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National Workshop
on
Yoga Education : Practice and Perspectives
योग शिक्षा : अभ्यास एवं संदर्भ
20th - 26th March, 2017

Budh Singh
Organizing Secretary
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Dr. Chandrakanta Jain
Programme Director & Chief Co-ordinator
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To,



National Workshop

on

Yoga Education :

Practice and Perspectives

योग शिक्षा : अभ्यास एवं संदर्भ

20th - 26th March, 2017

Organized By:

Department of Education

Doctor Harisingh Gour Vishwavidyalaya

(A Central University)



Under the scheme PMMMNMTT
of

Ministry of Human Resource Development, Government of India

Dr. Chandrakanta Jain

Programme Director & Chief Co-ordinator

Budh Singh

Organizing Secretary

Venue:

Department of Education

Doctor Harisingh Gour Vishwavidyalaya, Sagar (M.P.)

Contact No. : 07582 - 236209 e-mail id: education@vsnl.com

- To understand the higher level of consciousness, emotional stability and mental hygiene and moral values.
- To demonstrate and practices the different Yogic Asanas.

ELIGIBILITY :

The teachers working in various university departments, training institutions, research institutions autonomous colleges, affiliated colleges of the country are eligible to apply. Preferences will be given to those teachers working in universities under Section 2(f) and 12 B of the UGC Act, 1956. Application will be entertained only if it is recommended by the Head of the Department/Institution.

REGISTRATION :

There is no registration fee for the participants in workshop. Intake of participants for the workshop will be restricted to 30-50. Decision of the Selection Committee in this regard is final. Interested candidates may send their duly filled in registration form to the Programme Director on or before 12 March, 2017. Registration form and brochure can be downloaded from the university websites: www.dhsgu.ac.in. The candidates may send their recommended scanned registration form by e-mail to educationdept02@gmail.com followed by hard copy.

TRAVEL AND ACCOMMODATION :

Accommodation will be provided to outstation participants and travel allowances by shortest route will be reimbursed to the outstation participants subject to the production of actual tickets fare as per guidelines of UGC & MHRD.



Serial No: Reg. No:

National Workshop

on

Yoga Education : Practice and Perspectives

योग शिक्षा : अभ्यास एवं संदर्भ

20th - 26th March, 2017

APPLICATION FORM

Name of the Participant: _____

Designation: _____

Name of the University/College/Dept.: _____

Address for Communication: _____

Phone/Mobile No.: _____

E-mail Address: _____

Category: GEN. / SC / ST / OBC / PH / OTHERS

Accommodation Required (Yes/ No) : _____

Signature of the Participant

Recommendation and Signature of Head of Institution / HoD

Certificate of Recommendation by the Principal / Head of the Institution

I recommend

Dr./Mr./Ms.....(Designation).....

(Institution).....

to attend the workshop. He / She will be relieved on the due time to participate in the above workshop to be held in the Department of Education, Doctor Harisingh Gour Vishwavidyalaya, Sagar (M.P.) from March 20 to 26, 2017.

Date:

Signature of the Principal/HoD with seal

dyalaya was initially 8th July 1946 by Dr. former, eminent legal a Central University est university of M.P. with natural beauty. f academics with 3 d 36 departments ffering 110 course duate and Doctorate ased Credit System ersity since 2009.

n of University was g (PGBT) College of 11 it functioned as up-gradation of the 009, the University and amenities was on 27 March 2011. successfully running , post graduate & (4 Years Integrated ly Department of of Human Resource nder PMMMMTT ol of Education.

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Department of Education
Doctor Harisingh Gour Vishwavidyalaya
Schedule of Seven Days Workshop : 20 to 26 March 2017

On

Yoga Education: Practice and Perspectives
Under the Scheme of PMMMNMTT of MHRD

Date/ Day	Session (7:00-8:30)	Session (8:30-9:00)	Session 9:00-10:30	Session (10:30-12:00)	Session (12:00-1:30)
20 Mar 2017 Monday	Registration		Inauguration	Yogiratan SB Mishra (Historical Development of Yoga)	Yogiratan SB Mishra (Hatha Yoga and raj Yoga)
21 Mar 2017 Tuesday	Prof G S Giri (Yoga Practice: Pranayama)		Yogiratan SB Mishra (Types of Yoga: Gyan Bhakti and Karam Yoga)	Prof G S Giri (Yoga in Modern Perspectives)	Dr Deepak Singh (Stress Management)
22 Mar 2017 Wednesday	Dr Arun K Sao (Yoga Practice: Ashtang Yoga)		Prof Dhanraaj Sharma (Yoga; Health and Therapy)	Dr Renu Bala Sharma (Diet Therapy)	Prof Dhanraaj Sharma (Scientific Yoga)
23 Mar 2017 Thursday	Dr Arun K Sao (Yoga Practice: Yoga Nidra)		Dr Rajesh Shukla (Principles of Human Health in Yoga & Ayurveda)	Prof Dhanraaj Sharma (Basic Principles of Yoga Practice)	Dr Rajesh Shukla (Principles of Human Health in Yoga & Ayurveda)
24 Mar 2017 Friday	Sarika Shukla (Yoga Practice: Shudhi Kiryas)		Pro Kamta Prasad (Yoga Tradition: Philosophical Aspect of Yoga)	Dr Sudhir jain (Yoga and Medicine)	Pro Kamta Prasad (Yoga Therapy of chronic & Psychological Disorders)
25 Mar 2017 Saturday	Sarika Shukla (Yoga Practice: Mudra Bandha)		Pro Kamta Prasad (Yoga Therapy of Selected Psycho-somatic Disorders)	Prof. S. S. Negi (Yoga and Moral Values)	Prof Vagrecha (Stress Management)
26 Mar 2017 Sunday	Dr. Rajeev Choudhary (Yoga as System of Education & Physical Education)		Prof Vagrecha (Stress Management)	Dr. Rajeev Choudhary (Research in Yoga & Applied Science: Need & Perspectives)	Valedictory

