

# VALUE ADDED COURSES IN 2019

## 1---TITLE OF COURSE--- HATA YOGA FOR EASY LIFE STYLE

DATE—5<sup>TH</sup> AUGUST -21<sup>ST</sup> AUGUST 2019

TIMING—3PM--5PM

RESOURCE PERSON – DR JAYAREVANNA M V

VENUE- KSU SEMINAR

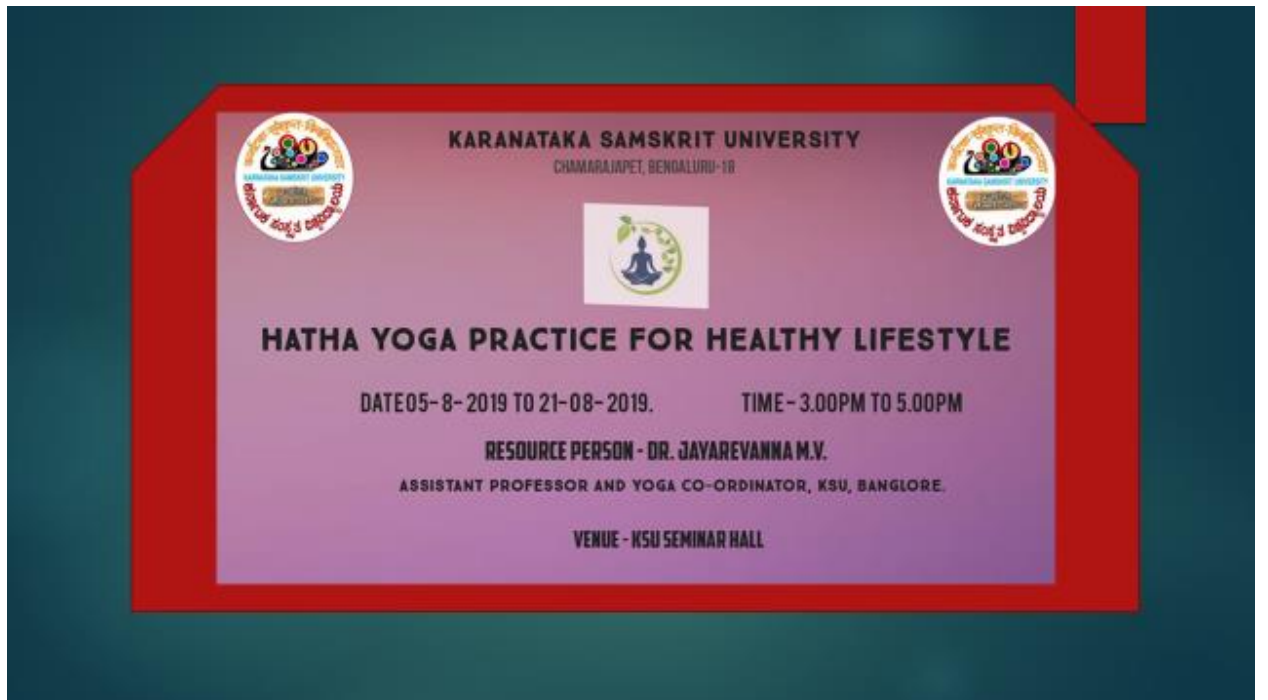
COORDINATOR- DR JAYREVANNA M V

COURSE DURATION- 30HRS

HATA YOGA IS ONE OF THE MAIN STREAM OF CLASSICAL YOGA STYLE WHICH HAS CLEAR REFERENCE OF ASANAS, PRANAYAMAS, MUDRAS BANDHA AND SHAT KRIYAS WHICH CAN BE PRACTICED EVEN NOW. SO FOR A CLEAR CUT KNOWLEDGE OF HATA YOGA WE HAD THIS COURSE.

### CONTENTS OF THIS COURSE

1. INTRODUCTION OF HATAYOGA BOOKS
2. PRACTICAL KNOWLEDGE OF SHAT KRIYAS, ASANAS, PRANAYAM, MUDRAS AND BANDAS.
3. EASY PRACTICE OF JALA NETI AND SUTRA NETI
4. AHARA DISCUSSION IN HATA YOGIC TEXTS
5. WHEN AND WHERE TO PRACTICE YOGA
6. AUSHADOPACHARA IN HATAYOGA PRADIPIKA.



