



**UNIVERSITY GRANTS COMMISSION  
HUMAN RESOURCE DEVELOPMENT CENTRE  
GOA UNIVERSITY**

**Short Term Course  
on  
Yoga & Spiritual Values  
(Online)**

**From 15.06.2022 to 21.06.2022**

**For the members of the faculty of  
College / University that are included under  
Section 2(f)/12 (B) of the UGC Act**

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**Dr. Ingrid Anne P. Nazareth, Asst. Professor/Course Coordinator**

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

Short Term Course in Yoga and Spiritual Values (online)  
(15/06/2022 to 21/06/2022)

**REPORT**

1. UGC-HRDC, Goa University conducted its Short Term Course in Yoga and Spiritual Values (online mode) on Google Platform. Twenty Five participants registered for the course. Participants were from Goa, Maharashtra, Karnataka, Assam, Uttar Pradesh and Rajasthan. Majority of the participants were from the State of Maharashtra. There were 4 Local and 21 outstation participants. The Course was conducted under the leadership of Director-in-Charge, Prof. Purva Hegde Desai and coordinated by Dr. Ingrid Anne P. Nazareth, Assistant Professor, HRDC, Goa University.
- 2 Prof. Purva welcomed the participants for the inaugural function of the Short Term Course which was inaugurated by Mr. Leo Macedo, Deputy Registrar, Directorate of Students Welfare & Cultural Affairs, Goa University. Dr. Ingrid Anne P. Nazareth gave a brief overview of the course and gave the vote of thanks.
- 3 4 lecture sessions were delivered daily in online mode between 10:00 am and 5:00 pm. with a lunch-break of 1 hour at 1:00 p.m. The Course was enriched with well experienced resource persons from across the Country.
- 4 Some of the topics during the programme were as follows: (1) Yoga for Harmony and Peace (2) Distress to De-stress: The why of the workshop (3) Types of stresses/obstacles to my full potential, Bhagwad Gita (4) An introduction to the tools used in the journey of Yoga, (5) Nourishing Creativity and Transformation (6) Hath Yoga Classics, Connecting to 5 Tattvas, School of Yoga, When life gives you lemons, make lemonade! How to get this readiness? Leadership skills and problem solving. Practical Yoga session on Surya Namaskar, Pranayama and Meditation were also held at the end of the day.
- 5 Prof. Purva welcomed the participants for the valedictory function of the Short Term Course. Shri M. Shreedhara, Joint Registrar, Goa University delivered the valedictory speech to the participants. Some of the participants gave their feedback about the course. Dr. Ingrid Anne P. Nazareth read the course report and gave the vote of thanks.




P/M

We are enclosing herewith:

- a. Time-table
- b. List of Resource persons and topics.
- c. Name of the participants & their presentation Topics
- d. Participants details
- e. Evaluation Participants Summary
- f. Participants Evaluation Sheet



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

**DIRECTOR**  
HUMAN RESOURCE DEVELOPMENT CENTRE  
GOA UNIVERSITY  
GOA - 403 206



UGC-Human Resource Development Centre

Goa University

Short Term Course in Yoga and Spiritual Values from 15/06/2022 to 21/06/2022

Participants Details

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