

## MRITYUNJAYA VIDYA PEETHA



Mrityunjaya Vidya Peetha, an educational institution with spiritual blessings, is located at Haunsbhavi, a tiny village which is a part of Hirekerur (Tq) in Haveri (Dist.) of Karnataka state.

The place where the Vidya Peetha stands today was the "Karma Bhoomi" of his Holiness Sri Mrityunjaya Swamiji of Murughamatha, Dharwad. He was born with a mission "Education for all: Education for the downtrodden". The vision of Swamiji led to the establishment of Mrityunjaya Vidya Peetha in 1918.

From a modest beginning the Peetha gained strength year after year. Ever since 1918, the Peetha has been instrumental in kindling, nourishing and propagating a silent revolution in the field of education by benefitting countless men and women. Over the years, the Peetha has added new dimensions of its educational endeavor's amidst many odds.

Every year hundreds and thousands of students enroll from the kindergarden to undergraduate courses in formal and technical education. The Peetha has withstood the test of time and is a trusted name. The Peetha has a glory of more than hundred years in the field of education.

## OUR COLLEGE:



Falling in line with the cherished vision of Mrityunjaya Vidya Peetha, Mahantswamy Arts, Science and Commerce College was started in the year 1967. This event happened at a time when higher education was concerned to be the privilege of the rich. The College provides shelter of an educational umbrella to the poor, downtrodden and unnerved surrounding this rural hinter land.

The college offers Arts, Science and Commerce streams at undergraduate level and it has been toiling and moiling relentlessly in imparting quality higher education. Along with academic excellence, character formation, shaping responsible and responsive citizens and personality development are also given top priority. The academic family constitutes 20 dedicated permanent teaching faculties with 10 doctoral degree holders. The campus is eco-friendly and well situated in wide area. The College has completed 3rd cycle accreditation with "B" level by NAAC in August-2019.

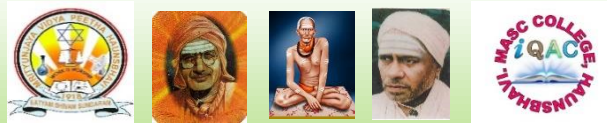
## ABOUT WEBINAR:

Modern life patterns affect our health in different aspects physically, psychologically, and socially. There is a need for increasing people awareness about the effect of modern life to control the effects of the patterns of life. Promoting healthy lifestyle includes proper eating, physical activity, and better way of communicating and socializing in the community. All these have positive impacts which we can easily get in practicing yoga. Yoga will reduce the risk of getting so many diseases which resulted from our day to day lifestyles.

This webinar, therefore, deals with the significance of yoga in modern life.. Health is a primary goal of any individual and hence without spending lots of money by practicing Yoga one can achieve proper health in modern life to encourage the participants to practice Yoga to sustain physical, social and spiritual health.



**Yoga is not a religion, but is a way of living towards 'a healthy mind in a healthy body'**



**MRITYUNJAYA VIDYA PEETHA'S**

## **Mahantswamy Arts, Science and Commerce College,**

**Haunsbhavi-581109, Karnataka.**

(Affiliated to Karnatak University, Dharwad.)

(College Code: 3204)

3<sup>rd</sup> Cycle Accredited by NAAC at "B" Level with CGPA: 2.14

Tq: Hirekerur

Dist: Haveri

An IQAC Initiative

### **One Day National Level Webinar**

On

### **"YOGIC AWARENESS IN PRESENT SCENARIO"**

Conducted as a part of Azadi ka Amrut Mahotsav.

Virtually through Google Meet/YouTube Live

On

# 15<sup>th</sup> July, 2021.

### **Webinar Schedule**

<b>Inauguration</b>	<b>02.30 pm to 03.00 pm</b>
<b>Technical Session – I</b>	<b>03.00 pm to 04.45 pm</b>
<b>Discussion</b>	<b>04.45 pm to 05.00 pm</b>
<b>Valedictory</b>	<b>05.00 pm onwards</b>

**Organized by**

**Department. of Physical Education,  
M.A.S.C. College, Haunsbhavi-581109,  
Karnataka**

Email: [masccsww@gmail.com](mailto:masccsww@gmail.com)

*All are Cordially Invited*

## **ORGANISING COMMITTEE**

### **CHIEF PATRON**



**Shri. P.V. Kerudi**, Senior Advocate  
Chairman,

Mrityunjaya Vidya Peetha, Haunsbhavi– 581109.

### **PATRON**



**Shri. N.C. Akki**

Management Trustee,

Mrityunjaya Vidya Peetha, Haunsbhavi– 581109.

### **CHAIRMAN**



**Shri. S.A. Thippesh**  
Principal

M.A.S.C College, Haunsbhavi– 581109.

### **IQAC CO-ORDINATOR**



**Dr. Mallikarjun Y. Kumbar**

Assistant Professor/HOD,  
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M.A.S.C College, Haunsbhavi– 581109.

### **CONVENER**



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### **CO-CONVENER**



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## **ORGANISING SECRETARIES**

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## **RESOURCE PERSONS**

**Dr. Shashidhara A. Kellur**

M.P.Ed, PGDYS, Ph.D.,

Assistant Professor,

Department of Physical Education and  
Sports Sciences, VSK University, Ballari-04.



**Registration is open to Academicians, Sports  
Persons, Faculties, Research Scholars and Students  
(UG/PG).**

**No Registration Fees**

**Last date for registration:**

**14<sup>th</sup> July 2021 at 5.00 pm**

**Registration Link:**

<https://forms.gle/rwm5Bo5Tq1k1kwGB6>

**WhatsApp Group Link:**

<https://chat.whatsapp.com/FBGcGUffCpE7Bcd5KnrF5>

<https://chat.whatsapp.com/Cym7mzRnBhFiwld26xwqu>

**Webinar Joining Link:**

<https://meet.google.com/kox-jhaf-ujc>

