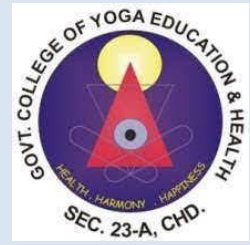




“BE WITH YOGA, BE AT HOME”



One-week National Workshop on Yoga (Online)

(7th June – 12th June, 2021)

“YOGA – AN ELIXIR FOR HOLISTIC HEALTH & WELL BEING”

ORGANISED IN COLLABORATION BY

*Department of Yoga Studies,
Himachal Pradesh University,
Summerhill, Shimla*

&

*Government College of
Yoga Education and Health,
Chandigarh*

Director of organizing committee

Prof. Vijay Kumar Sharma
Chairperson, Department of Yoga Studies
HPU, Shimla

Joint Director of organizing Committee

Dr. Sapna Nanda
Principal, Government College of Yoga
Education & Health, Chandigarh

Organizer Secretary

Dr. Satyaprakash Pathak,
Assistant Professor,
Department of Yoga Studies,
HPU, Shimla

Coordinators:-

1. Dr. Arpita Negi, Assistant Professor, Dept. of Yoga Studies, HPU
2. Dr. Bishamber Singh Ranjan, Assistant Professor, Dept. of Yoga Studies, HPU
3. Dr. Mohinder Kumar, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh
4. Mr. Kulwant Singh, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh

Technical Committee:-

1. Sunil Sharma, Ph.D. Scholar, Department of Yoga Studies, HPU
2. Mr. Roshan Lal, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh
3. Mr. Rahul Joshi, Data Entry Operator, Government College of Yoga Education & Health, Chandigarh

REGISTRATION:

<https://docs.google.com/forms/d/e/1FAIpQLScKi9CYouGhIcIN3xO8V6KaebJYDI2a4HeAFcDwXHQLgi3DQ/viewform>

INSTRUCTIONS FOR THE PARTICIPANTS:

- Filling the registration form is mandatory.
- E-certificate will be issued to the participants
- Attendance is mandatory for all sessions for the certificate to be issued
- Online Sessions ID and Password will be provided in advance
- Last Day of Registration is 05th June 2021 till 4.00 p.m.

ABOUT UNIVERSITY:

THE HIMACHAL PRADESH UNIVERSITY WAS FOUNDED ON JULY 22, 1970. IT IS LOCATED AT SUMMER HILL WHICH IS AT A DISTANCE OF 5 KMS FROM THE MAIN TOWN, SHIMLA. HIMACHAL PRADESH UNIVERSITY STARTED THE DEPARTMENT OF YOGA STUDIES IN 1979; IT WAS CONSIDERED A FIRST INDEPENDENT DEPARTMENT OF YOGA STUDIES. THIS DEPARTMENT STARTED THE DIPLOMA OF YOGA STUDIES FOR THE FIRST TIME IN THE COUNTRY WITH THE OBJECTIVE OF TRAINING YOUNG STUDENTS. THE COURSE PROVIDES NEW AVENUES TO THE STUDENTS TO LEARN, PRACTICE AND PROPAGATE THE TECHNIQUE OF THIS ANCIENT SCIENCE. IN THE YEAR OF 1981, DR. RITA BHALLA HAD BECOME THE FIRST FACULTY CAME INTO EXISTENCE. UNDER HER GUIDANCE, THE DEPARTMENT HAD ORGANISED NUMBER OF SEMINARS AND CONFERENCES. IN 1988, DR. G.D.SHARMA HAD JOINED THIS DEPARTMENT. THE LANDMARK DECISION OF THE UNIVERSITY IN THE SESSION 2009-10, WHEN MASTER OF ARTS IN YOGA WAS INTRODUCED THAT PROGRESSIVE STEP IN THE STRENGTHEN THE DEPARTMENT. LATER ON, THE DEPARTMENT HAD STARTED TWO HIGHER EDUCATION COURSES SUCH AS MASTER OF PHILOSOPHY IN YOGA AT 2017 AND DOCTORATE OF PHILOSOPHY IN YOGA IN 2018. CURRENTLY, THE FACULTY OF THE DEPARTMENT CONSISTS OF 1 CHAIRPERSON, 3 ASSISTANT PROFESSORS, 13 PH.D. SCHOLARS AND 34 M.PHIL. SCHOLAR'S. THE FACULTY OF DEPARTMENT IS ACTIVELY ENGAGED IN RESEARCH PURSUITS. RESEARCH WORK IN NEW AND CHALLENGING AREAS IS BEING PURSUED BY FACULTY AS WELL AS RESEARCH SCHOLAR AND STUDENTS AT MASTERS LEVEL. THE DEPARTMENT IS ALWAYS IN ACTION TO CREATE NEW OPPORTUNITIES FOR ITS STUDENTS.

