



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE
GOA UNIVERSITY

WEBINAR ON YOGA AND PERSONALITY DEVELOPMENT

FRIDAY, 10TH JUNE 2022 FROM
3:30PM TO 5PM



RESOURCE PERSON:
SHRI. M. SHREEDHARA
JOINT REGISTRAR (ADMINISTRATION)
GOA UNIVERSITY

Please register on the following link
by 09/06/2022 (4pm):

<https://forms.gle/k7RdS7ZPicMzUc8y7>

Dr. Ingrid Anne P. Nazareth, Coordinator
Contact: hrdcoffice@unigoa.ac.in / 08669609017

**UGC-Human Resource Development Centre
Goa University**

Webinar on Yoga and Personality Development (Online)
on 10/06/2022 from 3.30 p.m. to 5.00 p.m.

REPORT

- 1 UGC-HRDC, Goa University conducted its Webinar on 'Yoga and Personality Development'. Fifty Four participants attended the course. Participants were from Goa. The Course was conducted under the leadership of Director-in-Charge, Prof. Purva G. Hegde Desai and coordinated by Dr. Ingrid Anne P. Nazareth, Assistant Professor, HRDC, Goa University.
- 2 Prof. Purva welcomed the Resource person and participants for the Webinar. The lecture session was delivered by Resource person, Shri M. Shreedhara, Joint Registrar, Administration, Goa University from 3:30 p.m. to 5:00 p.m.
- 3 He explained Meditation is about relaxation of the mind; The individual consciousness is Omnipotent, Omnipresent & Omniscient. He then also explained the individual consciousness is complete, whole & perfect as that the absolute consciousness: Perfection is obtained by practicing Yoga wherein any person in his career can become better at it. The purpose of Yogasanas is to prepare the body for Pranayam & the practice of Pranayam prepares the mind for meditation. The person in 5 layers of existence becomes happy & healthy. Whatever you resist, persists. He then explained the types of Yoga and Personality Development good personality is the result of the state of happiness and balanced mind. There are different sources of energy food – sleep – breath – meditation, There are different types of Yoga Asana standing – sitting – supine – prone – side position.
- 4 At the end of the Webinar on Yoga and Personality Development. Participant gave their feedback and resource person answered their queries. Dr. Ingrid Anne P. Nazareth, Assistant Professor, gave the vote of thanks



PLM

We are enclosing herewith:

- a) Schedule of Webinar on Yoga and Personality Development
- b) Resource person topic
- c) Participants details




(Prof. Purva G. Hegde Desai)
In-Charge-Director-UGC-HRDC

DIRECTOR
HUMAN RESOURCE DEVELOPMENT CENTRE
GOA UNIVERSITY
GOA - 403 206

UGC-Human Resource Development Centre
Goa University

Webinar on Yoga and Personality Development 10/06/2022 from 3.30 p.m. to 5 p.m.

Participants Details

Sr. No	Name of the Participants	College Address	Phone No.	E mail ID of Participants
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