

**YOGA & AYURVEDA**  
**SAHITYA**  
**PROFILE**  
**2016 - 2020**



**CENTRAL SANSKRIT UNIVERSITY**  
***GURUVAYOOR CAMPUS***  
**PURANATTUKARA, THRISSUR, KERALA**

***Our DIRECTER***



***Prof. E. RAJAN***  
***Professor in Sahitya***  
***(In-charge)***

***Our COURSE CONVENER***



***Dr. K.J. JESSEY***  
***Assistant Professor in Malayalam***  
***(In-charge)***

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# An Introduction

## ***Yoga, Ayurveda and Sanskrit***

*Sanskrit literature is an explosive source of endless knowledge. Yoga and Ayurveda are the very scientific method of this day to experiment the theories of its kind. Ancient scientific formulas, suggestions, medicines, treatments, mathematics, astrology, lifestyles, directions etc are written in Sanskrit. Any stream of knowledge is direct or indirect translation from Sanskrit.*

*For a total appreciation of Yoga and Ayurveda, one must acquire basic knowledge of Sanskrit.*

*Learning Yoga and Ayurveda hand in hand with the true source of it, Sanskrit as the tool of teaching will enrich and empower the hidden lights in it. Thus will explore the complete blossom of life in physical, mental, social and metaphysical ways.*

## ***Importance of this Course***

*Sanskrit needs to achieve its full potential both in India and abroad. This requires imparting the students' full appreciation and proper understanding of the language and the subjects like Yoga and Ayurveda, which has an experimental way to prove its theories made them famous. But very less are familiar and scholar to this subject with the traditional background to understand it. So this course will help a person in self and it will boost him to make a further study in the subject.*

## ***Present Faculty***



***Dr. A.S. Sivaprasad***  
***Contract Teacher in Ayurveda***



***Dr. Dhanesh P.V***  
***Contract Teacher in Yoga***

# *Previous Faculty*

## **COURSE CONVENER**



*Dr. K. Giridhara Rao*  
*Assistant Professor in Education*  
*(In-charge)*

**Sanskrit Teacher**



*Dr. E. Venkateswarlu*  
*Guest Teacher in Education*



## PROFILE OF FACULTY

### **Dr. A.S. Sivaprasad**

Contract Teacher  
Ayurveda



*Dr. A.S. Sivaprasad was born on 23-02-1978.*

*He studied Vedanta Acharya (MA) from Sanskrit Collage, Pala, Arunapuram, Kerala. He Completed Hindi SahityaAcharya from Kerala Hindi PracharaSabha. And Dakshina Kerala Marma Thirummu Kalaripayattu Association has awarded as Kalari Gurukkal for the 12 years practice and teaching of Kalari.*

*With the traditional knowledge from ancestors for more than 23 years, he completed BAMS (Ayurveda) from Rajiv Gandhi University, Karnataka. He gained many academical degrees like M.Sc in Marma and Massage and M.A in Sankhya Yoga. Besides to these, he is an expert in Kalari&Marma treatment, Siddha, Visha-Vaidya, Unmada&Apasmara Treatment, Daiva-Vyapashraya Chikitsa, Panchakarma & Yoga Therapy.*

*He worked as Sanskrit Lecturer in Vedanta at Sri Ramakrishna Adarsha Sanskrit College, Arunapuram, Kerala for 5 years (2003-07). And he engaged classes as Sanskrit Lecturer for BAMS students at Rajiv Gandhi University, Karnataka for 2 years. His books are about to publish. They are –*

- 1.Ravana-Nadi
- 2.Siva-swarodayam
3. Anjana-Nidanam
4. DhanurvedaSamhita
- 5.Kanada-Nadi
- 6.Yogaratnamaala
- 7.SiddhaNagarjuna KakshaPutam
- 8.Sivambu-Kalpam
- 9.Dattatreya Tantram (Malayalam translations)

**Dr. Dhanesh.P.V**

Contract Teacher

Yoga



*Sri.Dhanesh. P.V was born on 09-05-1990.*

*He studied M.Sc. Yogic Science with the specialization of Yoga Therapy from Mangalore University,Karnataka. Acharya (M.A) in Sankhya Yoga with Gold Medal from Sampurnananda Sanskrit Viswavidyalaya,Varanasi,UttarPradesh. He took Visishtacharya (M.Phil) from Rashtriya Sanskrit Vidyapeetham, Tirupathi, and now pursuing Vidyavaridhi (Ph.D) from the same university (now National Sanskrit University) and submitted the Thesis.*

*He worked as Part-time lecturer of Yoga at Vedic University for 3 years (2012-13, 14-16).And he has teaching experience of yoga practicals for Prak-Shastri students, and theory and practicals for P.G Diploma Yoga Vijnana and Yoga Thearapy students of R.S Vidyapeetha, Tirupaty for 2 years(2014-16) as a Yoga Instructor*

*He presented research papers in various National and Inter-national Seminars and was resource person for some of the Seminars and Chaired some sessions too.*

