

# MULISSASpecialLecture–

312-01-2024

## PersonalityDevelopmentandYogaInvitation

### for the programme



ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

ಮಾನನಗಂಗೋತ್ರಿ, ಮೈಸೂರು - 570006

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಘ (MULISSA)  
2023-24

ಶುಕ್ರವಾರದ ಉಪನ್ಯಾಸ ಮಾಲಿಕೆ

ವಿಶೇಷ ಉಪನ್ಯಾಸ-3

ಯೋಗದಿಂದ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳು

ಪ್ರೊ. ಎಸ್. ಮದಿಯಲಗನ್

ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
ಮೈಸೂರು

ಅಧ್ಯಕ್ಷತೆ

ಪ್ರೊ. ಎಂ. ಚಂದ್ರಶೇಖರ

ಅಧ್ಯಕ್ಷರು

ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ ಮತ್ತು

ಅಧ್ಯಕ್ಷರು, ಮುಲಿಸಾ

ಸ್ಥಳ : ಡಾ. ಎಸ್. ಆರ್. ರಂಗನಾಥನ್ ಸಭಾಂಗಣ

ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

ಮಾನನಗಂಗೋತ್ರಿ, ಮೈಸೂರು.

ದಿನಾಂಕ : ಜನವರಿ 12, 2024

ಸಮಯ : ಸಾಯಂಕಾಲ 3.30

ಎಲ್ಲರಿಗೂ ಆದರದ ಸ್ವಾಗತ

ಡಾ. ನಿವೇದಿತಾ ಬಿ.


ಶಿಕ್ಷಕ ಸಲಹೆಗಾರರು, ಮುಲಿಸಾ.

ಶ್ರೀ ಮನೋಜ್ ಕುಮಾರ್ ಸಿ. ವಿ.

ಕಾರ್ಯದರ್ಶಿ, ಮುಲಿಸಾ

ಬೋಧಕ ಮತ್ತು ಬೋಧಕೀತರ ವರ್ಗ ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳು

# Agenda for the programme

  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಘ (MULISSA)  
2023-24

ಶುಕ್ರವಾರದ ಉಪನ್ಯಾಸ ಮಾಲಿಕೆ

ವಿಶೇಷ ಉಪನ್ಯಾಸ-3

**ಯೋಗದಿಂದ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ**

12-01-2024, ಸಾಯಂಕಾಲ 3:30 ಗಂಟೆ

**ಕಾರ್ಯಕ್ರಮದ ವಿವರ**

ಪ್ರಾರ್ಥನೆ	ಕಾವ್ಯ ಮತ್ತು ರಾಜೇಶ್ವರಿ
ಸ್ವಾಗತ	ಅರುಣ್ ವಿ. ಜೆ.
ಮುಖ್ಯ ಅತಿಥಿಗಳ ಕಿರುಪರಿಚಯ	ಪವನ್ ಕುಮಾರ್ ಯಾದವ್
ಮುಲಿಸಾದ ಕಿರು ಪರಿಚಯ	ಸುದೀಪ್ ಕುಮಾರ್
ಮುಖ್ಯ ಅತಿಥಿಗಳ ಭಾಷಣ	ಪ್ರೊ. ಎಸ್.ಮದಿಯಲಗನ್ ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
ಅಧ್ಯಕ್ಷರ ಭಾಷಣ	ಪ್ರೊ. ಚಂದ್ರಶೇಖರ ಎಂ. ಅಧ್ಯಕ್ಷರು ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
ವಂದನಾರ್ಪಣೆ	ಮನೋಜ್ ಕುಮಾರ್ ಸಿ. ವಿ. ಕಾರ್ಯದರ್ಶಿ, ಮುಲಿಸಾ.
ನಿರೂಪಣೆ : ಪ್ರೀತಿ ಎಸ್.	

ಶಿಕ್ಷಕ ಸಲಹೆಗಾರರು : ಡಾ|| ನಿವೇದಿತಾ ಬಿ.

