars 4. Workshop. <ol style="list-style-type: none"> i) Leadership Development Programme 02 ii) MOOCs, Online Courses & Open Educational Resources iii) E-content Development and Online Pedagogy iv) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 	<p>ANDHRA UNIVERSITY</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme-04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i. Computer Science ii. Indian Language & Literature iii. Commerce & Management iv. Teacher Education (B.Ed. & Physical Education) Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> i. Human Rights ii. Home Sciences (Food & Nutrition) iii. Disaster Management iv. Environmental Sciences 3. Short Term Courses <ol style="list-style-type: none"> i. Applied Statistics for Teachers & Research Scholars ii. Research Methodology iii. Professional Development Programme for Non Academic Staff iv. Women Studies 4. Workshop on Leadership Development Programme 5. E-content Development and Online Pedagogy 6. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 7. Thematic popularization of NEP2020
02	<p>UNIVERSITY OF HYDERABAD</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme - 04 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Commerce & Management ii) Social Sciences iii) Experimental Physics iv) Life Sciences Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> v) Research Methodology vi) Quantitative Biology vii) Chemistry: Synthetic Biology viii) English Language Studies 	<p>UNIVERSITY OF HYDERABAD</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme– 04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Commerce & Management ii) Experimental Physics iii) Mathematics iv) Chemistry v) English Language Studies Refresher Courses: Inter/Multi-disciplinary

	<p>and educational reform – Pedagogy, Assessment and Quality Assurance.</p> <p>ix) Life Sciences</p> <p>Summer/Winter School</p> <p>x) Winter School: Science and Technology of Yoga and Meditation</p> <p>xi) Summer School: Quantum Biology</p> <p>3. Short Term Courses.</p> <p>i) Gender Sensitization</p> <p>ii) Communication Skills and computer Applications</p> <p>iii) Research Methodology</p> <p>iv) Disaster Management</p> <p>v) Workshop on MOOC's e-content development and open education Resources</p> <p>vi) Non-Academic Staff Training</p> <p>4. Workshop.</p> <p>i) Leadership Development Programme 02</p> <p>ii) MOOCs, Online Courses & Open Educational Resources</p> <p>iii) E-content Development and Online Pedagogy</p> <p>iv) Interaction Programme for Ph.D. Research Scholars/Post-Doctoral Fellows</p> <p>v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p>x) Information and Communication Technology</p> <p>3. Workshops</p> <p>i) MOOCs, E-content Development and Open Educational Resources</p> <p>ii) Disaster Management</p> <p>iii) Gender Sensitization</p> <p>iv) Research Methodology</p> <p>4. Short Term Courses.</p> <p>i) Non-Technical Staff Training</p> <p>ii) Principal Workshop on Leadership Development</p> <p>iii) Counseling and guidance</p> <p>iv) Yoga and Spirituality</p> <p>5. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p> <p>6. Thematic popularization of NEP2020</p>
27	<p><u>KARNATAK UNIVERSITY, DHARWAD</u></p> <p>1. Faculty Induction Programme - 04</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Sociology</p> <p>ii) Kannada</p> <p>iii) Life Sciences</p> <p>iv) Social Sciences</p> <p>Refresher Courses: Inter/Multi-disciplinary:</p> <p>i) Research Methodology in Social Sciences</p> <p>ii) Indian Languages</p> <p>iii) Research Methodology in Sciences</p> <p>iv) Teacher Education</p> <p>v) Business Studies</p> <p>vi) Environmental Sciences</p> <p>vii) Physical Education</p> <p>viii) ICT Applications</p> <p>3. Short Term Courses –</p> <p>i) Non-Teaching staff Training</p> <p>ii) Computer Training</p> <p>iii) Gender Sensitization</p> <p>iv) Academic Leadership</p> <p>v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p><u>KARNATAK UNIVERSITY, DHARWAD</u></p> <p>1. Faculty Induction Programme – 04-06</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Economics</p> <p>ii) Commerce and Management</p> <p>iii) Life Sciences</p> <p>iv) Library & Information Science</p> <p>Refresher Courses: Inter/Multi-disciplinary:</p> <p>i) Research Methodology in Social Sciences</p> <p>ii) Indian Languages</p> <p>iii) Research Methodology in Sciences</p> <p>iv) Teacher Education</p> <p>v) Physical Education</p> <p>vi) ICT Applications</p> <p>3. Short Term Courses.</p> <p>i) Research Methodology</p> <p>ii) Non-Teaching Staff Training</p> <p>iii) Computer Training for non-teaching staff</p> <p>iv) Workshop for Principal's</p> <p>v) Gender Sensitization</p> <p>vi) Academic Leadership</p> <p>vii) Teacher's Educator</p> <p>viii) Webinars- Leadership, Ethics, Disaster Management, Data Analysis, Language, Research Methodology, MOOC's Development & Delivery, Yoga and Wellness</p> <p>4. Thematic popularization of NEP2020</p>
28	<p><u>UNIVERSITY OF MYSORE</u></p> <p>1. Faculty Induction Programme - 04.</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES 10</p> <p>i) Commerce.</p> <p>ii) Languages, Literature & Cultural Studies</p>	<p><u>UNIVERSITY OF MYSORE</u></p> <p>1. Faculty Induction Programme - 04.</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Commerce</p>

