



**UNIVERSITY OF MYSORE**  
**UGC-HUMAN RESOURCE DEVELOPMENT CENTRE**

**Prof. S.S. Malini**  
**Director**

**MANASAGANGOTRI**  
**MYSURU – 570 006**  
**KARNATAKA, INDIA**

**2022-2023 (Online Mode)**

**Report of the 1-Week Short Term Course on “Yoga and Wellness”**

The one week short term course on Yoga and Wellness was conducted by the UGC-Human Resource Development Centre, University of Mysore, Mysore from 07-02-2023 to 13-02-2023. The Course Coordinator was Dr. L. Nanjundaswamy, Assistant Professor, UGC -Human Resource Development Centre, University of Mysore, Mysore. A total of 35 participants attended the short term course.

The one week short term course was started on 07.02.2023 at 10AM with instructions to Teacher-Participants followed by Dr. K. Raghavendra Pai, Secretary, Sri Vivekananda Yoga Pratishtana, Mysore who delivered the lecture on “Introduction to Yoga and Philosophy”. Afternoon, Dr. Hemalatha Murthy, National Academy for Naturopathy and Yoga, Bangalore spoke on “Yogic Wellness”, followed by Dr. Devaki Madhav, Scientific Pranayama Practioner, Therapist and Psychologist, Mysore on “Introduction to Pranayama”. On the second day, morning, Dr. B.R. Pai, Chairman and Managing Director, VWF Industries Pvt Ltd, Mysore explained on “Wellness : An Introduction”, followed by Dr. Subramanian A, Director, Adhyana Yoga Academy, Bangalore on “Yoga for Spiritual Wellbeing”. Afternoon, Dr. Devaki Madhav demonstrated on “Scientific Pranayama”, followed by Dr. M.V. Sridhara, Yogidhama, Bangalore on “Yogic Power of I and Eye”. On the third day, morning, Sri Swami Mahamedhananda, Correspondent, Ramakrishna Institute of Moral and Spiritual Education, Mysore explained on “Yoga of Evolution”, followed by Sri Ashoka V, Founder and Director, Prana Yoga Prathishtana, Bangalore on “Energy Engineering and Yogic Mind Management”. Afternoon, Dr. M.V. Sridhara spoke on “Yogic Life Solution”, followed by Dr. Devaki Madhav on “Practical Pranayama”. On the fourth day, morning, Dr. K. Raghavendra Pai, delivered lecture on “Yoga and Stress Management”, followed by Dr. Veena G. Rao, Professor and Head, Department of P.G. Studies in Panchakarma, JSS Ayurveda Medical College and Hospital, Mysore on “Health Tips through Ayurveda”. Afternoon, Dr. M.V. Sridhara discussed on “Yoga and Mind Mystery”, followed by Sri Swami Mahamedhananda on

“Illness to Wellness”. On the fifth day, morning, Dr. Chidananda Murthy B.T, Professor, National Academy of Naturopathy and Yoga, Bangalore gave talk on “Role of Yoga in Student Unrest”, followed by Yogacharya E. Sivaraman, Adhyathma Yoga Academy, Bangalore on “Yoga for Mind Management”.Afternoon, Dr. Aparna Surendra, Nature Cure and Yoga Physician, JSS Ayurveda Hospital, Mysore spoke on “Yoga for Homeostasis”. On the last day, morning, Sri Swamy Narayananda Saraswathi, Jewel in the Lotus Trust, The School of Ancient Wisdom, Bangalore addressed on the topic “Ayushman Bhava”. Afternoon, Dr. Chidananda Murthy B.T spoke on “Yoga and Social Health”, followed by Teacher Participants “Feedback Session”.