# **Report on “Personality Development and Yoga”**

Personality development is a multifaceted process that encompasses various dimensions of an individual's character, behavior, and mindset. It involves the enhancement and refinement of one's traits, attitudes, and behaviors to achieve personal growth and fulfillment. In parallel, yoga, an ancient practice originating from the Indian subcontinent, offers a holistic approach to personal well-being, integrating physical, mental, emotional, and spiritual aspects. Dr. Madialagan's speech illuminates the profound interplay between personality development and yoga, underscoring their synergistic potential in fostering individual transformation and societal harmony.

## **Understanding Personality Development:**

Personality, as elucidated by Dr. Madialagan, is a composite construct shaped by cognitive, emotional, motivational, and attitudinal factors. It reflects the unique configuration of traits and tendencies that characterize an individual's thoughts, feelings, and behaviors. While personality traits exhibit stability over time, they are also subject to dynamic influences, such as experiences and social interactions. The Big Five model, encompassing openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, provides a framework for comprehensively assessing personality dimensions.

## **Significance of Personality Development:**

The cultivation of personality holds profound significance for individual well-being and societal progress. Dr. Madialagan underscores several key benefits, including enhanced confidence, credibility, interpersonal interactions, leadership efficacy, curiosity, and communication skills. By nurturing a positive attitude and self-concept, individuals can navigate life's challenges with resilience and optimism, fostering harmonious relationships and productive endeavors.

## **Yoga: An Overview:**

Yoga emerges as a transformative practice that harmonizes the mind, body, and spirit, facilitating holistic well-being and self-realization. Rooted in ancient wisdom and philosophy, yoga encompasses physical postures (asanas), breathing exercises (pranayama), meditation (dhyana), and ethical precepts (yamas and niyamas). Its holistic approach addresses various dimensions of human existence, promoting physical vitality, emotional balance, mental clarity, and spiritual awakening.

## **Historical Context of Yoga:**

Tracing its origins to Vedic scriptures, the practice of yoga has evolved over millennia, culminating in diverse schools of thought and practices. The Bhagavad Gita expounds yoga as skillful action, emphasizing the attainment of inner equilibrium and alignment with cosmic principles. Throughout history, yogic teachings have permeated Indian culture, offering profound insights into the nature of consciousness and the human condition.

## **Yoga and Personality Development:**

The integration of yoga into personality development heralds a synergistic alliance between ancient wisdom and modern psychology. Dr. Madialagan delineates the eight-fold path of ashtanga yoga, elucidating its transformative potential across physical, emotional, intellectual, social, and spiritual dimensions. From ethical conduct (yamas and niyamas) to physical postures (asanas) and meditation (dhyana), yoga offers a comprehensive toolkit for self-transformation and holistic well-being.

## **Yama and Niyama:**

The ethical principles of yama (restraint) and niyama (observance) form the foundational pillars of yoga practice, fostering moral integrity and self-discipline. By adhering to principles such as non-violence (ahimsa), truthfulness (satya), and self-discipline (tapas), individuals cultivate virtues that underpin their personal and social conduct. Through introspection and self-reflection, practitioners align their actions with higher ethical ideals, fostering harmony within themselves and their communities.

## **Asana and Pranayama:**

The practice of physical postures (asanas) and breath control (pranayama) serves as a gateway to physical vitality and mental equilibrium. Asanas promote flexibility, strength, and balance, revitalizing the body and enhancing overall well-being. Pranayama techniques regulate the breath, calming the mind and purifying the nervous system. By synchronizing breath with movement, practitioners cultivate mindfulness and presence, fostering a deeper connection with their inner selves.

## **Pratyahara, Dharana, and Dhyana:**

The stages of pratyahara (sense withdrawal), dharana (concentration), and dhyana (meditation) deepen the practitioner's inward journey, transcending the fluctuations of the mind and attaining inner serenity. Through sensory restraint and mental focus, individuals cultivate heightened awareness and mental clarity, transcending the limitations of egoic consciousness. In the state of dhyana, the practitioner experiences profound states of peace, bliss, and unity consciousness, realizing their inherent divinity and interconnectedness with all life.

