

# 7 Days National Virtual Workshop

on

## “YOGA to overcome Crisis in Personality Development due to Covid-19”

Organized by

**UNIVERSITY OF SCIENCE & TECHNOLOGY MEGHALAYA**

*in association with*

**Indira Gandhi National Tribal University, Amarkantak, M. P.**

(A Central University established by an Act of the Parliament of India)

Registration Link

<https://forms.gle/UHrwJNNZ8XPcz6dz8>

### SCHEDULE

Day	Morning 6:30 am - 7:30 am	Afternoon 3:00 pm - 5:00 pm
Day -I 02-08-2021	<b>Session -1</b> Practice Session (YOGA ABHYASH)	<b>Session-2</b> <b>Introduction and Importance of Yoga protocols</b> Sub: “Propagating Yoga to fight back the recent surge in pandemic and new-normal life.”
Day -II 03-08-2021	<b>Session -3</b> Practice Session (YOGA ACHARAN)	<b>Session-4</b> <b>Yoga as Key Transformer of Personality</b> Sub: “Yoga and Meditation are the key player in stress management, Depression management during the prolong Covid-19 situation, and Health Routine”
Day -III 04-08-2021	<b>Session -5</b> Practice Session	<b>Session-6</b> <b>Yoga as Complete solution for Life Management</b> Sub: “The Silent features of Yoga for Psychosocial factors, Healthy life style, Fitness and Wellness, Mental Peach”
Day -IV 05-08-2021	<b>Session -7</b> (Practice Session)	<b>Session-8</b> <b>Role of Yoga in Treatment and Preventions</b> Sub: “Benefit of naturopathy, Ayurveda, Diet & Nutrition, increasing immunity, along with Yoga and remedies for problems related to digestive system”
Day -V 06-08-2021	<b>Session -9</b> Practice Session	<b>Session-10</b> <b>One Step ahead</b> Sub: “The mechanism to overcome the Common problems such as diabetes / uncontrolled blood pressure / obesity / heart disease / corona related problems”
Day -VI 07-08-2021	<b>Session -11</b> Practice Session	<b>Session-12</b> <b>YOGIC Psychotherapist and counselor</b> Sub: “Synchronized approach of Yoga in Management for Emotional Balance, Scope of Rehabilitation and Yagya therapy”
Day -VII 08-08-2021	<b>Session -13</b> Practice Session	<b>Session-14</b> <b>Valedictory</b> Sub: “End is the start point of new Yoga Era”

**“Be with Yoga, Be at Home”**

**For Details Contact**  
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# University of Science & Technology Meghalaya



Organizes

7 Days National Workshop on

**YOGA to overcome Crisis in Personality Development due to Prolong Covid-19**

“Be with Yoga, Be at Home”

2<sup>nd</sup> - 8<sup>th</sup> August 2021

In association with

**Indira Gandhi National Tribal University, Amarkantak, M.P.**

**Program Schedule**

Day	Session	Time	Activity
Day -I 02-08-2021	I	Morning 6:30am-7:30am	<b>Practice Session</b> Yogacharya Kavita Bhandari, New Delhi
	II	<b>Inauguration of workshop</b> Theme : -“Propagating Yoga to fight back the recent surge in pandemic and neu-normal life.” <b>Chair Person : Prof. G.D. Sharma, Honourable Vice Chancellor, USTM</b>	
		3:00 pm - 3:10pm	<b>welcome Address</b> Dr. Pooja Chaudhuri HoD, Associate Professor, Deptt. Of Physiotherapy, USTM
		3:10 pm - 3:40pm	<b>Key Note Address</b> Prof. B.R. Ramakrishna Honourable Vice Chancellor, S-VYASA, Bangalore.
		3:40 pm – 4:15 pm	<b>Address by Chief Guest</b> Prof. Shriprakash Mani Tripathi Honourable Vice Chancellor, IGNTU, Amarkantak, MP
		4:15 pm – 4:55 pm	<b>Address from Chair Person</b>
		4:55 pm - 5:00 pm	<b>Vote of Thanks</b> Mrs. Anju Hazarika, Registrar, USTM
Day -II 03-08-2021	III	Morning 6:30am-7:30am	<b>Practice Session</b> Yogacharya Ms. Priyanka Kumari, Deptt. of Kayachikitsa, BHU
	IV	<b>Yoga Key Transformer of Personality</b> Theme: - “Yoga and Meditation are the key player in stress management, Depression management during the prolong Covid-19 situation, and Health Routine” <b>Chairperson : Prof. N.V. Raghuram, Yogbharti , USA</b>	
		3:00 pm - 3:40 pm	<b>Prof. Suresh Barnwal</b> Dean & HOD Yogic Science , DSVV, Haridwar
		3:40 pm – 4:30 pm	<b>Prof. G.D. Sharma</b> Former HoD, Centre for Yogic Studies, Himachal Pradesh University Shimla
		4:30 pm – 5:00 pm	<b>Address By Chairperson</b>
Day -III 04-08-2021	V	Morning 6:30am-7:30am	<b>Practice Session</b> Dr. Sandeep Thakre , IGNTU, Amarkantak, M.P.
	VI	<b>Yoga as Complete solution for Life Management</b> Theme: - “The Silent features of Yoga for Psychosocial factors, Healthy life style, Fitness and Wellness, Mental Peach” <b>Chairperson : Prof. Ishwar Bhardwaj , Former Dean , Faculty of Medical science and Health, Professor &amp; Head Department of Yoga</b>	
		3:00 pm - 3:40 pm	<b>Dr. Satyaprakash Pathak</b> Assistant Professor, Centre for Yogic Studies , Himachal Pradesh University Shimla,
		3:40 pm – 4:30 pm	<b>Prof. Neeru Nathani</b> HOD Swathyavrit & Yoga, Faculty of Ayurveda Institute of Medical sciences, BHU, Varanasi
		4:30 pm – 5:00 pm	<b>Address by Chairperson</b>
Day -IV 05-08-2021	VII	Morning 6:30 am-7:30 am	<b>Practice Session</b> Yogacharya Pampa Gayen Sen, Dr. P. S. Das Yoga Research & Rehabilitation Centre Kolkata
	VIII	<b>Yoga role in Treatment and Preventions</b> Theme: - “Benefit of naturopathy, Ayurveda, Diet & Nutrition, Increasing immunity, along with Yoga and remedies for problems related to digestive system” <b>Chairperson : Prof Jitendra Kr. Sharma, Prof. Deptt. of Yoga, IGNTU, Amarkantak, M.P</b>	
		3:00 pm - 3:35 pm	<b>Dr. Hare Ram Pandey</b> Assistant Professor, Deptt. of Yoga , IGNTU ,Amarkantak, M.P.
		3:35 pm – 4:10 pm	<b>Dr. Amit Singh</b>