ABOUT COLLEGE:

GOVERNMENT COLLEGE OF YOGA EDUCATION & HEALTH IS A UNIQUE INSTITUTE CATERING TO THE PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL HEALTH NEEDS OF THE GENERAL PUBLIC AS WELL AS EXCELLING IN THE FIELD OF ACADEMICS. THE GOVERNMENT YOGA HEALTH ORGANIZATION WAS ESTABLISHED BY THE CHANDIGARH ADMINISTRATION IN 1962 TO PROMOTE HEALTH AND YOGA AWARENESS AMONG THE RESIDENTS OF THE CITY BEAUTIFUL. IN JULY 1976, ONE YEAR DIPLOMA COURSE IN YOGA EDUCATION WAS INITIATED HERE. IN THE YEAR 1982, THE INSTITUTE HAS STARTED ONE YEAR DEGREE COURSE I.E. B.ED. (YOGA) AFFILIATED TO PANJAB UNIVERSITY, CHANDIGARH. THE LANDMARK DECISION OF THE CHANDIGARH ADMINISTRATION IN THE SESSION 2008-09 THIS INSTITUTE AS AN INDEPENDENT COLLEGE. THE POST GRADUATE DIPLOMA IN YOGA THERAPY WAS ALSO INTRODUCED IN THE COLLEGE IN 2007 UNDER THE INNOVATIVE PROGRAMME OF UNIVERSITY GRANTS COMMISSION AND DULY AFFILIATED TO PANJAB UNIVERSITY, CHANDIGARH. FURTHER BASIC CERTIFICATE COURSE IN YOGA EDUCATION WAS ALSO INTRODUCED. AT PRESENT, THE HOLISTIC HEALTH THROUGH YOGA. IN ADDITION, THE COLLEGE HAS A SEPARATE YOGA THERAPY DEPARTMENT FOCUSING ON AIDING VARIOUS LIFESTYLES DISEASES. A FEATHER IN THE CAMP WAS ADDED IN THE ACHIEVEMENTS OF GCYEH WITH THE OPENING OF 46 CENTRES UNDER AYUSH DEPARTMENT UNDER WHICH YOGA CLASSES ARE BEING CONDUCTED FREE OF COST FOR THE GENERAL PUBLIC AT VARIOUS HEALTH AND WELLNESS CENTRES/GOVERNMENT SCHOOLS OF THE CITY BEAUTIFUL.

ABOUT WORKSHOP:

THIS WORKSHOP WILL ATTEMPT TO KINDLE THE INQUISITIVE MINDS OF THE PARTICIPANTS AND GUIDE THEM THROUGH THE ENJOYABLE PATH OF YOGA PRACTICES SKILL TOWARDS THE UNKNOWN FRONTIERS OF KNOWLEDGE AND WISDOM. RENOWNED SCHOLARS WHO HAVE PASSED THROUGH THIS PATH WILL ELABORATE THE STEP THAT ONE SHOULD TAKE TO COMPLETE OUTLOOK OF YOGA WITH A CLEAR GOAL AND DUE DILIGENCE, TAKING DUE CARE OF EVEN THE SMALLEST BIT OF INFORMATION, OBSERVATION, AND OPINION.

THE COVID-19 PANDEMIC HAS BROUGHT IN ITS WAKE A SERIES OF CHALLENGES THAT AFFECT ALL ASPECTS OF ONE'S LIFE, FROM FINANCIAL TO EMOTIONAL. EXPERTS HAVE ALSO BEEN SUGGESTING FOR TAKING A HOLISTIC APPROACH TO GENERAL HEALTH FOCUSING ON IMMUNITY AND RESILIENCE FOCUSING ON PREVENTION BEFORE CURE.

