



Jagadguru Sri Shivarathreeshwara University

Mysuru

Report of the celebration of International Yoga Day on 21st June 2016

National Service Scheme (NSS) of Jagadguru Sri Shivarathreeshwara University, Mysuru celebrated International Yoga day on 21st June 2016 at JSS Dental College and Hospital, Mysuru.

The International Yoga day was celebrated to bring peace, harmony and happiness and success. This was a great opportunity to imbibe the value of discipline through Yoga. Yoga is a system of holistic living having the route in Indian traditional culture, which has evolved thousands of years back. Yoga is mental, Physical & Spiritual practice that need to be carried every day. The students & staff of JSS University got a chance to know how yoga embodies the unity of mind and body.

Dr Dhakshaini M.R., Vice Principal of JSS Dental College & Hospital welcomed the guests. The function was inaugurated by Dr B. Manjunatha, Registrar, JSS University, Mysuru by lighting the lamp at 11.30 am. Dr Anil Kumar G., Principal, JSS Dental College and Hospital, Dr PA Kushalappa, Director Academics, Dr Dhanraju, Director, Global Engagement, JSS University, Mysuru were the other guests present in the function.

Chief Guest of the function, Mr. Srinivasagiri, Director, Arogyasiri, Ayurveda, Mysuru delivered a lecture regarding the nutrition and health. He highlighted the values of vegetables and fruits and asked for a change in the food habits. He spoke about faulty diet habits and explained the consequences of the same by showing videos which was followed by interaction section. The quality of diet and life style was answered on a personal basis. He also displayed the simple, yet effective methods to overcome diseases arising due to faulty diet.

Yoga guru Sri. K.S. Mukunda Founder, Belaku foundation, Mysuru mentioned that yoga is a holistic approach to health and well being helpful to discover the sense of oneness within our self and with nature. It embodies unity of mind and body; thought and action. Yoga is not a religion it is way of living, that aims towards a healthy mind in a healthy body.

The art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind.

Chanting **Om** brings into your awareness the physical reality of this world and it also has immense healing power.

He demonstrated and taught various ASANAS of yoga. The students and staff of JSS University performed different yoga postures like Vrikshasana, Thrikonasana, Bandarasana, Padmasana etc. The programme finally ended with Pranayama and Meditation. Prayers were recited before and after the programme. Dr K.L. Krishna, NSS Programme Co-ordinator, JSS University proposed the vote of thanks and Sri Veerabhadraswamy, Superintendent, JSS Dental College & Hospital, Mysuru narrated the programme.



Inauguration of International yoga day by Dr. B. Manjunatha, Registrar and other dignitaries.



JSS University & its constituent colleges staff participation



Yoga guru Sri. K.S. Mukunda Founder, Belaku foundation, Mysuru Demonstrating Yoga Asanas.



Vote of Thanks by Dr. K.L.Krishna, University, NSS Program Coordinator

REGISTRAR