*His Publications –*

- 1. Varaasanaani (Sanskrit)*
- 2. Yoga-Rahasyam (Sanskrit Commentary)*

*The books about to publish are –*

- 1. Mandukyopanishad-Vyakhya (Malayalam Translation)*
- 2. Yoga-Rahasyam (Malayalam Commentary)*



## **SMT.K A JESSY**

**ASST. PROFESSOR (MALAYALAM)**

**H.O.D (in-charge) of**

**Diploma in Yoga and Ayurveda Sahitya**



### **ACADEMIC PROFILE :**

1. **M.A.** Malayalam with first class Calicut University
2. **B.Ed.** Malayalam Calicut University
3. Qualified in basic counselling course Calicut University

### **TEACHING EXPERIENCE :**

1. Head Of The Department From 2019 Onwards
2. One Year Teaching Experience In Vimala College Thrissur 1986-1987
3. One Year Teaching Experience In Sda Hs Thrissur 1989-1990
4. One Year Teaching Experience In De Paul Hs Choondal 1990- 1991
5. Eleven Year Teaching Experience (Jr.Lecturer) In Kendriya, Sanskrit Vidyapeetha ,Puranattukara 1991-2002
6. Nine Year Teaching Experience (Jr.Lecturer) In RSS D U, Guruvayoor Campus ,Puranattukara 2002-2011
7. Ten Year Teaching Experience (Asst.Professor) In Rss D U Guruvayoor Campus ,Puranattukara 2011-2021

### **KEY RESPONSIBILITIES HANDLED :**

1. Editorial Member Of Nibandhamala ,Campus Journal 2016
2. Editorial Member Of Gurudeepika ,Campus Journal 2015-2016
3. Editorial Member Of Gavaaksha Departmental Journal 2016
4. Editorial Member Of Potpourri Departmental Journal 2018
5. Conducting Mathrbhasha Dinam In The Campus From 2016 Onwards
6. Conducting Kerala Piravi In The Campus 2013 Onwards
7. Member Of Various Academic And Administrative Committee
8. HOD Of Dept.Modern Subjects 2019 -
9. Ladies Hostel Deputy Warden 2011-2019
10. Ladies Hostel Warden 2020
11. Member In Hostel Committee

12. Member In Admission Committee
13. Member In Timetable Committee
14. Invigilation Duty Arrangement Committee

#### PUBLICATIONS :

1. "Jnanappana Samakalika Presakthi" Nibandhamala 2015-2016 Issn 2277-2359
2. "Malayala Sahityathil Samskritha Prabhavam" ,Gavaaksh Published By Rssdu Guruvayoor Campus ,Dept Of Modern Subjects 2016 Isbn978-93-83102-26-6
3. "Malayala Kavithayile Sthree Sanidhyam" Nibandhamala 2016-2017 Issn 2277-2359
4. "Paristhithi Dharsanam Malayala Kavithayil" Potpourri , Published By Dept .Of Modern Subjects Rss D U Gc,2018 Isbn 978-93-87195-19-6
5. "Noval Shahithyathinde Nalukettu" Nibandhamala 2019-2020 Issn 2277-2359

#### SEMINARS/WORKSHOPS :

1. National Seminar Conducted By Dept.ModernSubjects RSSDUGC, 2018
2. National Seminar Conducted By Dept. Education RSSDUGC Thrissur 2018
3. National Seminar Conducted By Dept. Vedanta RSSDUGC Thrissur 2018
4. National Seminar Conducted By Dept. Nyaya RSSDUGC Thrissur 2018
5. Workshop On Manuscriptology And Palaeography Conducted By National Mission For Manuscripts 2019
6. UGC Sponsored Refresher Course In Malayalam And Kerala Studies University Of Calicut 2019
7. National Seminar Conducted By Dept. Modern Subjects RSSDUGC, 2019
8. National Seminar Conducted By Dept.Nyaya RSSDUGC Thrissur 2019
9. Sanskrit The Cultural Language Of India Organized By Dept.Sanskrit Little Flower College Guruvayoor 2020
10. National Seminar Conducted By Dept. Vedanta RSSDUGC Thrissur 2020
11. National Seminar Conducted By CSI College Of Education Tvm 2020



## **COURSE DETAILS**

### ***Title of the Course***

*The course shall be called “Diploma in Yoga and Ayurveda Sahitya” (DYAS)*

### ***Aim of the Course***

*The aim of the course is to promote Yoga and Ayurveda for holistic living and positive health.*

### ***Objectives of the Course***

#### ***Yoga***

- 1. To introduce core yogic understanding of Adhyatma Yoga, Jeevana Yoga and Mano Yoga in the light of Upanishad, Bhagavad Gita and Patanjali Yoga Sutras.*
- 2. To introduce basic concepts of preventive health and health promotion through Yoga and Ayurveda.*
- 3. To introduce concepts of subtle Human existence from scriptural (Yoga) viewpoint as to make their understanding clear about the benefit and contraindication of a practice at deeper levels.*
- 4. To train students on preventive health and promotion of positive health through Yoga and personality development.*
- 5. To assist the Medical Personnel / Physician in helping Patients undergo integrated healthcare systems.*