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

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



**(Prof. S.S. Malini)**

Director

*UGC-Human Resource Development Centre*

*University of Mysore,*

*Manasagangotri, Mysore-570006.*

**Address List of Resource Persons of the 1-Week STC on Yoga & Wellness (Online)**  
**From : 07.02.2023 To 13.02.2023**

<b>S.N</b>	<b>Name &amp; Address of the Resource Persons</b>	<b>Contact No. &amp; E-mail</b>
1.	<b>Prof. S.S. Malini</b> Director, UGC - Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94491 33293 Email : ssmalinisri@yahoo.co.in
2.	<b>Dr. Hemalatha Murthy</b> National Academy for Naturopathy & Yoga, # 857, 3 <sup>rd</sup> Cross, 5 <sup>th</sup> Main, Vijaya Bank Layout, B.G. Road, Bangalore-560076.	Off : Res : Cell : Email : nanyhlm@gmail.com
3.	<b>Dr. B.R. Pai</b> Chairman & Managing Director, VWF Industries Pvt. Ltd., # 429, Hebbal Industrial Area, Hebbal, Mysore-570016.	Off : Res : Cell : 98453 46550 Email : cmd@vwfindustries.com
4.	<b>Dr. Subramanian A</b> Director, Adhyana Yoga Academy, # 1534/1, 26 <sup>th</sup> Main Road, 9 <sup>th</sup> Block, Jayanagara, Bangalore-560069.	Off : Res : Cell : 99004 50407 Email : subbuadhyatma@gmail.com
5.	<b>Dr. M.V. Sridhara</b> Yogidhama, # 783, 24 <sup>th</sup> Cross, Ideal Homes, 1 <sup>st</sup> Phase, Rajarajeshwarinagara, Bangalore-560098.	Off : Res : Cell : 99029 88790 Email : yogidhama@yahoo.co.in
6.	<b>Sri Ashoka V</b> Founder and Director, Prana Yoga Prathishtana, 338, Siddaiah Puranik Road, 3 <sup>rd</sup> Stage, 4 <sup>th</sup> Block, Shakthi Ganapathi, Basaveshwaranagara, Bangalore-560079.	Off : Res : Cell : Email :
7.	<b>Dr. Devaki Madhav</b> Scientific Pranayama Practitioner, Therapist and Psychologist, # 984, Near Vivekananda Circle, Vivekanandanagara, Mysore-570034.	Off : Res : Cell : 94494 06844 Email : devakimadhav@gmail.com
8.	<b>Sri Swami Mahamedhananda</b> Correspondent, Ramakrishna Institute of Moral & Spiritual Education, Yadavagiri, Mysore-570020.	Off : Res : Cell : 86181 22767 Email : mahamedhananda@gmail.com

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**From : 07.02.2023 To 13.02.2023**

<b>S.N</b>	<b>Name &amp; Address of the Resource Persons</b>	<b>Contact No. &amp; E-mail</b>
9.	<b>Dr. K. Raghavendra Pai</b> Secretary, Sri Vivekananda Yoga Pratishtana, # 931, 4 <sup>th</sup> Cross, 11 <sup>th</sup> Main, Lalbahadur Shastry Nagar, Lalithadripuram, Mysore-570028.	Off : Res : Cell : 94481 74457 Email : paivedavyasa@gmail.com
10.	<b>Dr. Veena G. Rao</b> Professor & Head, Dept. of P.G. Studies in Panchakarma, JSS Ayurveda Medical College & Hospital, Mysore-570028.	Off : Res : Cell : Email : drveenagrao@yahoo.in
11.	<b>Yogacharya E Sivaraman</b> Adhyathma Yoga Academy, # 1534/1, 26 <sup>th</sup> Main Road, 9 <sup>th</sup> Block, Jayanagara, Bangalore-560069.	Off : Res : Cell : 84892 28175 Email :
12.	<b>Dr. Aparna Surendra</b> Nature Cure and Yoga Physician, JSS Ayurveda Hospital, Lalithadripuram Road, Alanahalli, Mysore-570028.	Off : Res : Cell : 94482 53425 Email : aparnasuren@gmail.com
13.	<b>Swamy Narayananda Saraswathi</b> Jewel in the Lotus Trust, The School of Ancient Wisdom, IVC Road, Devanahalli, Bangalore-562110.	Off : Res : Cell : 97395 13675 Email : samskritam.vyoma@gmail.com
14.	<b>Dr. Chidananda Murthy B.T</b> Professor , National Academy of Naturopathy & Yoga, # 857, 3 <sup>rd</sup> Cross, Vijaya Bank Layout, B.G. Road, Bangalore-560076.	Off : Res : Cell : 98119 07711/96555 91855 Email : btemurthy@gmail.com
15.	<b>Dr. L. Nanjundaswamy L</b> 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 1-Week Short Term Course on  
“Yoga and Wellness” (Online) from 07.02.2023 to 13.02.2023**

