



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



From 15.06.2023 to 21.06.2023

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

Click on the following link to apply

https://www.unigoa.ac.in/uploads/config_docs/20230530.112241~HRDC_Appl_Form_2023-24.pdf

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

UGC-Human Resource Development Centre

Goa University

Short Term Course on Yoga (Online)

From 15/06/2023 to 21/06/2023

REPORT

1. UGC-HRDC, Goa University conducted its Short Term Course on Yoga (Online). Twenty Two participants registered for the course. The Participants were from Goa, Maharashtra, Karnataka, Assam, Andhra Pradesh, West Bengal, and Kerala . Majority of the participants were from the State of Maharashtra. There were 02 Local and 20 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 on Yoga. Prof. Purva further mentioned that the short term course in Yoga will show how to do different forms of yogasanas and little theory and practice can make us the ambassadors of Yoga. The Course was inaugurated by Prof. M. S. Dayanand, Goa Business School, Goa University. Prof. M. S. Dayanand has presented on the following topics : (a) The road to Yog (b) Yog needs will power (c) Yog demands perseverance (d) Everyone wants happiness (e) Understanding to life is the key to happiness (f) Practice of yog helps in having a smooth drive of life. Further, Prof. M.S. Dayanand, also briefed on the yog, the purpose and living life. Dr. Ingrid Anne P. Nazareth gave a brief overview of the course and the vote of thanks.
3. 4 lecture sessions were delivered daily in online mode between 10:00 a.m.-11.30 am, 11.45 am-1.15 pm, 02.00 pm-03.30 pm and 3.45 pm - 5:15 pm. with a lunch-break of 45 minutes duration at 1:15 p.m. The Course was enriched with well experienced resource persons from across the Goa and other States also..
4. Some of the lecture topics delivered by Resource Persons during the programme were as follows: (1) Connecting to the Inner Self through Yoga (2) Nurturing the child like wonder through Yoga-I (3) Types of stresses/obstacles to my full potential (4) Bhagwad

Gita : Types of Yoga Disciplines (5) Practical Yoga Session on Surya Namaskar, Pranayama and Meditation (6) Introduction; Rules, Techniques, Practice and benefits of some important sitting and Supine Asanas (8) Nurturing the child like wonder through Yoga-II (9) Patanjali Yoga Sutra, Ashtang Yoga Sadhana (10) Yogic Diet for everyday life.

- 5 Prof. Purva Hegde Desai welcomed the participants for the valedictory function of the Short Term Course. Prof. Purva briefed on different types of sessions, and the benefits of Yoga. Shri M. Shreedhara, delivered the valedictory speech to the participants. Shri M. Shreedhara mentioned that the most effective way in life is to practice Yoga. The purpose of life is to experience the fulfilments by practicing yoga. Shri M. Shreedhara emphasised on two points (i) Practice Yoga so that the talents, proficiency in profession energises and beneficial to students. (2) Practice Yoga - the pain and sufferings which are likely to come will go away once it is put into practice. Yogasana, Pranayam – spending 15 to 30 minutes of the time every day is definitely more than worth of the time which can make rest of the day very beautiful, cheerful, and energetic. Further Shri. M. Shreedhara has requested the participants to continue Yoga.. Finally 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.

We are enclosing herewith:

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

Ingrid Anne P. Nazareth

(Dr. Ingrid Anne P. Nazareth)
Assistant Professor (UGC-HRDC)

DR. INGRID ANNE NAZARETH
ASSISTANT PROFESSOR
UGC - HRDC
GOA UNIVERSITY

Purva G. Hegde Desai

(Prof. Ms. 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 on Yoga (Online)
From 15/06/2023 to 21/06/2023**