## **Yoga and Personality Dimensions:**


Dr. Madialagan delineates how yoga intersects with various dimensions of personality, including the physical, emotional, intellectual, social, and spiritual realms. Through asana and pranayama practices, individuals enhance physical vitality and emotional resilience. Yoga cultivates positive emotions and attitudes, fostering emotional stability and interpersonal harmony. Moreover, yogic techniques promote intellectual development, enhancing cognitive functions and mental clarity. Socially, yoga fosters ethical conduct and compassionate relationships, promoting social cohesion and harmony. Spiritually, yoga facilitates self-realization and spiritual awakening, guiding individuals towards profound insights into the nature of existence and the interconnectedness of all life.

In conclusion, Dr. Madialagan's speech underscores the transformative potential of personality development and yoga in fostering individual well-being and societal harmony. By integrating yogic principles and practices into our lives, we embark on a journey of self-

discovery, inner growth, and spiritual awakening. As we cultivate virtues such as compassion, integrity, and mindfulness, we contribute to a world where individuals thrive in harmony with themselves and others. Thus, let us embrace the profound wisdom of yoga and the pursuit of holistic well-being, realizing our fullest potential as individuals and as stewards of a flourishing planet.



# LIST OF PARTICIPANTS


**UNIVERSITY OF MYSORE**  
 Mysore University Library and Information Science Students Association  
 (MULISSA)

**FRIDAY TALK**

PROGRAMME: Special Lecture - 3      DATE: 12-01-2024

Sl. No.	Name	Designation	Signature
1	Dr. Chandrashekara M.	Professor and Chairman	<i>[Signature]</i>
2	Dr. Harinarayana N. S.	Professor	<i>[Signature]</i>
3	Dr. Adithya Kumari H.	Professor	<i>[Signature]</i>
4	Dr. Sunil Kumar M.	Guest Faculty	<i>[Signature]</i>
5	Dr. Niveditha B.	Guest Faculty	<i>[Signature]</i>

Sl. No.	Name (Research Scholars)	Signature
1	Mr. Pradeep Kumara B.	<i>[Signature]</i>
2	Mr. Murtala Ismail Adakawa	<i>[Signature]</i>
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2	Asha S.	<i>[Signature]</i>
3	Basavaraju M.	<i>[Signature]</i>
4	Likitha S.	<i>[Signature]</i>
5	Mahadevaswamy M.	<i>[Signature]</i>
6	Mamatha M.	<i>[Signature]</i>
7	Manoj Kumar C. V.	<i>[Signature]</i>
8	Nagarjuna Y. K.	<i>[Signature]</i>
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13	Pramod Chakravarthi K. M.	<i>[Signature]</i>
14	Pranusha	<i>[Signature]</i>
15	Priya G. N.	<i>[Signature]</i>
16	Pruthvi J. D.	<i>[Signature]</i>

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21	Sachin K.	<i>[Signature]</i>
22	Sadhanasree G.	<i>[Signature]</i>
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24	Somesha	<i>[Signature]</i>
25	Sukanya N.	<i>[Signature]</i>
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27	Venkatesha S.	<i>[Signature]</i>
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3	Arun V. G.	<i>[Signature]</i>
4	Balan M.	<i>[Signature]</i>
5	Chinna G. K.	<i>[Signature]</i>
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20	Pavan Kumar Yadav S. C.	<i>[Signature]</i>
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22	Praveen T. M.	<i>[Signature]</i>
23	Praveena M. V.	<i>[Signature]</i>
24	Preethi S.	<i>[Signature]</i>
25	Priyanka K. M.	<i>[Signature]</i>

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28	Rohini H.	<i>[Signature]</i>
29	Saidappa	<i>[Signature]</i>
30	Sanjay P.	<i>[Signature]</i>
31	Saraswathi K. M.	<i>[Signature]</i>
32	Sathisha R.	<i>[Signature]</i>
33	Shashwatha	<i>[Signature]</i>
34	Sudeep Kumar	<i>[Signature]</i>

  
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