<b>Sl. No.</b>	<b>Name &amp; Address of the Participant</b>	<b>Contact No. &amp; E-mail</b>
1.	<b>D. Ramu</b> Assistant Professor of Political Science, P.L.N. First Grade College, Poorigali-571463. Mandya Dist.	Off : Res : Cell : 9902048459 Email : d.ramu.attahalli@gmail.com
2.	<b>Dr. Azra Parveen</b> Assistant Professor of Zoology, Government First Grade College, Vijayapur-586101.	Off : Res : Cell : 9972724313 Email : azrap49@gmail.com
3.	<b>Dr. Vijayalaxmi M. Belgumpi</b> Assistant Professor of Computer Science, Government First Grade College, Vijayapur-586101.	Off : Res : Cell : 9481881232 Email : vijayalaxmimca@gmail.com
4.	<b>Anjanappa D.</b> Assistant Professor of Kannada, HPPC Government First Grade College, Chalakere-577522. Chitradurga Dist.	Off : Res : Cell : 9481868088 Email : anjanappa067@gmail.com
5.	<b>Vikram Kumar Balikatti</b> Assistant Professor of Physical Education/ Education /Kannada /Social Science, National College of Education, Hosapete-583201. Vijayanagara Dist.	Off : Res : Cell : 8095576357 Email : vikrambalikatti@gmail.com
6.	<b>Ambujakshi G.</b> Assistant Professor of Political Science, Government First Grade College, Honnar-581334. Uttara Kannada Dist.	Off : Res : Cell : 9480733295 Email : ambujamahesh11@gmail.com
7.	<b>Anuprasad K.R.</b> Assistant Professor of Commerce, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9945198650 Email : anuprasadkr9595@gmail.com
8.	<b>Dr. Latha K.</b> Associate Professor of Biotechnology, Maharanis Science College for Women (Autonomous), Mysore-570005.	Off : Res : Cell : 9483550949 Email : latha.gsch@gmail.com
9.	<b>Nagaraju K.</b> Assistant Professor of Commerce, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9880155613 Email : nagarajudhruthi@gmail.com