Sr. No	Name	Email ID	Mobile no	College Name	Subject	State	Gender
1	Ms. Rajavi D. Naik	rajavi@unigoa.ac.in	9823480936	Goa University	Philosophy	Goa	Female
2	Dr. Savio Agnelo Leitao	savioagneloleitao@gmail.com	9823510844	Shree Malikarjun and Shri Chetan Manjun Desai College Cancona	Physical Education	Goa	Male
3	Dr. Ashok Pandurang Jadhav	apj20770@gmail.com	9922145795	Hon Shri Annasaheb Dange Arts, Commerce & Science College	Commerce	Maharashtra	Male
4	Dr. Bhavani L	bhavani.lakshmi98@gmail.com	9481003104	Govt. First Grade College, Magadi	Economics	Karnataka	Female
5	Dr. Dipak Prabhakar Baviskar	dipakbaviskar2020@gmail.com	8275590158	Shirpur Education Society's R.C. Patel College of Education	Education	Maharashtra	Male
6	Dr. Gopal Rajaram patil	grpatil75@gmail.com	9421612289	S.S.V.P. Sanstha's Late Karmaveer Dr. P.R. Ghogrey Science College, Dhule	Library and Information Science	Maharashtra	Male
7	Dr. L. Mutyala Naidu	lmn.bot@aknu.edu.in	9885361145	Adikavi Nannaya University	Botany	Andhra Pradesh	Male
8	Dr. Mridula Sarkar	smridula4@gmail.com	8420916217	Bankura Sammilani College, Bankura	Mathematics	West Bengal	Female
9	Dr. Nikhilesh Dnyaneshwar Nalode	nikhilesh.nalode@gmail.com	7721952281/ 8788254432	Smt. Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal	Indian Music	Maharashtra	Male
10	Mr. Nilesh Digamber Autkar	ndautkar@gmail.com	9860659829	Smt. Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal	English	Maharashtra	Male
11	Dr. Pradeep Kumar. U	gfgcwsports@gmail.com	9886206837	Govt. First Grade College for Women, Koppal	Physical Education	Karnataka	Male

12	Dr. Pravin Nilkanthrao Pawar	pravin30575@gmail.com	9975526515/8999259125	Dhandaimata Education Society Sanchalit, Arts College	Library Science	Maharashtra	Male
13	Dr. Priya O	priyagprm@gmail.com	9446164124	University College, Thiruvananthapuram	Philosophy	Kerala	Female
14	Mr. Ramakant Amar Navghare	ramakant.navghare@gmail.com	8652213222/9324564183	Changu Kana Thakur ACS College, New Panvel	Library & Information Science	Maharashtra	Male
15	Mr. Ramesh Mohanrao Patil	harshrun@gmail.com	9823416577	Hon Shri Annasaheb Dange Arts, Commerce & Science College	Physical Education	Maharashtra	Male
16	Dr. Rekha Kalita	rekhakalitagy@gmail.com	9678075274	Kamrup College, Chamata	History	Assam	Female
17	Mr. Santoshkumar Shankarappa	skumarsajjan@gmail.com	9986087323/9730774484	HKES's Basaveshwar College of Education, Bidar	Education	Karnataka	Male
18	Dr. Satish Parasharam Patil	satishgeography@gmail.com	9421430902	Swoddharak Vidyarthi Sansth's Dadasaheb Rawal College, Dhule	Geography	Maharashtra	Male
19	Mrs. Siddalingamma	siddurkasbag@gmail.com	9901674221	Residential Govt. First Grade College, Mudnal	Computer Science	Karnataka	Female
20	Dr. Vasant Mahadev Gaikwad	gaikwadvasant19@gmail.com	9404275042	Shri Chhatrapati Shivaji College, Omerga	Mathematics	Maharashtra	Male
21	Dr. Vitthal Gangadharrao Gore	dr.vitthalgore@gmail.com	8999173630	Shri Havagiswami College, Udgir	English	Maharashtra	Male
22	Mr. Vivek Jagadamba Chaubey	vivek@nkc.ac.in	8369376352/8698957444	Nagindas Khandwala College (Autonomous), Malad	History	Maharashtra	Male

Short Term Course on Yoga (Online)

15.06.2023 – 21.06.2023

In-charge Director: Prof. Ms. Purva Hegde Desai

Assistant Professor/Course Coordinator: Dr. Ingrid Anne P. Nazareth



Grid of participant avatars and names:

- Siddalingamm...
- VIVEK CHOUB...
- Dr.Ashok P Ja...
- Gopal Patil
- Dr. Vasant Gai...
- Ladugu Mutya...
- Dr Vitthal Gore
- GFGCW Sports
- Mr. Savio Leitao
- Rajavi Na
- 14 others
- HRDC Office joined

10:24 AM | Short Term Course (STC) on Yoga from 15/06/202...



Inaugural Function Chief Guest Prof. M.S. Dayanand on 15.06.2023 at 10:00am- 11:00am

11:41 AM | Short Term Course (STC) on Yoga from 15/06/2023 ...