YOGA IS GAINING POPULARITY AS AN ACCESSIBLE, ACCEPTABLE AND AFFORDABLE PRACTICE FOR BOTH MIND AND BODY. PEOPLE ARE TURNING TO YOGA FOR HEALTH IMPROVEMENT. BEING AN ANCIENT WAY TO SHAPE THE BODY AND CALM THE MIND YOGA HAS BECOME AN INTEGRAL PART OF URBAN CULTURES WORLDWIDE.

OBJECTIVES OF THE WORKSHOP:

- TO CREATE A MASS AWARENESS AMONG THE PROFESSIONALS AND THE PUBLIC ABOUT THE EFFICACY OF YOGA.
- TO TAKE STOCK OF CUTTING EDGE YOGA EDUCATION, TRAINING, THERAPY AND RESEARCH TRENDS IN INDIA AND TO IDENTIFY THE GAPS AND PROBLEMS.
- TO DISSEMINATE THE SCIENTIFIC AND TECHNICAL INFORMATION AVAILABLE AND RESEARCH PROGRESS IN THE FIELD OF YOGA.
- TO PROVIDE PLATFORM FOR SHARING AND STIMULATING INNOVATIVE AND MULTI-DISCIPLINARY RESEARCH IDEAS.
- TO DISCUSS ON THE ISSUE OF BRINGING YOGA IN MAINSTREAM OF HEALTH CARE DELIVERY SYSTEM AND THE ISSUES RELATED ON IT.

WORKSHOP SCHEDULE

DATE	Lectures Series (11:30 AM TO 1:00 PM)		PRACTICAL SESSION (1:00 PM TO 2:00 PM)	
	INVITED SPEAKER	TOPIC	YOGA EXPERT	TOPIC
7 th June 2021	Prof. Ishwar Bhardwaj	Holistic Health Through Yoga	Ms. Sheeraj Kumari	Shatkarma
8 th June 2021	Dr. Udham Singh	Yogic Management of Obstacles in Human life	Ms. Deepika Verma	Yogic Sukhma Vyayama
9 th June 2021	Dr. Mantu Saha	Role of Yoga on Physiological Parameters	Mr. Roshan Lal	Yogasana
10 th June 2021	Dr. Rajeev Choudhary	Holistic Approach of Pranayama	Dr. Mohinder Kumar	Pranayama, Mudras and Bandhas
11 th June 2021	Dr. Rita Bhalla	Yoga & Beauty	Mr. Kulwant Singh	Meditation
12 th June 2021	Dr. Sushil Chandra	Research in Yoga	Mr. Sunil Sharma	Therapeutic Yogic Practices

List of Eminent Speaker

- Prof. Ishwar Bhardwaj, Dean Academic, DSVV, Haridwar.
- Dr. Udham Singh, Assistant Professor, GKVV, Haridwar.
- Dr. Mantu Saha, *Scientist-F & Additional Director*, Head: Exercise Physiology and Yoga Laboratory, Defence Institute of Physiology and Allied Sciences, DRDO, Ministry of Defence, Delhi-54.
- Dr. Rajeev Choudhary, Professor in Physical Education, DSW, Head, School of Studies in Law, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
- Dr. Rita Bhalla, Ex-HOD, Dept. Of Yoga Studies, HPU.
- Dr. Sushil Chandra, Associate Director, Head, Bio-Medical Engg., Institute of Nuclear Medicine & Allied Sciences, DRDO, Ministry of Defence, Delhi-54.
- Ms. Sheeraj Kumari, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh.
- Mr. Roshan Lal, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh.
- Dr. Mohinder Kumar, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh.
- Mr. Kulwant Singh, Yoga Instructor, Government College of Yoga Education & Health, Chandigarh.
- Ms. Deepika Verma, Research Scholar, Dept. Of Yoga Studies, Himachal Pradesh University.
- Mr. Sunil Sharma, Ph.D. Scholar, Dept. Of Yoga Studies, Himachal Pradesh University.

CONTACT US:-

For any information or query one may contact the following Members:

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