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<b>Sl. No.</b>	<b>Name &amp; Address of the Participant</b>	<b>Contact No. &amp; E-mail</b>
10.	<b>Maheshwari S. Hiremath</b> Assistant Professor of Computer Science, Government First Grade College, Vijayapur-586101.	Off : Res : Cell : 9980581525 Email : mahemalli21@gmail.com
11.	<b>Dr. Mamatha K.R.</b> Assistant Professor of Commerce, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9482368517 Email : mamathakr65@gmail.com
12.	<b>Amruthakshi G.</b> Assistant Professor of Kannada, Government First Grade College, Kavoor, Mangalore-575015. Dakshina Kannada Dist.	Off : Res : Cell : 7892162851 Email : amruthakshig@gmail.com
13.	<b>Rekha S.N.</b> Assistant Professor of English, Government First Grade College, Kavoor, Mangaluru-575015. Dakshina Kannada Dist.	Off : Res : Cell : 9535808359 Email : snrekha78@yahoo.in
14.	<b>Dr. Avitha Maria Quadras</b> Assistant Professor of Commerce, Government First Grade College, Punjalakatte, Belthangady-574233. Dakshina Kannada Dist.	Off : Res : Cell : 8105336128 Email : santhoshavithapinto@gmail.com
15.	<b>Mamatha U.</b> Assistant Professor of Political Science, Government First Grade College, Kavoor Mangalore-575015. Dakshina Kannada Dist.	Off : Res : Cell : 9449564321 Email : mamathabhanukiran@gmail.com
16.	<b>Dr. Santhosh Pinto</b> Assistant Professor of Commerce, Government First Grade College, Kavoor, Mangaluru-575015. Dakshina Kannada Dist.	Off : Res : Cell : 9449103976 Email : pintoshirthady76@gmail.com
17.	<b>Bharathi Y.K.</b> Assistant Professor of Commerce, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 8105288425 Email : bharathi.yk@gmail.com
18.	<b>Dr. Jayaprasad D.</b> Assistant Professor of Commerce, Sri G.R. Gandhi Arts, Sri Y.A. Patil Commerce and Shri M.F. Doshi Science Degree College, Indi-570022. Vijayapura Dist.	Off : Res : Cell : 9743250227 Email : jayaprasad16101986@gmail.com

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<b>Sl. No.</b>	<b>Name &amp; Address of the Participant</b>	<b>Contact No. &amp; E-mail</b>
19.	<b>Dr. Gangadharaiah</b> Assistant Professor of History, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9844759040 Email : drgangadharaiah02@gmail.com
20.	<b>Nirmala M. Sangam</b> Librarian, Government First Grade College, Thyngondlu, Bengaluru-562132.	Off : Res : Cell : 9945950352 Email : nirmala.shivayogi@gmail.com
21.	<b>Prakasha B.</b> Assistant Professor of Kannada, Government First Grade College, Sirsi-581401. Uttara Kannada Dist.	Off : Res : Cell : 9611140303 Email : prakashbuppinahalli@gmail.com
22.	<b>Niranjana</b> Librarian, Government First Grade College, Vittal-574243. Dakshina Kannada Dist.	Off : Res : Cell : 9986933534 Email : niranjandudy@yahoo.in
23.	<b>Dr. Durgarathna C.</b> Assistant Professor of Hindi, Vivekananda College of Arts, Science and Commerce (Autonomous), Puttur-574203. Dakshina Kannada Dist.	Off : Res : Cell : 8105600574 Email : durga4rathna@gmail.com
24.	<b>Devindrappa Patil</b> Assistant Professor of Physics, Government First Grade College, Kembhavi-585216. Yadagir Dist.	Off : Res : Cell : 9008652077 Email : devupatil77@gmail.com
25.	<b>Hanumappa Malappa Waggar</b> Assistant Professor of Political Science, Government First Grade College, Shorapura-585224. Yadagir Dist.	Off : Res : Cell : 9448534573 Email : hmwaggar@gmail.com
26.	<b>Ranganatha J.</b> Assistant Professor of Commerce, Government First Grade College, Tiptur-577002. Tumkur Dist.	Off : Res : Cell : 9945397198 Email : jranganatha1987@gmail.com
27.	<b>Dr. Channappa C.</b> Lecturer in Physical Education, DOS in Physical Education and Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 8951423805 Email : channappa.channu@gmail.com