	<p>(Kannada & Indian Languages). iii) History. iv) .Library & Information Science. v) Physical Education. Refresher Courses: Inter/Multi-disciplinary: vi) Cognitive Economics. vii) Quantum Biology. viii) Human Rights. ix) Materials Science. x) Teacher Educators: Learning outcomes and educational reform – Pedagogy, Assessment and Quality Assurance. 3. Short Term Courses. i) "Research Methodology" ii) 'Gender Sensitization'. iii) 'Disaster Management'. iv) "Soft Skills". 4. Workshop. i) Leadership Development Programme 02 ii) MOOCs, Online Courses & Open Educational Resources iii) E-content Development and Online Pedagogy iv) Interaction Programme for Ph.D. Research Scholars/Post-Doctoral Fellows v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p>ii) Economics iii) English iv) History v) Kannada vi) Library & Information Science vii) Physical Education viii) Political Science Inter/Multi-disciplinary: i) Mathematical Science ii) Human Rights. iii) Materials Science iv) Life Sciences v) Indian Literature vi) Teacher Educator 3. Short Term Courses i) Gender Sensitization' ii) Disaster Management' iii) Information Communication Technology iv) Soft Skills v) Principal Meet' 4. Workshop. i) Academic Administrator ii) MOOCs, Online Courses & Open Educational Resources iii) Administrative Staff 5. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 6. Thematic popularization of NEP2020</p>
29	<p>UNIVERSITY OF CALICUT 1. Faculty Induction Programme – 04. 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES 11. i) Languages, Literature & Cultural Studies (Indian, English & foreign Languages). ii) Hindi Language & Literature. iii) Art & Culture (Humanities & Languages). Refresher Courses: Inter/Multi-disciplinary: viii) Material Sciences: Recombinant Memetics (Chemistry, Nano Science/Technology, Physics, Biological Sciences). ix) Malayalam & Kerala Studies (Anthropology, History, Malayalam, Sociology). x) Development Studies (Commerce, Management & Economics). Winter/Summer School xi) Experimental Techniques for Biological Sciences (Agricultural Science, Biotechnology, Botany, Environmental Science, Veterinary Science, Zoology). 3. Short Term Courses (1 week) i) Soft Skills Development for Asstt./Associate Professors. ii) E-content Development and</p>	<p>UNIVERSITY OF CALICUT 1. Faculty Induction Programme– 04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES i) Material Science ii) Life Sciences iii) Mathematical Science iv) Development Studies v) English Language & Literature vi) Hindi Language & Literature vii) Arabic Language & Literature viii) E-content Development and Online Pedagogy in Social Science Teaching ix) Physical Education x) Library and Information Science xi) Biotechnology (Botany, Zoology, Bioinformatics, Biochemistry, Microbiology, Aquatic Biology, Animal Husbandry, Aquaculture, Fisheries) xii) Computer Science/Computer Application xiii) Chemistry xiv) Physics Refresher Courses: Inter/Multi-disciplinary: i) Environmental Science ii) ICT-enabled Teaching iii) Malayalam & Kerala Studies iv) Cultural Studies</p>

Address List of Resource Persons of the Webinar “Yoga and Wellness” (Online)
On 21.02.2022

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
1.	Prof. S.J.Manjunath Director, UGC-Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 9448587801 Email : sjmanjunath@gmail.com
2.	Dr. Devaki Madhav # 984, 'Abhi', Near Vivekananda Circle, Vivekanandanagar, Mysore.	Off : Res : Cell : 88674 89084 Email :
3.	Dr. L. Nanjundaswamy Course Coordinator, UGC-Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94498 82066 Email : nanjundiasc@yahoo.co.in

Address List of Teacher Participants of the UGC-Sponsored Webinar on “Yoga and Wellness” (Online) on 21.02.2022

Sl. No.	Name & Address of the Participant
1.	Dr. C. Anitha Assistant Professor of Food Science and Nutrition, Karnataka State Open University, Mukthagangotri, Mysuru.
2.	Bhaskara J. Physical Education Instructor, Sri Adichunchanagiri First Grade College, Channarayapatna.
3.	Chanabasappa N. Soratur Physical Education Director, Priyadarsini First Grade College, Rattihalli.
4.	Chandrakanth M. Naik Assistant Professor of Political Science, R.P. Government First Grade College, Bilagi.
5.	H.S. Chaya Assistant Professor of Zoology, Vivekananda Degree College, Bengaluru.
6.	Dr. Dakshayani G.N. Assistant Professor of Commerce, Government First Grade College for Women, Vijayapura.
7.	M.J. Dayananda College Director of Physical Education, Maharani’s Women’s Commerce and Management College, Paduvarahally, Mysuru.
8.	Dr. Gayathramma G.P. Physical Education Director, Government First Grade College for Women, K.R. Pet.
9.	G. Haripriya Assistant Professor of Physical Education, College of Veterinary Science, Proddatur, YSR Kadapa.

