

**Session 4 : 3.45pm to 4.30 pm**

Chair : **Dr. Binu George Varghese**  
(HoD-SPESS)  
Theme Presentation : **Music & Yoga**  
**Kalasree Kottayam Veeramoney**

**Day 2 14/10/2022**

**Session 5 : 9.30 am to 11.15 am**

Chair : **Dr. Nisha V Nair**  
(Asst. Professor-SGTDS, MG University)  
Theme Presentation : **Bio - Mechanics in Classical Dance Forms**  
: **Dr. Anjali Mishra** (University of Visual & Performing Arts,  
Colombo, Sri Lanka.)  
: **Importance of Kinesiology in Musical Practice & Performance**  
: **Dr. Smitha M** (Faculty IUCSSM, M G University)

Tea Break 11.15 am to 11.30 am

**Session 6 : 11.30 am to 1.00 pm**

Chair : **Dr. Biju Lekshmanan** (HoD, SGTDS. M G University)  
Theme Presentation : **Yoga Postures: Bio- Mechanical Aspects**  
: **Dr. Augustine** (HoD, Physical Education,  
Kottayam Medical College )  
: **Dr. Padmanabhan** (Visiting Faculty & Subject Expert  
CYN, M G University)

Lunch Break : 1.00 pm to 1.45 pm

**Session 7 : 1.45 pm to 3.00 pm**

Chair : **Prof. (Dr.) N. Rajeev Kumar** (Professor  
School of Behavioural Sciences, M G University )  
Theme Presentation : **Need of Voice Culture for Vocalists**  
: **Prof. (Dr.) T. Unnikrishnan** (Former Vice Chancellor  
IKS University, Chattishgad )

Tea break : 3.00 pm to 3.15 pm

**Valedictory Function**

Welcome : **Dr. Smitha M** (Faculty, IUCSSM)  
Report : **Dr. Shiju K.K.** (Joint coordinator & Guest Faculty of CYN)  
Chair : **Prof. (Dr.) P.T. Babu Raj** (HoD, SBeh.S, M G University)  
Valedictory Message : **Prof. (Dr.) P.S. Sukumaran**  
(Member Syndicate, Mahatma Gandhi University)  
Felicitation : **Dr. K. Jayachandran** (Hon. Director-IUCSSM, MGU)  
: **Prof. (Dr.) Binu George Varghese** (HoD. SPESS, MGU)  
: **Dr. Rajesh M** (Director, Employment Guidance Bureau, MGU)  
Vote of Thanks : **Dr. C. R. Harilakshmeendra Kumar**  
(Coordinator & Hon. Director, CYN)

**National Anthem**



# International Workshop on Biomechanics and Kinesiology of Yogasanas Physical Exercise, Dance & Music



13 & 14  
October  
2022



Seminar Hall  
School of Behavioral Sciences  
Mahatma Gandhi University,  
Kottayam

*Organised by*

**Centre for Yoga and Naturopathy  
Mahatma Gandhi University**

*In association with*

**School of Behavioral Sciences  
School of Physical Education and Sports Sciences  
and Inter University Centre for Studies in  
Science of Music**

**&**

**Inter University Centre for Disability Studies**

The Asanas, which are different physical postures, are one of the main components of Yoga. Asanas are psychophysical exercises. The asanas of Hatha Yoga bear the names of animals, plants, legendary heroes, sacred geometric figures etc. There are forward bend, backward bend, lateral bend, twisting, balancing and inverted asanas. The dynamic asanas are partly isotonic and isometric. There are several isometric postures which improve the core strength. The biomechanics and kinesiology behind various yogic postures and their effects on the neuromuscular system is stated to be the fundamental aspect of the science of Yoga. A sound knowledge of anatomy of different yogic postures, biomechanics and kinesiology of asanas are mandatory for doing the asanas correctly, to be free from injury and to attain the maximum possible results. Biomechanics is the study of external and internal forces acting on the body and also the study of movements and structures of the body. Biomechanics in Yoga is related with the movements of muscles, tendons, bones, joints, ligaments and nerves to create postures and movements. The two days international workshop includes an integrated biomechanics of Yogasanas, Physical exercises Indian classical dances and nutrition. In this workshop, participants will gain a fundamental understanding of the mechanics of the body. The days will include a variety of demonstrations and interactive exercises that will demonstrate biomechanics principles and nutrition. Participants will have a chance to work together to demonstrate comprehension, conceiving solutions to problems.

**Dr. C. R. Harilakshmeendra Kumar**

Coordinator-International Seminar &  
Hon. Director Centre for Yoga and  
Naturopathy, Mahatma Gandhi University

**Prof. Dr. K Jayachandran**

Hon. Director- Inter University  
Centre for Studies in Science of Music  
Mahatma Gandhi University

**Prof. Dr. P. T. Baburaj**

HoD-School of Behavioral Sciences  
Mahatma Gandhi University

**Prof. Dr. Binu George Varghese**

HOD-School of Physical Education and  
Sports Sciences, Mahatma Gandhi University

Registration Fee: ₹ 800/-

For Details: **Dr. C.R. Harilakshmeendra Kumar** (Coordinator: 9447569925)  
**Dr. Shiju K.K.** (Jt. Coordinator: 8289891982)

**Day 1 13/10/2022**

9.00am : Registration

**Session 1 : 9.30 am to 11.15 am**

Inauguration

Prayer : **Dr. Smitha.M** (Faculty-IUCSSM)

Welcome : **Dr. C.R. Harilakshmeendra Kumar**  
(Hon. Director, Center For Yoga & Naturopathy)

Chair : **Adv. Reji Zakhariah**  
(Member Syndicate, MGU)

Inauguration : **Prof. (Dr.) Sabu Thomas**  
Vice Chancellor, Mahatma Gandhi University

Key note address : **Dr. Anjali Mishra**  
Faculty, Department of Indian &  
Asian Dance, University of  
visual & Performing Arts, Colombo, Sri Lanka.

Felicitations : **Prof. (Dr.) Harikrishnan P.**  
Member Syndicate, Mahatma Gandhi University

: **Prof. (Dr.) M.H. Ilias**  
Member Syndicate, Mahatma Gandhi University

Vote of thanks : **Dr. Shiju K.K**  
(Joint coordinator & Guest Faculty of CYN)

*Tea Break ( 11.15 am to 11.30 am )*

**Session 2 : 11.30 am to 1.00 pm**

Chair : **Dr. T. V. Padmanabhan** (Visiting Faculty, CYN, MGU)

Theme Presentation : **Integrating Yoga with Wellness in 21<sup>st</sup> Century**

: **Dr. Sankar Ram** (Senior Consultant PM & R,  
Rajeev Gandhi Sports Medicine Centre )

*Lunch Break (1.30 pm to 2.00 pm)*

**Session 3 : 2.00 pm to 3.15 pm**

Chair : **Dr. K. Jayachandran**  
(Hon. Director-IUCSSM, MGU)

Theme Presentation : **Nutrition Transition and Its Impact on Health**

: **Dr. Anitha Mohan** (Former State Nutrition  
Programme Officer, DHS Kerala)

*Tea Break (3.30 pm to 3.45 pm)*