Sl.No	Name of the Candidate	Father Name	Gender (M/F)	DOB (ddmmyyyy)	Category
1	Aparna N K	Kamesh Bhat	FM	29-11-1990	GM
2	Arunakumari V	A. Venkatachalapathy	FM	19-01-1973	GM
3	Asha R	Ramanjinappa B T	FM	02-11-1988	SC
4	Asha T M	Maruthi	FM	15-05-1995	IIA
5	Ashwini R	G Rajan	FM	04-05-1984	IIA
6	Bharathkumar R	Ramakrishna	M	02-01-1984	IIA
7	Bharathi B	Narasimha Bhat B	FM	31-03-1971	GM
8	Raju S P	S V SriramRaju	M	31-08-1954	GM
9	Rangalakhmi B V	Venkata Ramu B	FM	21-10-1968	GM
10	Roopa R	Ramachandra Naidu K G	FM	28-09-1983	GM
11	Sadhana K	Karthik B	FM	17-11-1999	IIA
12	Sanjana P	Srinivas Murthy P	FM	09-05-2001	GM
13	Satish BN	Narasimhaiah B N	M	17-07-1975	GM
14	Seetharam Y S	Suryanarayana Y S	M	06-05-1985	GM
15	Sharadamma H	D Hanumanthappa	FM	23-01-1969	IIA
16	Shantha kumari P V	K S Vijayakumar	FM	26-02-1982	GM
17	Shanthamma K	Krishna Shetty	FM	25-12-1968	IIA
18	Vasanti Zalkikar	Vijaykumar Zalkikar	FM	24-11-1999	GM
19	Vasanthi S	Selvaraj	FM	10-06-1975	GM
20	Vanishree H	Hanumanthappa	FM	12-04-1979	GM
21	Yogesh P Sajjan	P S Sajjan	M	16-10-1988	IIA

## 2—PATANJALI SUTRA – IMPORTANCE FOR STUDENT LIFE

DATE—2<sup>ND</sup> DECEMBER 2019- 19<sup>TH</sup> DEC 2019

TIMING- 3-5PM

RESOURCE PERSON-DR RISHIDEV BHARGHAV

VENUE-KSU SEMINAR HALL

COORDINATOR- DR JAYREVANNA M V

COURSE DURATION- 30HRS

AS TOTLD IN VEDIC TEXTS AND OTHER CLASSICAL HINDU LITERATURE YOGA WAS MENTIONED EVERYWHERE, BUT THE TEXT BOOK OF YOGA STARTS WITH THE COMPILATION OF ALL YOGA PRACTICE IS THROUGH SAGE PATANJALI WHO WAS EXPERT IN VYAKARNA, VAIDYA AND YOGA SHASTRAS.

HOW TO GET INVOLVED IN SUTRA PRACTICE AS A STUDENT WAS THE MAIN OBJECTIVE OF THIS COURSE

IT INCLUDED—

1. HISTORY OF SAGE PATANJALU AND LINEAGE
2. NAMES AND NUMBER OF PADAS AND BRIEF INTRODUCTION OF COMMENTATORS ON PATANJALI YOGA SUTRA
3. IMPORTANCE OF SAMADHI PADA
4. IMPORTANCE OF SADHANA PADA
5. IMPORTANCE OF VIBHUTI PADA
6. IMPORTANCE OF KAIVALYA PADA



**KARNATAKA SAMSKRIT UNIVERSITY**  
CHAMARAJAPET, BENGALURU-18



**PATANJALI SUTRA – IMPORTANCE FOR STUDENT LIFE**

DATE 02-12-2019 TO 19-08-2019.      TIME - 3.00PM TO 5.00PM

**RESOURCE PERSON - DR. RISHIDEV BHARGHAV . N**  
HOD, DEPT OF ALANKARA AND DEPUTY DIRECTOR, KSU, BANGLORE.

**VENUE - KSU SEMINAR HALL**



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