

## **Celebration of International day of Yoga**

The world day of yoga was celebrated at Jagadguru Sri Shivarathreeshwara University, Mysuru on 21<sup>st</sup> June 2017 in a befitting and meaningful manner by the constituent colleges and departments. The program was started in afternoon 2PM. The invocation song was sung by Miss Preethi 6<sup>th</sup> term MBBS student. Sri Lokeshappa, PCD welcomed the dignitaries. Dr Sunil Kumar D, NSS Programme officer introduced the chief guest Yogacharya Dr Seetharam AR, a renowned yoga guru of Mysore.

Inauguration of the workshop was made by lighting the lamp. Dr Manjunatha B. Registrar, Principals of the constituent colleges of Jagadguru Sri Shivarathreeshwara University, NSS programme coordinator and programme officer were present in the function.

Yogacharya Dr Seetharam AR delivered a lecture on benefits of yoga. Yoga is useful to overcome the stress in today's busy lifestyle. Yoga is an invaluable gift of Indian tradition. It embodies unity of mind and body, thought and action, harmony between man and nature. He also mentioned that the yoga will bring all the religions together which can bring peace and harmony in the society.

Training workshop on yoga was also organised after the lecture. More than 300 members including teaching and non-teaching faculties and NSS Volunteers participated in the programme. The following yogasanas were organised in the

workshop- Utkatasana, Trikonasana, Padottanasana, Bhujangasana, Shalabhasana, Dhanurasana, Baddha konasana, Paschimottanasana, Poorrottanasana, Pawanamukhtasana, Sarvangasana, Halasana, Matyasana, Vajrasana, Shashankasana, Supta Vajrasana, Ushtrasana, Padmasana, Yoga mudrasana, Makarasana and Shavasana. All asanas were demonstrated by Miss Srilatha yoga demonstrator.

This was followed by Music therapy by Dr Geetha Seetharam which rejuvenated all the participants in the auditorium. With all these all the participants were enlightened with the specialised skills like stress management, yoga therapy and meditation, personality development, counselling, enrichment of life skills and values. Dr Chandrashekar Hod of Community Dentistry proposed vote of thanks.