## ***Ayurveda***

- 1. With the knowledge of fundamental percepts of Ayurveda like Tri Dosha Fundamental principles, Seasonal variations, Dina Charya to maintain "SwasthaVritta" with an aim of overall wellbeing of individual self and preserving an essential ecological balance all around in society.*
- 2. Ability to Identify and Rearing of Essential Medicinal Plants in viable & small areas.*
- 3. Ayurveda stands for maintaining positive and curing disease that retard lifespan.*
- 4. Any Dip. (Yoga and Ayurveda) must be able to assist / help an Ayurvedic Physician in cure of common ailments by using medicinal plants available in neighborhood.*

## ***Duration***

*The minimum duration of the course will be One year (10 months).*

## ***Eligibility***

- 1. The candidate should have completed 12<sup>th</sup> standard (10+2).*
- 2. The candidate should have compulsory Sanskrit Knowledge studied for One year.*
- 3. This course is offered as dual certificate course.*

## **Rules and Guidelines for Diploma Course in Yoga and Ayurveda.**

1. Eligibility of the candidate for Entrance to the course may be Senior Secondary (+2) examination, with Sanskrit as one of the subjects.
2. Medium of instruction may be Sanskrit only.
3. The selected campus may be allocated forty (40) seats for the course, out of which thirty (30) seats may be reserved for Traditional Students and ten (10) seats may be students from Modern stream.
4. The Course is of an Year (10 months).
5. The Syllabus for the Course may be Comprise of Five (5) Papers of 100 Marks. The division of papers may be as under:-
  - i. Yoga - 2 Papers
  - ii. Ayurveda - 2 Papers
  - iii. Sanskrit Sambhashan - 1 Paper
  - iv. Yoga Practicals - 1 Paper
6. Allocation of Hundred (100) Marks of each paper will be divided as 80+20 i.e. Eighty (80) for Theory and Twenty (20) for Practical.
7. At least 90% attendance is compulsory for appearing in the examination of the course.



## **Syllabus for Diploma in Yoga & Ayurveda**

### ***Preamble***

*The tradition of Yoga and Ayurveda has always been passed on individually from teacher to student through generations to generations. Yoga and Ayurveda have been the primer modalities and frontier techniques to keep human being healthy in every aspect.*

*Basic concepts of Yoga, such as, chitta, Koshas, facets of psyche etc are the core psychological aspects to upgrade by understanding ones personality through continues Sadhana, gave new horizon in the field of research and application. Ayurveda, facilitating one to understand, presents Dinacharya and Rutucharya to maintain the health (prevention is better than cure) than medicating with various herbs. Both Ayurveda and Yoga base on Sankhya concept of Purusha and Prakriti. In addition to this, Yoga and Ayurveda may become best combination in the field of healthcare systems. In this course we introduce the combination of Yoga and Ayurveda as a science of Holistic living and not merely as postures and panchakarma alone. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga and Ayurveda.*



## Scheme of Teaching and Examination

Sl. No	Subject Code	Subject Title	No. Credits	Periods per week		Evaluation Scheme			Subject Total
				Theory	Practical	2 Tests	FA	FE	
1	DYAYT101	Basic concepts of Yoga	2	2	0	20	10	70	100
2	DYATT102	Four streams of Yoga	2	2	0	20	10	70	100
3	DYAAT103	Ayurveda – MulaSiddhanta	2	2	0	20	10	70	100
4	DYAAT104	Shareeram and SwasthaVritta	2	2	0	20	10	70	100
5	DYAST105	Sanskrit – 1	2	2	1	20	10	70	100
6	DYAYP106	Yoga Practice – 1	2	0	4	40	10	50	100
7	DYAAP107	Prakritipariksha	2	0	4	40	10	50	100
			14	10	9				700

Sl. No	Subject Code	Subject Title	No. Credits	Periods per week		Evaluation Scheme			Subject Total
				Theory	Practical	2 Tests	FA	FE	
1	DYAYT201	Yoga – a lifestyle modification	2	2	0	20	10	70	100
2	DYATT202	Evidence based yoga therapy	2	2	0	20	10	70	100
3	DYAAT203	DravyaVijnanam	2	2	0	20	10	70	100
4	DYAAT204	KalpanaVijnanam	2	2	0	20	10	70	100
5	DYAST205	Sanskrit – 2	2	2	1	20	10	70	100
6	DYAYP206	Yoga Practice – 2	2	0	4	40	10	50	100
7	DYAAP207	BhaishajyaKalpanam	2	0	4	40	10	50	100
			14	10	9				700

FA – Faculty Assessment

FE – Final Examination

\*The above mentioned semesters are clubbed and to be considered as Yearly.