Address List of Teacher Participants of the UGC-Sponsored Webinar on “Yoga and Wellness” (Online) on 21.02.2022

-2-

Sl. No.	Name & Address of the Participant
10.	Dr. Jyothi Shankar Assistant Professor of Kannada, Karnataka State Open University, Mukthagangotri, Mysuru.
11.	Dr. K. Kannusamy Assistant Professor of Commerce, Government Arts and Science College, Pennagaram.
12.	Kumara C. Physical Education Director, Government First Grade College, Saligrama.
13.	Dr. V.V.S.R. Lakshmi Assistant Professor of Samskrit, Karnataka Samskrit University, Chamarajapet, Bengaluru.
14.	Dr. Latha K. Assistant Professor of Biotechnology, Government Science College, Hassan.
15.	Lohiya K.J.R. Assistant Professor of English, SASB Government First Grade College, Sunakalbidari.
16.	Dr. Manjulakshi L. Assistant Professor of Linguistics, Central University of Karnataka, Kalaburagi.
17.	Manjunatha N.G. Assistant Professor of Kannada, SASB Government First Grade College, Sunakalbidri.
18.	Dr. Manjunatha V. Kammar Assistant Professor of Sociology, Rudragouda Patil Government First Grade College, Bilagi.

Address List of Teacher Participants of the UGC-Sponsored Webinar on “Yoga and Wellness” (Online) on 21.02.2022

-3-

Sl. No.	Name & Address of the Participant
19.	Manoj Koparade Physical Education Director, K.R. Bellad Arts and Commerce College, Mundargi.
20.	Maruti R. Joshi Assistant Professor of Commerce, Government First Grade College for Women, Vijayapura.
21.	Nagamma H.N. Assistant Professor of History, Government First Grade College, Kunigal.
22.	Dr. Nellikatte S. Siddesh Assistant Professor of Kannada, Kannada Bharati, Kuvempu University, Shankaraghatta.
23.	Y.C. Nethravathi Assistant Professor of Economics, Government First Grade College, Melukote.
24.	Pooja M. Physical Education Director, KLE Society’s Gudleppa Hallikeri College, Haveri.
25.	Dr. Prabhu Swamy S. Assistant Professor of Manuscriptology, Karnataka Samskrit University, Chamarajpet, Bengaluru.
26.	Dr. S. Prathibha Associate Professor of Botany, J.S.S. College of Arts, Commerce and Science, Ooty Road, Mysuru.
27.	Dr. Rajashekhar D. Benakanahalli Assistant Professor of Physical Education, Government First Grade College for Women’s, Vijayapura.

Address List of Teacher Participants of the UGC-Sponsored Webinar on “Yoga and Wellness” (Online) on 21.02.2022

-4-

Sl. No.	Name & Address of the Participant
28.	Ravi Patil Assistant Professor of History, S.S.C.A. Government First Grade College, K.K. Koppa.
29.	Dr. Sachin Uppar Assistant Professor of English, K.R. Bellad Arts and Commerce College, Mundargi.
30.	Sagar Y. Patil Physical Education Director, M.G.C. Arts, Commerce and G.H.D. Science College, Siddapur.
31.	Shankar D.P. Assistant Professor of English, Government First Grade College, Melukote.
32.	Shiddaramappa Malligar Assistant Professor of Commerce, SASB Government First Grade College, Sunakalbidri.
33.	Shivakumar G. Physical Education Director, Sarada Vilas College, Krishnamurthypuram, Mysuru.
34.	Siddanna P. Beedagond Assistant Professor of Kannada, Government First Grade College for Women’s, Vijayapura.
35.	Dr. Swati Anand Andewadikar Assistant Professor of Biotechnology, Vivekananda Degree College, Bengaluru.
36.	Venkatesh P. Physical Education Director, Mahantswamy Arts, Science and Commerce College, Haunsbhavi.

Address List of Teacher Participants of the UGC-Sponsored Webinar on “Yoga and Wellness” (Online) on 21.02.2022

-5-

Sl. No.	Name & Address of the Participant
37.	Dr. Vrunda N.K. Assistant Professor of Kannada, Government First Grade College, Saragur.

UNIVERSITY OF MYSORE
UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
MANASAGANGOTRI, MYSURU-570006. KARNATAKA.

UGC Sponsored Webinar (Online)

Date : 21.02.2022

Time : 10 am

Title : 'Yoga and Wellness'

Speaker :

Dr. Devaki Madhav

**Psychologist and Yoga Expert,
Mysuru.**



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE
UNIVERSITY OF MYSORE
MANASAGANGOTRI, MYSURU-570006. KARNATAKA.



UGC Sponsored Webinar (Online)

Certificate of Participation

No. HRDC-001

This is to certify that

.....

has participated in the UGC Sponsored Webinar on “.....” organised by the UGC-
Human Resource Development Centre, University of Mysore, Manasagangotri, Mysuru on
.....

Coordinator

Director