



UNIVERSITY OF MYSORE
DEPARTMENT OF STUDIES IN SOCIAL WORK
MANASAGANGOTRI, MYSURU

“SOCIAL WORK STUDENTS FORUM 2022-23”

Special Lecture Series
On the occasion of Guru Purnima July 13th 2022

Yoga for Humanity

Chief Guest : **Mr. N R Manjunath**
Correspondent, Gopalswamy Educational Institution,
Mysuru

Resource Persons : **Dr. A.S. Chandrashekar**
Karnataka Rajyothsava Award 2020 recipient

Presided by : **Dr. Jyothi H.P.**
Associate Professor & Chairperson,
Department of Studies in Social Work,
University of Mysore, Mysuru

Presence : **Dr. Chandramouli**
Associate Professor
Department of Studies in Social Work
University of Mysore, Mysuru

* Book titled “**Vikrama**”, Special Edition on Yoga written by Dr. A.S.Chandrashekar will be distributed to every participant.

Date: 13-07-2022

Venue: Seminar Hall

Department of Studies in Social
Work,

Time: 3:00 TO 5:00 PM

University of Mysore

Manasagangotri, Mysuru

ALL ARE CORDIALLY INVITED

Faculty Members, Non-Teaching Staffs, Research Scholars and Students

Yoga for humanity

Date: 13-07-2022

Time: 4 pm

In today's forum activity was conducted on the topic "Yoga for humanity" on the occasion of Guru Purnima. The program was inaugurated by the dignitaries on the stage. The program was Dr. Jyothi H P, Chairperson, DOS in social work, Manasagangotri, Mysuru. Dr. Chandramouli, Associate Professor, DOS in social work, Manasagangotri, Mysuru, Guest faculties, Research scholars, and 1st and 2nd year students were presented in the program.

The resource person Dr. A. S. Chandrashekar who was awarded the Karnataka Rajyotsava has immense knowledge about yoga. He has published many books and articles related to yoga, in today program he explained about yoga practice. One has to do yoga or exercise at least 40 minutes per day for maintaining physical and mental health. He also said that 'Sakshatkara' is the main objective of yoga he also talked about importance of Guru, by giving the examples of Patanjali (Panini), Vali Nath, Dwarka Nath kotnis and Arunima Singh for there achievement. The resource person also explain practicing yoga in daily life makes the man healthier.

The Chief guest N.R. Manjunath talked about importance of yoga practice he also shared his experience about daily practice of yoga and it's benefits he said that practicing yoga will make man happier, because of yoga practice once inner and physical beauty glow. He explained in present situation un employment is a bigger issue for the youths of India, to overcome this problem they had started a moment to provide employment for the younger generation he said social work trainees to join the moment.

After that our chairperson Dr. Jyothi H.P shared her knowledge and experience about importance of Guru Purnima, significance of teacher in once life and also talked about benefits of doing yogasana or exercise for wellbeing of physical and mental health. She also had the opinion to start the yoga class for social work trainees. The social work trainees asked their doubts to the resource person after completion of question-and-answer session, the book named "Vikram" was published and distributed to the social work trainees. The book consists of articles published by different authors about the benefits of yoga.