Participants visible in the grid:

- HRDC Office
- Ingrid Anne P. Nazareth
- Dr.Ashok P Jadhav
- Dr Vitthal Gore
- Dr. Vasant Gaikwad
- Ramakant Navghare
- mridula
- bhavani lakshmi
- Siddalingamma Kasbag
- Ramesh Patil
- Pravin Pawar
- Priya O
- Gopal Patil
- Dipak Baviskar
- Satish patil
- GFGCW Sports
- Nilesh Autkar
- HRDC Office
- VIVEK CHOUBEY
- Santosh Sajjan
- Rajavi Naik
- HRDC Office
- Purva Hegde Desai
- nikhilesh Nalode
- Mr. Savio Leitao

Dr.Ashok P Jadhav has raised a hand

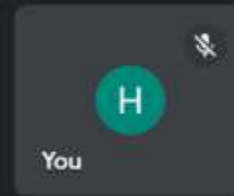
English (United States)
English (India)

To switch input methods, press Windows key + space.

ENG IN 11:41 15-06-2023

Inaugural Participants Screenshot on 15.06.2023

Yog, Purpose and Living Life...











10:47 AM | Short Term Course (STC) on Yoga from 15/06/202...



Resource Person M.S. Dayanand on 15.06.2023 at 11:00am – 11:30am



 Dr. Ashok P Jadhav	 Gopal Patil
 VIVEK CHOUBEY	 bhavani lakshmi
 Rajavi Naik	 HRDC Office
 17 others	 You

11:52 AM | Short Term Course (STC) on ...

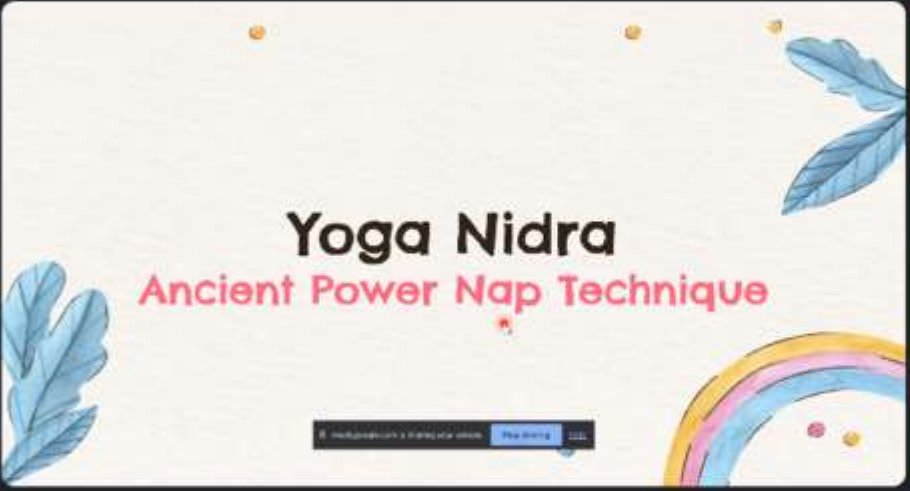
Tracking Started 0 min 11s ago
Click To Generate Report

Meeting controls: Mute, Video Off, Chat, Reaction, Screen Share, Hand Raise, More, End Meeting

System tray: 25 notifications, Info, People, Chat, Share, Lock

Resource Person Dr. Rohit Sabharwal on 15.06.23 at 11:45am – 1:15pm

Asha Varma is presenting



Participant list:

- Rajavi Naik
- SriSri Saki
- Dr.Ashok P Jadhav
- HRDC Office
- nikhilesh Nalode
- Santosh Sajan
- 16 others
- You

2:17 PM | Short Term Course (STC) on Y... Tracking Started 9 min 50s ago Click To Generate Report

