



Indira Gandhi National Tribal University, Amarkantak (MP)

Two Week National Workshop

On

'Education and faculty Development Programme Through Yoga'

05th June to 16th June-2019



Director/Co-director

Prof. NSHN Moorthy, Dean, Faculty of Yoga

Indira Gandhi National Tribal University, Amarkantak

Lalpur, Dist-Anupur

Madhya Pradesh -484887

Mob: No- 9406939561, E mail: nsharinarayanamoorthy@igntu.ac.in

Organizing Secretary

Dr. Mohan Lal Chadhar

Head, Department of Yoga

Indira Gandhi National Tribal University

Amarkantak (MP)-484887 Mob.No. 9301599008

Email: mohan.chadhar@igntu.ac.in

Chief Patron

Prof. T. V. Kattimani
Hon'ble Vice-Chancellor
Indira Gandhi National Tribal University
Amarkantak (MP)-484887

Director / Co-ordinator**Prof. NSHN Moorthy**

Dean, Faculty of Yoga
Indira Gandhi National Tribal University, Amarkantak (MP)
Lalpur, Dist-Anuppur
Madhya Pradesh -484887

Organizing Secretary

Dr. Mohan Lal Chadhar
Head, Department of Yoga
Indira Gandhi National Tribal University
Amarkantak (MP)-484887, Mob. No. 9301599008
Email: mohan.chadhar@igntu.ac.in

National Workshop**On****Education and Faculty Development Programme Through Yoga****Date (5th -16th June 2019)****(Department of Yoga, Indira Gandhi National Tribal University, Amarkantak, M.P.)**

The word 'Yoga' is derived from the Sanskrit root "yuj" is meaning "to join", "to yoke" or "to unite," Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living. Yoga is a physical, mental and spiritual practice or discipline which originated in ancient India and is followed in all over the world. Thus the importance of yoga in education can be noticed the increase in rationality, emotional structure and creative output within the children. The role of yoga in education and faculty development as per the spiritual aspect helps the students to perform their daily duties in the day to day life.

Objectives of the Programme:

- J To introduce Yoga therapy, its principles of yoga to people with various lifestyle disorder.
- J To make the people aware of the therapeutic preventive and spiritual value of yoga.
- J To develop the value education and personality development through yoga.
- J Through yoga to make the society free from the stress and lifestyle related diseases.

Sub-Theme:

Yogic- Science, Meditation, Yoga Philosophy, Hath-Yoga, Mantra Yoga, Kriya-Yoga, Yoga in Upanishads, Yoga in Bhagvadgeeta, Yoga in Tantra, Yoga in Ayurveda, Yoga and Veda, Yoga and Epics, Yoga in Six Darshan, Yoga Therapy any other related area.

About University and Yoga Department:

The Indira Gandhi National Tribal University, Amarkantak has been established by an Act of the Parliament of India. It came into existence by the Indira Gandhi National Tribal University Act, 2007 and came into action on July 2008. The jurisdiction of the University extends to the whole country and it is fully funded by the Central Government. The University caters to the tribals' long cherished dream of higher education.

Yoga is a physical, mental and spiritual practice. Indira Gandhi National Tribal University is located in the tribal area of the Amarkantak Surrounded by aroma of herbs. The university has been celebrating International Yoga day every year on 21st June. The University has developed a yoga centre to provide physical, mental and spiritual practices to the employees, students of the university and tribal people.

Department of Yoga, Faculty of Yoga: Indira Gandhi National Tribal University, (A Central University) is organizing "Two week national workshop on Education and Faculty Development Programme Through Yoga" from 5th June 2019 to 16th June 2019. The workshop organizing to the capability of conducting quality education and faculty Development programme.

The Department of Yoga, running programme conducted B.Sc. in Yoga (Three Years) PG Diploma in Yoga (One Year), Certificate Course in Yoga (Six Months)

About Amarkantak:

Amarkantak is one of the best tourist and religious place of Madhya Pradesh. Amarkantak is situated in Madhya Pradesh in India. Amarkantak is located at 22.67°N 81.75°E. It has an average elevation of 1048 metres (3438 ft). As well as the birth place of Narmada. The Son River, initially referred to as Jwalawanti of Johila, the Narmada and the Amadoh, which is a major early tributary of the Godavari, all rise from the Amarkantak plateau.

How to Apply:

Interested candidates can apply to Course Director along with duly filled up registration form on or before 28th May, 2019. The organizing secretary candidates are required to send the scan copy of the application form duly forwarded by the Head of the Department to this Email ID: mohan.chadhar@igntu.ac.in Registration form can also be downloaded from the university website www.igntu.ac.in. The duly filled in registration form must be accompanied with one page very brief C.V. of the applicant. At the time of registration you should submit hard copy along with all enclosures.

Registration Fee: Student Registration fee Rs. 200/-

Faculty/academician/others: fee Rs. -300/-

How to Reach:

Amarkantak is situated 50 kms in the west of Pendra Road Railway Station (Chhattisgarh) on Katni-Bilaspur track of South West Central Railway. Almost all the trains plying on this track stop here. It can be reached by bus from all directions as there are good frequency of buses on Jabalpur, Raipur, Bilaspur, and Allahabad, Rewa, Shahdol, Dindori and Anuppur routes.

Amarkantak can be approached by air through Jabalpur (M.P.) in the West and Raipur (Chattisgarh) in the East.

Nearest Airport

1. Jabalpur - Distance 220 KMs from Amarkantak.
2. Raipur - Distance 230 KMs from Amarkantak.

Nearest Railway Station

1. Pendra Road - Distance 25 KMs from Amarkantak
2. Bilaspur- Distance 120 KMs from Amarkantak

Venue: Department of Yoga, IGNTU campus.

Important Dates:

Last date of receipt of registration form: **28 May 2019**

Notification of Selection of participants: **29 May 2019**

Two Week National Workshop
On

‘Education and faculty Development Programme Through Yoga’
05th June to 16th June-2019

Organized by

Department of Yoga

Indira Gandhi National Tribal University, Amarkantak (MP)
(A Central University)

Paste Photo

Registration Form Name (Block letters): -----

Father/Mother’s Name: -----

Participant Designation: -----

Category (SC/ST/OBC/General): -----

Date of Birth: -----

Subject and Specialization: -----

Educational Qualification: -----

Name of University/Institute/Organization: -----

Address for Correspondence: -----

Email ID: -----

Mobile No: -----

Accommodation required (Yes/No): -----

Place: Date:

Signature of the Participant

HoD/Director/Principal/Registrar
(With Signature and Seal)

Note: Scan copy of Registration Form along Organizing Secretary through email
(mohan.chadhar@igntu.ac.in) latest by 28th May, 2019)