# FIRST BATCH

## STUDENTS DETAILS – 2016-17

Sl.No.	Name	Sex	Category
1	AnjalyPremod	Female	General
2	Krishneswari T	Female	OBC
3	Haritha P H	Female	OBC
4	Pratheeksha K P	Female	OBC
5	AswathyVenkulath	Female	OBC
6	Sandeep M	Male	OBC
7	Reshma K	Female	OBC
8	Nidisha V	Female	OBC
9	ArundathiUdayakumar	Female	OBC
10	MeghaSanthosh	Female	OBC
11	JayasreeSabu	Female	OBC
12	Amrutha P A	Female	OBC
13	Vijayakrishnan T V	Male	General
14	Hrishikesh T S	Male	General
15	Anil P V	Male	General
16	Akhil K V	Male	General
17	Debi Prasad Sahoo	Male	OBC
18	Surya S Nair	Female	General
19	Devika A K	Female	General
20	Vaishak M	Male	General
21	Ganta Naga Swathi	Female	General
22	Sethulakshmi P S	Female	ST
23	Sethulal P S	Male	ST
24	Sabjan K K	Male	OBC
25	MrityunjoyChakraborty	Male	General
26	Govindan N	Male	General
27	SarathMithran	Male	General

Category	General	12
	SC & ST	02
	OBC	13
Sex	Male	12
	Female	15

## SECOND BATCH

### STUDENTS DETAILS – 2017-18

Sl.No.	Name	Sex	Category
1	AMRITHA KRISHNA L. G.	Female	OBC
2	ANIL CHANDRAN K.	Male	GENERAL
3	ANIL L.	Male	OBC
4	ANJANA SOMAN	Female	OBC
5	ANUPAMA K. C.	Female	OBC
6	APARNA M.	Female	OBC
7	ARULMON SUDHARSAN	Male	OBC
8	ASWATHY P. V	Female	OBC
9	DEEPIYOTI DEB	Male	GENERAL
10	GALEEL T.	Male	OBC
11	GAYATHRI P.V.	Female	GENERAL
12	GAYATHRIY M. S.	Female	GENERAL
13	HARIPRIYA P. H.	Female	OBC
14	HARITHA C.	Female	GENERAL
15	HARITHA K. K.	Female	OBC
16	HARSHA K. S.	Female	OBC
17	JYOTHIKRISHNA P.	Female	S.C
18	K. K. HARSHAKUMAR	Male	OBC
19	NIVYA BABU	Female	OBC
20	PARVATHY H.	Female	GENERAL
21	PRAVEENA N. U	Female	OBC
22	SABITHA V. P.	Female	OBC
23	SANDRA N.	Female	OBC
24	SARANYA VALSAN	Female	S.C
25	SHIBILA M. S.	Female	OBC
26	SHIJI T. P.	Female	OBC
27	SHILPA O. K	Female	S.C
28	SIMMU M. D.	Female	OBC
29	SOORYAGAYATHRI P.	Female	OBC
30	SREEDEV T. E.	Male	GENERAL
31	SWATHI M. P.	Female	OBC
32	SWATHILAKSHMI K. U.	Female	OBC
33	VASUDEVAN A. A.	Male	GENERAL



Category	General	8
	SC & ST	3
	OBC	22
Sex	Male	8
	Female	25

**THIRD BATCH**  
**STUDENTS DETAILS – 2018-19**

Sl.No.	Name	Sex	Category
1	AJITHA K.P.	Female	GENERAL
2	AKHILA S. VARMA	Female	GENERAL
3	ANAGHA K.P.	Female	OBC
4	ALAKANANDA K.S.	Female	GENERAL
5	ARUN K.S.	Male	OBC
6	ATHIRA BABU	Female	OBC
7	DURGA S NAMBOOTHIRI	Female	GENERAL
8	GAYATHRI K.	Female	GENERAL
9	GAYATHRI ASOK	Female	OBC
10	GOPIKA A.G.	Female	OBC
11	SREEDEV T. E.	Male	GENERAL
12	KRISHNENDU K.B.	Female	S.C
13	REVATHI K.M.	Female	GENERAL
14	MEGHA T	Female	OBC
15	NILAMADHAB PRADHAN	Male	GENERAL
16	SRUTHINI K.S.	Female	OBC
17	SUBHASH P.V.	Male	GENERAL
18	VISHNUMAYA P.	Female	OBC
19	VISHNU PRASAD P.	Male	GENERAL