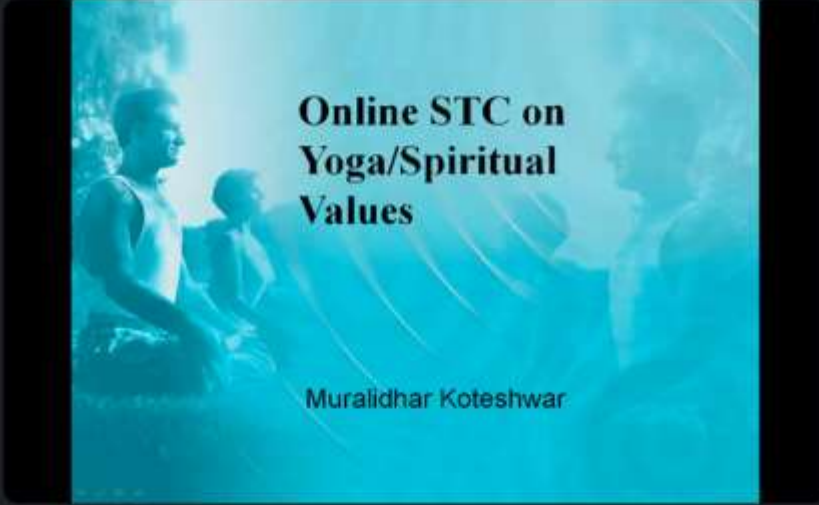
Meeting controls: Mute, Video Off, Chat, Reaction, Share, Hand Raise, More, End Call

Resource Person Ms. Asha Verma on 15.06.23 at 2:00pm – 3:30pm

Meet - Short Term Course [5] x +


meet.google.com/ssj-zpyn-sfz?pli=1&authuser=0

Muralidhar Koteswar is presenting



Online STC on
Yoga/Spiritual
Values

Muralidhar Koteswar



Muralidhar Koteswar

Rajavi Naik

Ladugu Mutyala NAidu

Nilesh Autkar

bhavani lakshmi

nikhilesh Nalode

Dr.Ashok P Jadhav

14 others

You

10:01 AM | Short Term Course (STC) on ...

Tracking Started
1 min 46s ago
Click To Generate Report

ENG IN 10:01 16-06-2023

Resource Person Shri. Muralidhar Koteswar on 16.06.2023 at 10:00am – 11:30am



vaish p

Participant list:

- HRDC Office
- Dr. Vasant Gaikwad
- Dipak Baviskar
- Rekha Kalita
- nikhilesh Nalode
- Rajavi Naik
- 17 others
- You

11:53 AM | Short Term Course (STC) on ...

Tracking Started 8 min 27s ago
Click To Generate Report

Meeting controls: Mute, Video Off, Chat, Reaction, Share, Hand Raise, More, End Meeting

Resource Person Ms. Vaishnavi Parab on 16.06.2023 at 11:45am – 1:15pm



Dr. Vasant Gaikwad

HRDC Office

Rajavi Naik

Mr. Savio Leitao

Gopal Patil

mridula 4

16 others

You

2:08 PM | Short Term Course (STC) on ...

Tracking Started
7 min 33s ago
Click To Generate Report



Resource Person Asha Verma on 16.06.2023 at 2:00pm- 3:30pm



 Satish patil	 Rajavi Naik	 Dipak Baviskar	 Ladugu Mutyala ...	 Priya O	 Dr.Ashok P Jadhav	 Dr. Vasant Gaikw...
 Ramakant Navgh...	 Santosh Sajjan	 Gopal Patil	 mridula 4	 Dr Vitthal Gore	 HRDC Office	 Mr. Savio Leitao
 Ramesh Patil	 Rekha Kalita	 bhavani lakshmi	 HRDC Office	 GFGCW Sports	 Dr. Mutyala Naid...	 HRDC Office
 Nilesh Autkar	 Siddalingamma Kasbag	 nikhilesh Nalode	 VIVEK CHOUBEY	 You		

4:11 PM | Short Term Course (STC) on Y...

Tracking Started
29 min 6s ago
Click To Generate Report



Resource Person Shri. Navnath Sawant on 16.06.2023 at 3:45pm – 5:15pm

The screenshot shows a Google Meet interface. The main video window displays a woman with long dark hair, eyes closed, wearing a grey top, sitting on a blue mat in a room with potted plants. Her name 'vaish p' is visible in the bottom left of the video. To the right is a grid of participant thumbnails: nikhilesh Nalode, Rajavi Naik, Priya O, Dr. Vasant Gaikewad, Mr. Savio Leitao, Gopal Patil, Ladugu Mutyala N..., mridula 4, 11 others, and You. At the bottom, a green notification box says 'Tracking Started 8 min 37s ago Click To Generate Report'. The system tray at the very bottom shows the time as 10:07 AM on 6/17/2023.

Resource Person Ms. Vaishnavi Parab on 17.06.2023 at 10:00am – 11:30am

← → ↻ <https://meet.google.com/ssj-zpyn-sfz?authuser=0>

Gmail 2f/12B HRDC Admin Login Google Keep calendar-2026-land... iLovePDF ayan

12:12 PM | Short Term Course (STC) on Yoga from 16/06/2023 t...