			Associate Professor, Deptt. of Yoga & Life Science, S- VYASA, Bangalore.
		4:10 pm – 4:45 pm	<b>Dr. Anchal Singh</b> Assistant Professor, Diet & Nutrition, Jayprakash University, Chapra
		4:45 pm – 5:00 pm	<b>Address by Chairperson</b>
<b>Day -V</b> <b>06-08-2021</b>	<b>IX</b>	Morning 6:30am-7:30am	<b>Practice Session</b> Dr. Shyam Sundar Pal, IGNTU, Amarkantak, M.P.
	<b>X</b>	<b>One Step ahead</b> Theme : - “The mechanism to overcome the Common problems such as diabetes / uncontrolled blood pressure / obesity / heart disease / corona related problems” <b>Chair person : Prof. Alok Shotriya</b> , Dean & HOD Yoga , IGNTU, Amarkantak, M.P.	
		3:00 pm - 3:40 pm	<b>Dr. Kashinath Metri</b> Assistant Professor, Deptt. Of Yoga , Central University of Rajasthan.
		3:40 pm – 4:30 pm	<b>Prof. Shushim Dubey</b> Deptt. of Philosophy, Nav-Nalanda Bihar, Ministry of Culture Govt. of India
		4:30 pm – 5:00 pm	<b>Address by Chairperson</b>
<b>Day -VI</b> <b>07-08-2021</b>	<b>XI</b>	Morning 6:30am-7:30am	<b>Practice Session</b> Yogacharya Ashish Tandon and Team, Yoga Practice & Shatkarma Demonstration
	<b>XII</b>	<b>YOGIC Psychotherapist and counselor</b> Theme: - “Synchronized approach of Yoga in Management for Emotional Balance, Scope of Rehabilitation and Yagya therapy” <b>Chair Person : Prof. J.S. Tripathi</b> , Former HOD, Deptt. of Kayachikitsa, Institute of Medical Science , BHU, Varanasi.	
		3:00 pm - 3:40 pm	<b>Dr. Sushil Chandra</b> Associate Director , Institute of Nuclear Medicine & Allied Sciences New Delhi
		3:40 pm – 4:30 pm	<b>Dr. S. Rupendra Rao</b> HOD Deptt. Of Yoga & Psychology, Pandit Sundar Lal Sharma Open University, Bilaspure
		4:30 pm – 5:00 pm	<b>Address by Chairperson</b>
<b>Day -VII</b> <b>08-08-2021</b>	<b>XIII</b>	Morning 6:30am-7:30am	<b>Practice Session</b> Yogacharya Ms. Jyoti Varma, Founder Shakti Yoga, kolkatta
	<b>XIV</b>	<b>Valedictory</b> Theme: “End is the start point of new Yoga Era” <b>Chair Person : Prof. G.D. Sharma</b> , Honourable Vice Chancellor, USTM	
		3:00 pm - 3:10pm	<b>welcome Address &amp; Report Submission</b> Dr. Pooja Chaudhuri HoD, Associate Professor, Deptt. Of Physiotherapy, USTM
		3:10 pm - 3:40pm	<b>Address by Key Note Speaker</b> Dr. I.V. Basavaraddi Director, Morarji Desai National Institute of Yoga, New Delhi
		3:40 pm – 4:15 pm	<b>Address by Chief Guest</b> Prof. B. K. Tripathi, Director, Inter University Centre for Teacher Education, BHU, Varanasi
		4:15 pm – 4:55 pm	<b>Address by Chair Person</b>
		4:55 pm - 5:00pm	<b>Vote of Thanks</b> Mrs. Anju Hazarika, Registrar, USTM