Category	General	10
	SC & ST	1
	OBC	8
Sex	Male	5
	Female	14

## FORTH BATCH

### STUDENTS DETAILS – 2019-20

Sl.No.	Name	Sex	Category
1	Renuka K.M.	Female	General
2	SuvenduranjanKar	Female	General
3	Sudhas V.S.	Female	OBC
4	Dileswar Dash	Male	General
5	DebashreeParida	Female	General
6	ManjulataNayak	Female	OBC
7	Sreekrishnan P.K.	Male	General
8	Aditya Narayan Rath	Male	General
9	Amaldas D	Male	OBC
10	RautmaleAnand S.	Male	General
11	Sreerag M.	Male	General
12	Rajendra Kumar Sharma	Male	General
13	Anjali K.S.	Female	OBC
14	Suresh Kumar Sahu	Male	OBC
15	UpendraSahu	Male	OBC
16	AnantaBhat	Male	General
17	RaghavendraNarasimhaGaonkara	Male	General
18	Navaneethkrishna J	Male	General
19	Anagha M.P.	Female	OBC
20	Ajina C.J.	Female	General
21	Manu Saji	Male	General
22	Rahul K.N.	Male	OBC
23	Manjusha NP	Female	OBC
24	Thushara V.	Female	General
25	PallaviShaji	Female	General
26	Nithya P.	Female	General
27	Gayathry G.	Female	General
28	Haripriya C.M.	Female	OBC
29	Anjana C. Jayan	Female	OBC
30	Harisankar C.T.	Male	OBC
31	LayaShaju	Female	General
32	Jeena K.M.	Female	OBC
33	Archa C.U.	Female	OBC

Sl.No.	Name	Sex	Category
34	Athira P.S.	Female	OBC
35	AnaghaChandran	Female	General
36	Seethal Raj	Female	General
37	Savithry E.N.	Female	General
38	Manu K.B.	Male	OBC
39	Vasudevan A.A.	Male	General
40	Vijith R.	Male	General
41	RatheeshMohan	Male	S.T
42	TheresaT.J	Female	General
43	Agnus K.J.	Female	General
44	Aparna K.V	Female	General
45	Vighnesh A	Male	OBC
46	Venkateswar Gopal	Male	OBC
47	Aishani Sathyanath	Female	OBC
48	Sreedharan Edamana	Male	General

Category	General	28
	SC & ST	1
	OBC	20
Sex	Male	23
	Female	26



## FIFTH BATCH (Running)

### STUDENTS DETAILS – 2020-21

Sl.No.	Name	Sex	Category
1	Samudhyatha A C	Female	OBC
2	M.S Anandakrishnan	Male	GENERAL
3	Vishnu A S	Male	GENERAL
4	Vishnuprasad C.U	Male	OBC
5	Rudra Devi	Female	OBC
6	Kavyasree	Female	GENERAL
7	Sree Lakshmi A A	Female	OBC
8	Anaswara M	Female	OBC
9	Meenakshi	Female	OBC
10	Bhavana B Menon	Female	GENERAL
11	Aiswarya K Murthy	Female	OBC
12	Shyam S Nair	Male	GENERAL
13	Krishnapriya S	Female	GENERAL
14	Alan Geo Soy	Male	GENERAL
15	Gargi Sudha	Female	GENERAL
16	Sreenivasan	Male	OBC
17	Priyanka Thapa	Female	GENERAL
18	Sreelakshmi Venu	Female	GENERAL
19	Shyam Raj	Male	OBC
20	Sreeraj	Male	OBC

Category	General	10
	SC & ST	-
	OBC	10
Sex	Male	8
	Female	12

## **BATCH SUMMARY**

	<b><i>Batch</i></b>	<b><i>Year</i></b>	<b><i>Admitted</i></b>	<b><i>Appeared</i></b>	<b><i>Passed</i></b>
1	<i>First</i>	2016-17	<b>27</b>	<b>22</b>	<b>21</b>
2	<i>Second</i>	2017-18	<b>33</b>	<b>27</b>	<b>27</b>
3	<i>Third</i>	2018-19	<b>19</b>	<b>16</b>	<b>16</b>
4	<i>Fourth</i>	2019-20	<b>48</b>	<b>43</b>	<b>41</b>
5	<i>Fifth</i>	2020-21	<b>20</b>	<b><i>Running</i></b>	



## *Inaugural function of the Course*



*Hon'ble Principal lightning the lamp*



*Recitation of Veda*



*Welcome speech by Dr. AS Sivaprasad*

*Inaugural speech by the Principal*





# International Day of Yoga Celebrations

1. **I.D.Y.** (June 21, 2016)





