



INVITATION

8th INTERNATIONAL DAY OF YOGA- 21 JUNE 2022

(Blended Mode)



SCHEDULE

01-20 June 2022

Workshop on Yoga Traditions in Modern Perspectives

YOGA PROTOCOL: 05.30 AM to 07.00 AM GUEST LECTURES: 07.00 AM to 08.00 AM

PLACE: Patanjali Bhawan, Nepal Palace, Dr.Harisingh Gour Vishwavidyalaya, Sagar (M.P.)

21st June 2022

Celebration of International Day of Yoga

MORNING SESSION: 05.30 AM onwards

YOGA PROTOCOL: 05.30 AM to 07.00 AM PLACE : Gour Prangan

EVENING SESSION: 02.00 PM onwards

Documentary Films, Invited Guest Lectures & Cultural Program related to Yoga

PLACE: Swarn Jayanti Sabhagar, Nepal Palace, Dr.Harisingh Gour Vishwavidyalaya, Sagar (M.P.)

INVITED GUESTS/SPEAKERS

Chief Patron



Prof. Neelima Gupta
Hon'ble Vice Chancellor
Dr.Harisingh Gour V.V. Sagar



Prof. H.R. Nagendra
Hon'ble Chancellor
SVYASA, Bangalore



Prof. G. Paran Gowda
Patanjali Yogpeetha
Haridwar



Dr. Ashish Phadke
Yog Niketan
Mumbai



Prof. Rajeev Chaudhary
Pt. Ravishankar Shukla
University, Raipur



Pt. Umashankar Pachauri
General Secretary
Bhartiya Shikshan Mandal



Yogacharya N.R. Bhargava
Bihar School of Yoga
Jabalpur



Smt. Aruna Saraswati
Bhartiya Shikshan Mandal
Ujjain

ORGANIZED BY :

DEPARTMENT OF YOGA EDUCATION, YOGA WELLNESS CENTRE & MEDITATION CENTRE

DOCTOR HARISINGH GOUR VISHWAVIDYALAYA, SAGAR-470003(M.P.)

(A Central University)

Registration: <https://forms.gle/ckrsneH6shU7LPxS8>

Joining Link: <https://meet.google.com/vsb-acss-rws?authuser=1&hs=122>

Facebook Link: <https://www.facebook.com/Department-of-Yoga-Education-441667073317409>

Prof. Ganesh Shankar Giri-Convener

H.O.D. (YOGA) & DEAN (SES)

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

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SCHEDULE (01-20 June 2022)

Sr.No	Resource Person	Date	Topics
1.	Yogacharya Vishnu Arya (Sagar)	01-06-2022	Yoga Traditions in Daily Life
2.	Mr.Mahender Sharma (Jaipur)	02-06-2022	Karma Yoga in Modern Perspectives
3.	Dr.Brajesh Singh Thakur (Sagar)	03-06-2022	Hatha Yoga in Modern Perspectives
4.	Mr.Pravesh Jatav (Gwalior)	04-06-2022	Raj Yoga in Modern Perspectives
5.	Dr.Rajesh Shukla (Sagar)	05-06-2022	Ayurveda in Modern Perspectives
6.	Mr.Sachin Bhardwaj (Merrut)	06-06-2022	Gyan Yoga in Modern Perspectives
7.	Prof. U.S.Gupta (Sagar)	07-06-2022	Yoga in Scientific Perspectives
8.	Miss Komal Saini (Jind)	08-06-2022	Bhakti Yoga in Modern Perspectives
9.	Dr.G.K.Tiwari (Sagar)	09-06-2022	Yoga in Psychological Perspectives
10.	Miss Jyoti Sharma (Delhi)	10-06-2022	Yoga in Vedas & Upnishads
11.	Prof.H.R.Nagendera (Bangalore)	11-06-2022	Traditional Yoga in Modern Perspectives
12.	Prof. Rajeew Chaudhary (Raipur)	12-06-2022	Meditation in Modern Perspectives
13.	Dr. Ashish Phadke (Mumbai)	13-06-2022	Integrated Approach of Yoga & Ayurveda
14.	Dr.Arpit Dubey (Delhi)	14-06-2022	Bhagwad Gita in Modern Perspectives
15.	Prof.A.D.Sharma (Sagar)	15-06-2022	Yoga as Philosophy in Modern Perspectives
16.	Dr.Kamta Prasad Sahu (Haridwar)	16-06-2022	Ashtanga Yoga in Modern Perspectives
17.	Prof.Renubala Sharma (Sagar)	17-06-2022	Diet in Ancient and Modern Perspectives
18.	Yogacharya N.R.Bhargav (Jabalpur)	18-06-2022	Yog Nidra and Stress Management
19.	Dr.Sanjay Jain (Sagar)	19-06-2022	Yoga as Therapy
20.	Prof. G. Paran Gowda (Haridwar) Dr.Umashankar Pachauri (Gwalior) Dr. Manu Gouraha (Ujjain) Smt.Aruna Saraswat (Ujjain)	20-06-2022	Yoga as Spiritual Science Ramcharitmans in Modern Perspectives Yoga for Holistic Health Yoga in New Educational Policy

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Registration: <https://forms.gle/cKasneH6shU7LPxS8> (Registration open up to 10-06-2022 only)

Joining Link: <https://meet.google.com/vsb-acss-nws?authuser=1&hs=122>

Facebook Link: <https://www.facebook.com/Department-of-Yoga-Education-441667073317409>

Members of Advisory Committee

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Prof. Naveen Kango- DOAA
Prof. A.P. Tripathi-HOD-Skt. Dept.
Prof.Asmata Gajbiye –Pharmacy Dept.
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Shri Santosh Sohagura-Registrar
Dr.Pankaj Tiwari-EMRC
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Er.Rahul Goswami- Engg. Dept.

Members of Working Committee

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Miss Komal
Miss Jyoti Sharma
Miss Chetna Sarkar
Miss Khyati Goswami

Chief Patron

Prof.Neelima Gupta
Hon'ble Vice Chancellor
Dr.Harisingh Gour Vishwavidyalaya
Sagar (M.P.)

Convener

Prof. Ganesh Shankar. Giri
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&DEAN - School of Education
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