



UGC-HRDC & DEPARTMENT OF PHYSICAL EDUCATION

organise

ONLINE NATIONAL WEBINAR

YOGA AND WELLNESS

Explore Cultural Heritage

26.02.2021 (Friday) to 28.02.2021 (Sunday)

(For University / College Teachers)



Patron,
Prof. Sangeeta Srivastava
Hon'ble Vice Chancellor,
University of Allahabad



Director,
Prof. J.A. Ansari
UGC-HRDC,
University of Allahabad



Program Coordinator,
Prof. Archana Chahal
Head,
Physical Education Dept,
University of Allahabad



CHIEF GUEST

Dr. H.R. Nagendra Guruji 'Padma Sri'
Hon'ble Chancellor, S-VYASA, Bengaluru, Karnataka
Yog Advisor of Honorable Prime Minister

EMINENT SPEAKERS



Prof. Rajeev Chaudhary
DSW & Head Dept of Law;
Former HoD, Physical Education,
Pt.R.S.S. University, Raipur, C.G.



Prof. Anurodh S. Sisodia
Director-in-Charge,
UGC- HRDC, L.N.I.P.E.,
Gwalior, M.P.



Prof. Susheel Gautam
Dean, Faculty of Education,
Director, Yog & Naturopathy Centre,
M.G.K.V., Varanasi, U.P.



Dr. Bhaskar Shukla
Yogachary & Asst. Professor
HNB Govt. PG College
Prayagraj, U.P.



Dr. Nibu R. Krishna
HEAD
Dept' of Yogic Sciences
L.N.I.P.E., Gwalior, M.P.



Dr. Prashant Kr. Ray
Yogachary & Asso. Professor,
Shri Gandhi PG College
Azamgarh, U.P.

REGISTRATION

- Candidates need to register through the following link: <https://forms.gle/aPpxgnY7GXZEVex87>
- **Last Date for Registration:** Feb 23, 2021 or till seats are full whichever is earlier. **Total Capacity: 40** participants.
- **Registration Fee: INR 1000. Only, Details for Bank Transfer** are provided in the registration form.
- **E-Certificates** will be issued only to those participants who would successfully complete the course.
- **For Any Query Contact to:** Office, UGC-HRDC- **Mr. Arjun, 9452367693.**

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Day to Day Program

| Date & Time | Eminent Speaker | Designation | Topic |
|---------------------------|--|---|---|
| 26.02.2021 10:00-13:00 | Dr. H.R. Nagendra "Padma Sri" Chief Guest for Inaugural Session | Honorable Chancellor Swami Vivekananda Yoga Anusndhan Samsthana University, Bengaluru, Karnatka. Yoga Consultant of Honorable Prime Minister of India | Yoga & Wellness |
| 26.02.2021 14:00-17:00 | Dr Bhaskar Shukla | Yogacharya (Kevalyadhama) & Ass. Professor in Physical Education, H.N.B . Govt PG College, Naini, Prayagraj | Therapeutic Approach of Yogasanas |
| 27.02.2021 10:00-11:30 | Prof Susheel Gautam | Dean, Faculty of Education, Director, Centre of Yog & Naturopathy; & Former Head, Physical Education, MGKV, Varanasi | Achieving Fitness and Wellness through Shat-Kriyas |
| 27.02.2021 11:30-13:00 | Dr. Nibu R. Krishna | Yogacharya & Head, Department of Yoga, Asso. Professor in Physical Education LNIPE, Gwalior, M.P. | Yogic Practices as Stress Buster |
| 27.02.2021 14:00-17:00 | Prof Anurodh S. Sisodia | Director-in-Charge, UGC- HRDC, Laxmibai National Institute of Physical Education, Gwalior,M.P. | Management of Stress through Yogic Lifestyle |
| 28.02.2021 10:00-13:00 | Dr Prashant Rai | Yogacharya & Asso. Professor in Physical Education, Shri Gandhi PG College Azamghar, U.P. | Panchakosha Therapy & Karma Yoga |
| 28.02.2021 14:00-17:00 | Prof.Rajeev Chaudhary Chief Guest for Valedictory Session | DSW, Head School of Law, Former HoD Physical Education, Pt. R.S.S. University, Raipur, C.GVisiting Prof in Universities of Poland & France, Adj. Prof. in Rashtriya Rakhsha University, Gujrat (NI) | Applied Yoga for Quality Life |