## 2. I.D.Y. (June 21, 2017)



PRAYER



Principal Inaugurating Yoga Day on 21.06.2017



Principal & staff doing the yogic exercises



Ardha Baddha Eka Pada Paschimottasana

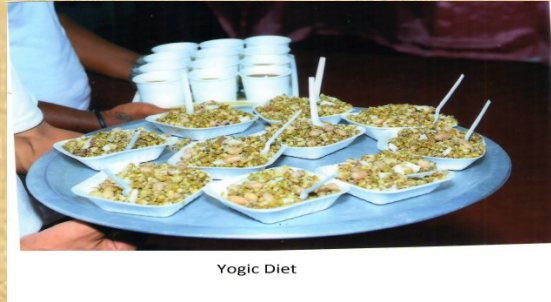


Yoga Nidrasana



Sheershasana by Dr Harsha Kumar





### 3. I.D.Y. (June 21, 2019)



**Lightning the Lamp by Prof. Mahabaleswara Bhat and Principal Prof Ch.L.N.Sarma**



**Chief Guest Speech reg. Importance of Yoga in Day to Day Life**





**Mass Practice – As per Common Yoga Protocol**



**Demonstration of Yogasanas by DYAS students**



**National Seminar on Yoga**







## Rashtriya Sanskrit Sansthan (D.U) Guruvayoor Campus, Puranattukara

### 5<sup>th</sup> Internnational Day of Yoga

21-06-2019

10.00 AM

- |                     |   |   |
|---------------------|---|---|
| Prayer              | : | Kum. Akhila, DYAS Student   |
| Welcome Speech      | : | Dr. Sivaprasad A.S, Ayurveda Lect.  |
| Lighting the Lamp   | : | Chief Guest, Principal and other Guests                                       |
| Presidential Speech | : | Prof. Ch.L.N.Sarma, Principal   |
| Chief Guest Speech  | : | Prof. Mahabaleswara Bhat, Ret.Prof. from<br>RSkS, Sringeri Campus, Karnataka. |
| Demonstration       | : | DYAS Students   |
| Mass Practice       | : | All who present as per Common Yoga  |

Prtocol  
Instructor : Sri. Dhanesh P.V, Yoga Lect.  
Vote of Thanks : Dr. K Giridhara Rao,  
Asst. Prof. in Education  
Anchor : Sri. Dhanesh P.V, Yoga Lect.  
Yogic Diet

**Rashtriya Sanskrit Sansthan (D.U)  
Guruvayoor Campus, Puranattukara**

**5<sup>th</sup> Internnational Day of Yoga**

21-06-2019

02.00 PM

***National Seminar***

Topic : दैनन्दिनजीवने योगः  
Chief Guest : Prof. Mahabaleswara Bhat  
President : Prof. Ch.L.N.Sarma  
Convenor : Dr. K Giridhara Rao  
Co-Ordinator : Sri. Dhanesh P.V  
Chairpersons : Dr. K Giridhara Rao  
Sri. Dhanesh P.V

05.00 PM

***Valedictory Function***



Welcome Speech : Sri Rajendra Kumar Sharma  
Presidential Address : Prof. Ch.L.N.Sarma  
Certificate Distribution: to the delegates who presented the paper  
by the Chief Guest and President.  
Chief Guest Speech : Prof. Mahabaleswara Bhat  
Honouring : Chief Guest, President and the Convenor  
Vote of Thanks : Dr. K Giridhara Rao,  
Asst. Prof. in Education  
Anchor : Sri. Dhanesh P.V, Yoga Lect.

**Rashtriya Sanskrit Sansthan (D.U)  
Guruvayoor Campus, Puranattukara**

*Celebration of  
5<sup>th</sup> Internnernational Day of Yoga  
National Seminar on\_“ दैनन्दिनजीवने योगः ”*

**Registration Form**

Delegate Name :  
Designation / Class :  
Institution :  
Topic :  
D.O.B :  
Educational Qualifications :  
Communication Address :

Permanent Address :

Mobile No. :

Email ID :

Signature

### National Seminar

## राष्ट्रीयसङ्गोष्ठी – “दैनन्दिनजीवने योगः”

#### Deligates

#### Topic

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1. Dr. Ramachandra Jois H     | - दैनन्दिनजीवने आहारार्थ आसनम्     |
| 2. Kum. Gopika A.G            | - यौगिकं जीवनम्                    |
| 3. Kum. Anakha K.P            | - यौगिकं जीवनम् - आहारविषयः        |
| 4. Kum.Athira Babu            | - षट्क्रियाः                       |
| 5. Sri. Subhash P.V           | - पञ्चविंशतितत्त्वानि              |
| 6. Sri. Neelamadhab Pradhan   | - दैनन्दिनजीवने योगः तस्य महत्वं च |
| 7. Kum. Anuradha Mallik       | - दैनन्दिनजीवने योगदर्शनम्         |
| 8. Kum.Alakananda K.S         | - यौगिके जीवने व्यवहारः            |
| 9. Kum.Akhila S Varma         | - हठयोगस्य सामान्यप्रतिपादनम्      |
| 10.Sri. Rajendra Kumar Sharma | - योगस्य क्रीडाक्षेत्रे प्रयोगः    |
| 11.Dr. Sivaprasad A.S         | - आयुर्वेदे योगस्य प्राधान्यम्     |

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|------------------------|--|
| 12.Dr. K Giridhara Rao | - वर्तमानपरिप्रेक्ष्ये शिक्षकेभ्यः योगस्य आवश्यकता |
| 13.Sri. Dhanesh P.V    | - शिवयोगप्रदीपिकादिशा दैनन्दिनजीवने योगः           |
| 14.Dr. Sunitha         | - भगवद्गीता में ध्यान                              |
| 15.Smt. Keerthi Sudha  | - योगस्य प्रयोजनम्                                 |
| 16.Dr. Radhika         | - पञ्चकोशानां पोषणाय अष्टाङ्गस्य प्राधान्यम्       |