12:12 PM
6/17/2023

Resource Person Ms. Asha Verma on 17.06.2023 at 11:45am – 1:15pm

https://meet.google.com/ssj-zpyn-sfz?authuser=0

Gmail 2f/12B HRDC Admin Login Google Keep calendar-2026-land... iLovePDF ayan

muniyoor shreedhara is presenting

ISHA UPANISHAD

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते ।

muniyoor shreedhara

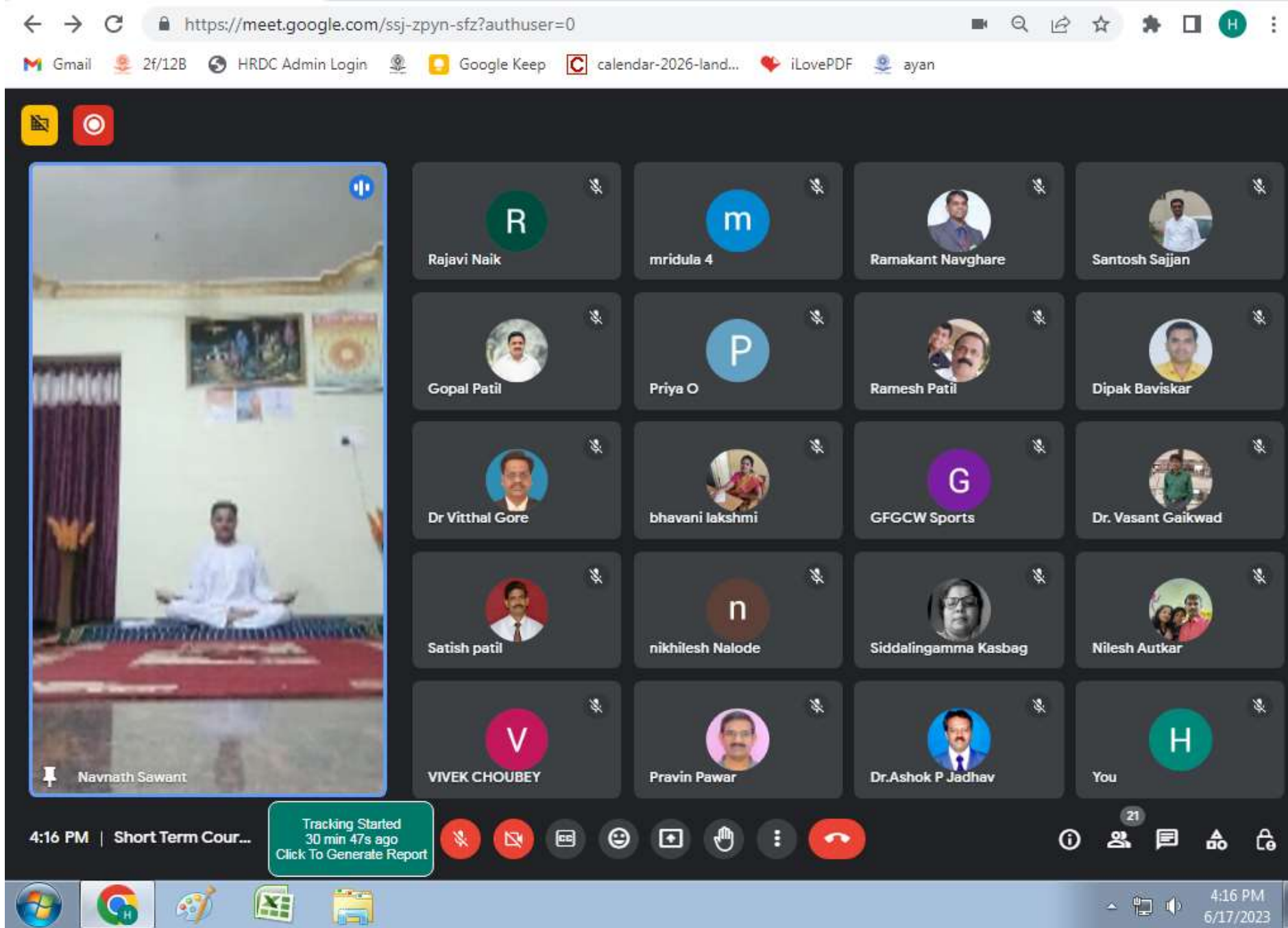
Ramesh Patil Rajavi Naik Priya O Siddalingamma ... Dr Vitthal Gore Nilesht Autkar mridula 4 Pravin Pawar