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<b>Sl. No.</b>	<b>Name &amp; Address of the Participant</b>	<b>Contact No. &amp; E-mail</b>
28.	<b>Raghavendra M.</b> Lecturer in Physical Education, DOS in Physical Education and Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 9901185379 Email : raghukala1984@gmail.com
29.	<b>Dr. Ravichandra S.</b> Assistant Professor of Political Science, Residential Government First Grade College, Kavital-584120. Raichur Dist.	Off : Res : Cell : 9980098977 Email : cccrpawar2006@gmail.com
30.	<b>Dr. H.R. Manjunatha</b> Assistant Professor of Geography, Maharaja College, University of Mysore, Mysore-570022.	Off : Res : Cell : 7795016365 Email : manjunathhr1966@gmail.com
31.	<b>Dr. Lakshamma H.R.</b> Assistant Professor of Commerce, Government First Grade College, Harohalli-560068. Bangalore.	Off : Res : Cell : 9060649591 Email : hrlnagesh@gmail.com
32.	<b>Shivamurthy H.M.</b> Assistant Professor of Home Science, Government Home Science College, Hassan-573202.	Off : Res : Cell : 8277322770 Email : shivamurthy.hm009@gmail.com
33.	<b>Kalpana P.</b> Assistant Professor of Kannada, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9964280994 Email : kalpana.rmurthy@gmail.com
34.	<b>G.M. Shivakumar</b> College Director of Physical Education, Government First Grade College, Yelahanka, Bengaluru-560064.	Off : Res : Cell : 9844992761 Email : shivakumar.gm11@gmail.com
35.	<b>Subhadramma M.</b> Assistant Professor of English, Government First Grade College, Tiptur-572201. Tumkur Dist.	Off : Res : Cell : 9482905225 Email : subhadragurushanth@gmail.com





**UGC-HUMAN RESOURCE DEVELOPMENT CENTRE**

MANASAGANGOTRI, MYSORE-570006.

**UGC SPONSORED 1-WEEK SHORT TERM COURSE ON “YOGA AND WELLNESS” (ONLINE)**

**From 07.02.2023 to 13.02.2023**

<b>Date and Day</b>	<b>10.00 AM to 11.15 AM</b>	<b>11.45 AM to 1.00 PM</b>	<b>1.00 to 2.00</b>	<b>2.00 PM to 3.15 PM</b>	<b>3.45 PM to 5.00 PM</b>	
07.02.2023 Tuesday	Instructions to Teacher-Participants	Introduction to Yoga and Philosophy <b>Dr. K. Raghavendra Pai</b>	<b>L U N C H  B R E A K</b>	Yogic Wellness <b>Dr. Hemalatha Murthy</b>	Introduction to Pranayama <b>Dr. Devaki Madhav</b>	
08.02.2023 Wednesday	Wellness: An Introduction <b>Dr. B.R. Pai</b>	Yoga for Spiritual Wellbeing <b>Dr. Subramanian A.</b>		Scientific Pranayama <b>Dr. Devaki Madhav</b>	Yogic Power of ‘I’ and ‘Eye’ <b>Dr. M.V. Sridhara</b>	
09.02.2023 Thursday	Yoga of Evolution <b>Sri Swami Mahamedhananda</b>	Energy Engineering and Yogic Mind Management <b>Sri Ashoka V.</b>		Yogic Life Solution <b>Dr. M.V. Sridhara</b>	Practical Pranayama <b>Dr. Devaki Madhav</b>	
10.02.2023 Friday	Yoga and Stress Management <b>Dr. K. Raghavendra Pai</b>	Health Tips Through Ayurveda <b>Dr. Veena G. Rao</b>		Yoga and Mind Mystery <b>Dr. M.V. Sridhara</b>	Illness to Wellness <b>Sri Swami Mahamedhananda</b>	
11.02.2023 Saturday	Role of Yoga in Student Unrest <b>Dr. Chidananda Murthy B.T.</b>	Yoga for Mind Management <b>Yogacharya E. Sivaraman</b>		Yoga for Homeostasis <b>Dr. Aparna Surendra</b>	Library Work	
12.02.2023 Sunday	<b>HOLIDAY</b>			<b>HOLIDAY</b>		
13.02.2023 Monday	Ayushman Bhava <b>Sri Swamy Narayanananda Saraswathi</b>			Yoga and Social Health <b>Dr. Chidananda Murthy B.T.</b>	<b>Feedback Session</b>	

**Tea Break : 11.15 AM to 11.45 AM and 3.15 PM to 3.45 PM**



GROUP PHOTO