**RASHTRIYA SANSKRIT SANSTHAN (D.U)**  
**GURUVAYOOR CAMPUS, PURANATTUKARA**

Action Taken Report on  
**5<sup>th</sup> Internnational Day of Yoga**  
21-06-2019

The 5<sup>th</sup> International Day of Yoga celebrated with full vigour in the Guruvayoor Campus, Puranattukara, Thrissur, Kerala on 21<sup>st</sup> June 2019 with the help of the constituted committee in this regard comprising Dr.Giridhar Rao, Sri. Rajendra Kumar Sharma, Dr. Sivaprasad A.S & Sri. Dhanesh P.V, the Yoga Teacher.

By the presence of Prof. Mahabaleswara Bhat, Ret.Prof. from RSkS, Sringeri Campus, Karnataka as a Chief Guest the function has turned into a meaningful celebration. The principal of the Campus presided over the function where Dr. Sivaprasad, Ayurveda Lect. welcomed. By lightening the lamp by the esteemed guest and president the function got started. Later Chief Guest's speech on "Yoga and its importance in Day to Day Life" which was the topic for the Day's National Seminar made interest in the listeners. The Principal made the presidential address and then the Diploma in Yoga & Ayurveda Sahitya Students Performed a Demonstration of Asanas. This motivated the mass audience of staff & students to Practice some of the Practices described in Common Yoga Protocol with the help of the Yoga Teacher. Then Dr.Giridhara Rao,



Asst. Prof. Edu. expressed vote of thanks. Then a Yogic Diet distributed as refreshment. All these programmes held in the renovated Yoga Hall, 2<sup>nd</sup> floor at 10.00 A.M.

Afternoon at 2.PM in the Conference hall a National Seminar was conducted on **दैनन्दिनजीवने योगः**. The sessions were chaired by Dr. Giridhara Rao & Dhanesh P.V, where 16 papers were presented. In the valedictory function Sri. Rajendra Kumar Sharma welcomed and then the Certificates were distributed to the delegates who presented the paper by the Chief Guest and President. Honouring the Chief Guest and the President has made after their speech and then Dr.Giridhara Rao expressed vote of thanks.

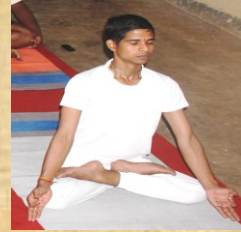
**Principal**

**Prof.Ch.L.N.sharma**

## ACHIEVEMENTS

**Gold Medal in Yuva Mahotsava-2016 for Yoga Asana**

***Debi Prasad Sahoo (Shiksha-Sastri II Year)***



## DEPARTMENTAL ACTIVITIES



*Dr. A.S Sivaprasad teaching Ayurveda*

*Sri. Dhanesh PV teaching Yoga*



*Yoga Practical Class*

## **Work Allotment of DYAS**

### **2016-17 (1<sup>st</sup> Batch)**

Paper 1	Sri. Dhanesh P V
Paper 2	Sri. Dhanesh P V
Paper 3	Dr. Sivaprasad A.S
Paper 4	Dr. Sivaprasad A.S
Paper 5	Dr. E. Venkateswarlu
Paper 6	Sri. Dhanesh P V
Paper 7	Dr. Sivaprasad A.S

### **2017-18 (2<sup>nd</sup> Batch)**



Paper 1	Sri. Dhanesh P V
Paper 2	Sri. Dhanesh P V
Paper 3	Dr. Sivaprasad A.S
Paper 4	Dr. Sivaprasad A.S
Paper 5	Dr. E. Venkateswarlu
Paper 6	Sri. Dhanesh P V

### **2018-19 (3<sup>rd</sup> Batch)**

Paper 1	Sri. Dhanesh P V
Paper 2	Sri. Dhanesh P V
Paper 3	Dr. Sivaprasad A.S
Paper 4	Dr. Sivaprasad A.S
Paper 5	Dr. E. Venkateswarlu
Paper 6	Sri. Dhanesh P V

### **2019-20 (4<sup>th</sup> Batch)**

Paper 1	Sri. Dhanesh P V
Paper 2	Sri. Dhanesh P V
Paper 3	Dr. Sivaprasad A.S
Paper 4	Dr. Sivaprasad A.S
Paper 5	Dr. Sivaprasad A.S
Paper 6	Sri. Dhanesh P V

