

Government of India  
Ministry of Ayush, New Delhi  
BLDE (Deemed to be University), Vijayapura (ACCREDITED NAAC A GRADE)  
In collaboration with  
Morarji Desai National Institute Of Yoga Centre,  
New Delhi



## Report

### GUEST LECTURE

#### **TITLED “Scientific yet Spiritual understanding of Mudra Yoga”**

Scientific Academic and Research Society (SARS), and Advance centre of Yoga for cardiac prevention and rehabilitation, Centre for Yoga and Exercise Science, Department of Physiology BLDE(Deemed to be University), in collaboration with Morarji Desai National Institute of Yoga, New Delhi, organized the “Guest lecture” on 14th May 2022 at 3:30 pm. Invited Dr Ishwar Basavaraddi, Director, Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India, New Delhi, to chair the session and Dr Shashikant Kumbar, MBBS; MD in Yoga and Rehabilitation; MSc Applied Psychology Director, IM Well Integrated Medicine Bengaluru to deliver a guest lecture on ‘Scientific yet Spiritual understanding of Mudra Yoga’ from 3.30 to 5.00 pm on 14th May 2022.

Dr Jyoti Khodnapur, Co-ordinator, Center for yoga & exercise science, Department of Physiology, welcomed the august gathering and introduced the invited Chairperson, Dr Ishwar Basavareddi and guest speaker Dr Shashikant Kumbar. Dr Shashikant Kumbar was enlightened about different Mudras and their physiological benefits and how to apply them as a treatment module for various diseases. Dr Ishwar Basavareddi summarized the importance of Mudra Yoga in spiritual progress. Dr Ishwar Basavareddi presented the certificate of honour to Dr Shashikant Kumbar, and Prof.Kusal K Das honoured the certificate of award to Dr Ishwar Basavareddi. The event ended with a vote of thanks. The event conducted through both online and offline modes. Total 328 (Offline:93, Zoom:34 and YouTube: 201) were benefited by this event. You Tube link: <https://www.youtube.com/watch?v=mVnxgUI3QzE&t=4066s>

Organizing Chairmam

**Dr.Sumangala Patil**

Prof and HOD, Department of  
Physiology, Vice Principal Pre and Para  
clinical

Co-ordinator

**Dr.Jyoti Khodnapur**

Asso Prof. Dept. of Physiology,  
Coordinator,  
CYES and ACYCP&R