Dr.Ashok P Jadhav Rekha Kalita Gopal Patil Satish patil Ramakant Navgh... Dr. Mutyala Naid... 4 others You

2:09 PM | Short Term Course (S... Tracking Started 5 min 42s ago Click To Generate Report

2:09 PM 6/17/2023

Resource Person Shri. M. Shreedhara on 17.06.2023 at 2:00pm – 3:30pm



Resource Person Shri. Navnath Sawant on 17.06.2023 at 3:45pm – 5:15pm

Muralidhar Koteswar is presenting

19 June, 10.00 am – 11.30 am

- Patanjali Yogasutra
- Ashtang Yoga Sadhana
- Nourishing Creativity & Transformation

Muralidhar Koteswar

10:02 AM | Short Term Co... Tracking Started 1 min 37s ago Click To Generate Report

Windows taskbar with icons for Chrome, Paint, Excel, and File Explorer. System tray shows 10:02 AM 6/19/2023.

Resource Person Shri. Muralidhar Koteswar on 19.06.2023 at 10:00am- 11:30am

Muralidhar Koteswar is presenting




Muralidhar Koteswar

Rajavi Naik	Ramakant Nav...	Dr. Vasant Gaik...	Priya O	HRDC Office	Dr. Mutyala Nai...	Dr Vitthal Gore	Dipak Baviskar
GFGCW Sports	mridula 4	bhavani lakshmi	Nilesh Autkar	Pravin Pawar	Dr.Ashok P Jad...	8 others	You

12:00 PM | Short Term Cou... Tracking Started 15 min 9s ago Click To Generate Report

Windows Taskbar: 12:00 PM 6/19/2023

Resource Person Shri. Muralidhar Koteswar on 19.06.2023 at 10:00am- 11:30am

Browser address bar: <https://meet.google.com/ssj-zpyn-sfz?authuser=0>

Browser tabs: Gmail, 2f/12B, HRDC Admin Login, Google Keep, calendar-2026-land..., iLovePDF, ayan

Meeting interface elements:

- Top left: Mute (yellow), Video (red)
- Center: Video feed of Shilpa Sabharwal
- Right sidebar: Grid of participant thumbnails including Dr. Vitthal Gore, GFGCW Sports, Ladugu Mutyala..., Rajavi Naik, Dr. Vasant Gaikw..., Santosh Sajjan, Rekha Kalita, HRDC Office, 9 others, and You.
- Bottom left: 2:08 PM | Short Term Cour...; Tracking Started 7 min 36s ago; Click To Generate Report
- Bottom center: Meeting controls (mute, video, chat, reactions, share, hand raise, more, end call)
- Bottom right: 19 participants; info, participants, chat, screen share, lock icons; System tray: 2:08 PM, 6/19/2023

Resource Person Dr. Shilpa Sabharwal on 19.06.2023 at 2:00pm- 3:30pm

3:55 PM | Short Term Cour... Tracking Started 4 min 7s ago Click To Generate Report

Shilpa Sabharwal

Rajavi Naik Siddalingamma ...

Priya O Dr. Vasant Gaikw...

Ladugu Mutyala ... Dr Vitthal Gore

GFGCW Sports Mr. Savio Leitao

8 others You

3:55 PM 6/19/2023

Resource Person Dr. Shilpa Sabharwal on 19.06.2023 at 3:45pm- 5:15pm

Muralidhar Koteswar is presenting

Microsoft PowerPoint - [PowerPoint Slide Show - [Viga - Goa University PDF - Last Day Summary]]

20 June, 10.00 am – 11.30 am

When life gives you lemons, make lemonade! How to get this readiness?