Breakfast

20.03.17

HoD Education
Gour Vishwavidyalaya

List of Participants in National Workshop
On

Yoga Education: Practice and Perspectives
(From 20-26 March, 2017)

Organized by

Department of Education, Doctor Harisingh Gour Vishwavidyalaya, Sagar
Under the scheme of PMMMNMMT of MHRD

A. List of outstation participants

S.N	Name of Participant	Designation	Name of Department/Institute	Mobile No.	Email id
1.	Ramjee Verma	Assistant Professor	J R H University, Chitrakoot (U.P.)	8738026252	ramjeev32@gmail.com
2.	Ugrasen Singh Yadav	Assistant Professor	S R College of Education, Orai Jalaun	9956006900	ugrasensinghyadav22@gmail.com
3.	Abhishek Kumar Pandey	Assistant Professor	Kingway Technical Institute (B.Ed. College), Kulharia Kaimur, Bihar	9415940465	abhingbu15@gmail.com
4.	Shailendra Kumar Yadav	Assistant Professor	Gyan Yog Shiksha Sansthan Aata, Orai, Jalaun (U.P.)	9451740873	shailendrakumaryadav22@gmail.com
5.	Ram Singh Yadav	Assistant Professor	Handia PG College, Handia, Allahabad (U.P.)	9532845076	allramsinghall@gmail.com
6.	Ashish Kumar Chaubey	Assistant Professor	Department of Education, U P Autonomous College, Varanasi	9580441639	achaubeyupc@gmail.com
7.	Dr Indrajeet Dutta	Assistant Professor	Maulana Azad National Urdu University, College of Teacher Education, Bhopal	8827296526	indraneet@gmail.com
8.	Dr Anil Gupta	Assistant Professor	Times College of Education , Damoh	9406519376	dr.agupta28@rediffmail.com
9.	Dr Manisha Dubey	Assistant Professor	Times College of Education , Damoh	9589049722	dr.manishadubeydmo@gmail.com
10.	Malkhan Singh	Assistant Professor	Aricent College of Education, Bina	9454581170	malkhansinghyashpatel@gmail.com

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HOD Education
Department, Bina

B. List of local participants

S.N	Name of Participant	Designation	Name of Department/Institute	Mobile No.	Email id
11.	Dr Pushpa Khare	Principal	Gyanveer Institute of Management and Science, Sagar	9407257448	drpushpakhare.27@gmail.com
12.	Dr Anupi Samaiya	Principal	Gyanodaya Mahavidyalaya, Jaisinagar, Sagar	9406519311	anupisamaiya@gmail.com
13.	Dr Rajesh Mondal	Assistant Professor	Department of Microbiology, Dr Harisingh Gour Vishwavidyalaya	9424490468	drrajeshmondal@gmail.com
14.	Ritu Tiwari	Assistant Professor	Gyanodaya Mahavidyalaya, Jaisinagar, Sagar	9425425642	ritud2011.rd@gmail.com
15.	Kanchan Chourasiya	Assistant Professor	Gyanveer Institute of Mangement and Science, Sagar	9074602196	kanchanchourasiya22@gmail.com
16.	Kavita Upadhyay	Assistant Professor	Gyanodaya Mahavidyalaya, Jaisinagar, Sagar	7694035849	dr.kavitaupadhyay019@gmail.com
17.	Manisha Srivastva	Assistant Professor	Gyanodaya Mahavidyalaya, Jaisinagar, Sagar	7354046287	manishashrivastva1974@gmail.com
18.	Manish Richhariya	Assistant Professor	Ojaswini College of Education, Damoh	9893660154	mrichhariya54@gmail.com
19.	Akhilesh Kumar Jain	Assistant Professor	Ojaswini College of Education, Damoh	9713881915	akaaryajain@gmail.com
20.	Dr Shakila Khan	Principal	Pt. Mahdev College, Kesli, Sagar	9424450022	nafisahmad_25@yahoo.com
21.	Dr Rahul Swarnkar	Assistant Professor	Department of Music, DHSGVV, Sagar	8989444524	rahultabla1985@gmail.com
22.	Awadhesh Pratap Singh Tomer	Assistant Professor	Department of Music, DHSGVV, Sagar	9406948282	awadhesh.tomer@gmail.com
23.	Dr Kailash Tiwari	Principal	Paramhansh College of Education, Narsinghpur	9407525411	kktiware2011@gmail.com

20.03.17
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24	Mrs Shweta Mishra	Assistant Professor	Sunder Lal Srivastwa College, Makronia, Sagar	9302035895	shwetavedmishra@gmail.com
25.	Vimlesh Pathak	Assistant Professor	Gyanodaya Mahavidyalaya, Jaisinagar, Sagar	9755331360	annantpathak07@gmail.com
26.	Dr Mukesh Kumar Chaurasia	Lecturer	Department of Criminology and Forensic Science, DHSGVV, SAGAR	9424450455	mkchaurasia30@yahoo.com
27.	Dr Arti Tiwari	Principal	Ojaswini College of Education, Hathna, Damoh	9926965845	dr.artitiwari.1970@gmail.com
28.	Dr Chandrakant Pandey	Principal	Ojaswini College of Education, Damoh	9425689969	pandeyck13@gmail.com

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20.03.17