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## Other Activities

1. Both Dr. Sivaprasad A.S and Sri. Dhanesh P.V Acted as the Members of Admission Committee from the year 2016 to till academic year for the Diploma Course of Yoga and Ayurveda Sahitya.
2. Question Paper Setting has done by both Dr. Sivaprasad A.S and Sri. Dhanesh P.V as two papers each for Yoga and Ayurveda on behalf of Examination of Diploma in Yoga and Ayurveda Sahitya (DYA) from 2016 to till academic year.
3. Beside to the teaching of Yoga for the Diploma Course, Sri. Dhanesh P.V has taught 1<sup>st</sup> Paper, General Vyakarana for Shastri 1<sup>st</sup> year from 2016 to till academic year.
4. Beside to the teaching of Ayurveda for the Diploma Course Dr. Sivaprasad A.S has taught 6<sup>th</sup> Paper, Environmental Science for Shastri 5<sup>th</sup> Semester from 2017 to till academic year.
5. Sri Dhanesh P.V acted as the Yoga Practical Internal Examiner for Diploma in Yoga and Ayurveda Sahitya (DYA), from the year 2017 to till academic year.
6. Both Dr. Sivaprasad A.S and Sri. Dhanesh P.V , Attended the meeting scheduled to be convened with the authorities of R.S.Sansthan (DU) in



connection with partial revision/modification of Syllabus of Yoga and Ayurveda Sahitya Diploma Course, at headquarters office of Sansthan, New Delhi.

7. Both Dr. Sivaprasad A.S and Sri. Dhanesh P.V , Acted as Members of Organizing Committee to arrange and conduct a practical Demonstration class for all the staff and students and a seminar on 'Yoga for Fitness' In connection with celebration of 3<sup>rd</sup> International Day of Yoga on 21<sup>st</sup> June, 2017.
8. Both Dr. Sivaprasad A.S and Sri. Dhanesh P.V , Evaluated two Answer books each for the Yoga and Ayurveda Examination of Diploma in Yoga and Ayurveda Sahitya (DYA), from the year 2017 to till academic year.
9. Sri Dhanesh P.V , Attended the KVS In-Service Course for Sanskrit Teachers (1<sup>st</sup> Spell) as a **Resource Person** from 15.05.2017 to 26.05.2017.
10. Sri Dhanesh P.V , Attended the KVS In-Service Course for Sanskrit Teachers (2<sup>nd</sup> Spell) as a **Resource Person** from 24.12.2017 to 02.01.2018.
11. Sri Dhanesh P.V has Conducted Yoga classes for Shiksha-Shastri 2<sup>nd</sup> yr students of Guruvayoor Campus, R.S.Sansthan from 05-03-18 to 16-03-18.
12. Sri Dhanesh P.V , Attended the KVS In-Service Course for Sanskrit Teachers (1<sup>st</sup> Spell) as a **Resource Person** from 21.05.2018 to 01.06.2018.
13. Sri Dhanesh P.V , Acted as a **Deputy Warden** of the Boys' Hostel of R.S.Sansthan, Guruvayoor Campus, Puranattukara, Kerala, for the academic year 2017-18(from 21-06-2017 to 19-06-2018).
14. Sri Dhanesh P.V , Conducted Yoga classes one period in each week for Shiksha-Shastri students of Guruvayoor Campus, R.S.Sansthan in 2019.
15. Sri Dhanesh P.V , acted as a **Guide** for students of R.S.Sansthan, GVR Campus attended 13<sup>th</sup> All India Sanskrit Students Talent Festival held at Tirupaty from 4-2-19 to 7-2-19.
16. Sri Dhanesh P.V , acted as a **Guide** for students of R.S.Sansthan, GVR Campus attended the 16<sup>th</sup> All India Inter College Sanskrit Natyotsava with Purvaranga and Naganandam Natakam held at R.S.Sansthan, GVR Campus from 8-3-19 to 10-3-19.
17. Sri Dhanesh P.V , Attended the 30 days ShashtraPrasikshana in Advaita Vedanta as a **Resource Person** at R.S.Sansthan, GVR Campus from 25-5-19 to 23-6-19.
18. Sri Dhanesh P.V has Conducted Yoga classes for Shiksha-Shastri 2<sup>nd</sup> yr students of Guruvayoor Campus, R.S.Sansthan in 2020.

19. Sri Dhanesh P.V , acted as a **Guide and Assisted the drama** for students of R.S.Sansthan, GVR Campus attended the 17th All India Inter College Sanskrit Natyotsava with Samudramathanam Natakam held at R.S.Sansthan, Agarthala Campus from 1-12-19 to 3-12-19.
20. Sri Dhanesh P.V has acted as a **Resource Person of Yogadarshana Sameeksha** for the **National Webinar on Indian Philosophy** in connection with **Vanamali – Multidisciplinary Webinar Series** organized by the P.G. Dept of Sanskrit, Srikrishna College, Guruvayoor, on 28-10-2020
21. Sri Dhanesh P.V has Conducted 10 days Online Yoga Sibiram for Shiksha-Shastri 2<sup>nd</sup> yr students of Guruvayoor Campus, R.S.Sansthan in 2021.
22. Sri Dhanesh P.V has certified as **Level 1 Yoga Instructor** with certification no: QCI/TQC 0000656 by Quality Council of India, Ministry of Ayush.