- Ramesh Patil
- Satish patil
- Rajavi Naik
- VIVEK CHOUB...
- Santosh Sajjan
- Ramakant Nav...
- Priya O
- Dr Vitthal Gore
- 12 others
- You

10:06 AM | Short Term Course (STC) on... Tracking Started 5 min 42s ago Click To Generate Report

Microphone, Video, Chat, Reaction, Help, More, End Call

23

Resource Person Shri. Muralidhar Koteswar on 20.06.2023 at 10:00am- 11:30am



vaish p

 Rajavi Naik	 Dr Vitthal Gore
 VIVEK CHOUBEY	 Dr. Ashok P Jadhav
 Priya O	 Dr. Vasant Gaikwad
 16 others	 You

Tracking Started
5 min 17s ago
Click To Generate Report



Resource Person Ms. Vaishnavi Parab on 20.06.2023 at 11:45am – 01:15pm



 Rajavi Naik	 HRDC Office
 Gopal Patil	 Siddalingamma Kasbag
 Dr Vitthal Gore	 Ladugu Mutyala NAidu
 13 others	 You

2:23 PM | Short Term Course (STC) on Y... Tracking Started 1 min 44s ago Click To Generate Report

Resource Person Dr. Shilpa Sabharwal on 20.06.2023 at 02:00pm- 5:15pm



Participant list:

- Rekha Kalita (Muted)
- Siddalingamma Kasbag
- Dr Vitthal Gore (Muted)
- Rajavi Naik
- Dr. Vasant Gaikwad
- Santosh Sajjan
- Rekha Kalita has raised a hand (Open queue)

11:10 AM | Short Term Course (STC) on ...





Tracking Started
39 min 6s ago
Click To Generate Report



Resource person Ms. Vaishnavi Parab on 21.06.2023 at 10:00am – 1:15pm

Ramakant Navghare is presenting



 bhavani lakshmi	 Siddalingamma Kasbag
 Dr Vitthal Gore	 Rajavi Naik
 Dr. Vasant Gaikwad	 Ramakant Navghare
M H 17 others	H You

11:15 AM | Short Term Course (STC) on ...

Tracking Started 43 min 23s ago
Click To Generate Report

Microphone, Video, Chat, Reaction, Screen Share, Hand, More, End Call

Info, Participants (25), Chat, Show desktop

International Yoga Day on 21.06.2023 at Confernce Hall, Goa University 10:00am – 1:15pm



muniyoor shreedhara is presenting

**YOGA FOR
WELLNESS AND
PERSONALITY
DEVELOPMENT**

M SHREEDHARA

 muniyoor shreedhara	 HRDC Office
 Siddalingamma Kasbag	 mridula 4
 Mr. Savio Leitao	 Dr. Ashok P Jadhav
 Ladugu Mutyala NAidu	 You

1:57 PM | Short Term Course (STC) on Y...

Track Attendance



Search



Resource Person Shri. M. Shreedhara on 21.06.2023 at 2:00pm – 3:30pm



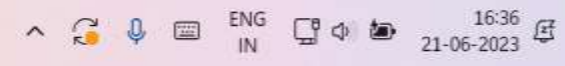
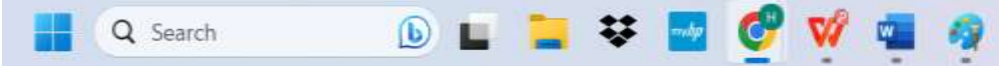
Participant list grid:

- Dr Vitthal Gore
- bhavani lakshmi
- Nilesh Autkar
- Siddalingamm...
- Mr. Savio Leitao
- Satish patil
- Ladugu Mutya...
- GFGCW Sports
- Dr. Vasant Gai...
- Rajavi Naik
- 15 others
- You



4:36 PM | Short Term Course (STC) on ...

Tracking Started 44 min 53s ago Click To Generate Report



Valedictory Function Chief Guest Shri. M. Shreedhara on 21.06.2023 at 3:45pm – 5:15pm

Siddalingamma Kasbag	Ingrid Anne P. Nazareth ...	muniyoor shreedhara	Satish patil	Dr Vasant Gaikwad	Dr Vitthal Gore	Ramakant Navghare
Dipak Baviskar	Mr. Savio Leitao	Ladugu Mutyala NAidu	GFGCW Sports	Rajavi Naik	Rekha Kalita	VIVEK CHOUBEY
Priya O	Nilesh Autkar	Gopal Patil	bhavani lakshmi	Santosh Sajjan	HRDC Office	Ramesh Patil
mridula 4	Dr.Ashok P Jadhav	Pravin Pawar	Dr. Mutyala Naidu Lagudu	Purva Hegde Desai	nikhilesh Nalode	You

Valeditoy Function Participants Screenshot on 21.06.2023

Thank You