

Observance of International Yoga Day & National Seminar

On

Yoga and Mental Health

21st June 2016

Organized by

Department of Yogic Studies

Dr. Harisingh Gour University, Sagar-Madhya Pradesh

(A Central University)

Sponsored by

National Book Trust of India, Ministry of HRD, New Delhi

About The University

Dr. Harisingh Gour Vishwavidyalaya, Sagar was founded at Sagar on 18th July, 1946 by the sole initiative and donation of Sir Dr. Harisingh Gour. He was the founder Vice Chancellor of this University and a legal stalwart and also the first Vice Chancellor of Delhi University. Earlier it was known as University of Saugor and became a Central University by the Act of Parliament on 15 January, 2009. Located of Vindhyachal range of mountain, this University has a picturesque location and is the largest University in the Central region and has about 1500 acres of land.

It is a modern Central University and has earned “A” grade from NAAC. It currently has 11 schools and 37 teaching departments which are well equipped. In addition, this university also has institutions such as Educational Multimedia Research Centre (EMRC), Academic Staff College (ASC). It has a modern library, outdoor and indoor Stadium, Auditorium, Sophisticated Instrumentation Laboratory (SIL), Department of Physical Education (DPE), Gyms, Hostels for research scholars, boys and girls, Bank and Post Office, residential quarters for teachers and employees and a hospital.

About The Department of Yogic Studies:

Dr. Harisingh Gour Vishwavidyalaya, Sagar (Madhya Pradesh) is the first University in India which established an independent department of Yogic Studies and introduced Yoga at the graduate & Post Graduate level in 1959. Due to initiatives of the UGC, the department started M.A./M.Sc./ Ph.D in Yoga from session 2001-2002. Students are admitted by National Entrance Test.



Introduction

Yoga is an ancient culture and Indian heritage, when adopted as a way of life is claimed to bestow the practitioner with ideal physical, mental, intellectual, and spiritual health. It has potential for both prevention of diseases and promotion of health. The holistic approach of yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

International Yoga Day

United Nations declared 21st June as International Day of Yoga on December 11, 2014. It is a proud moment for India to celebrate this day after the decision taken by UN assembly. Hon'ble Prime Minister Shri Narendra Modi during his visit to United Nations on 27 Sept. 2014 reiterated, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. Let us work towards adopting an International Yoga Day"

For spread out Health Awareness and achieving Holistic Health & other objectives of Yoga, we are preparing and planning to celebrate the International Yoga Day on 21st June 2016.

Preparations:

Students/teachers/employees of the university will be informed about importance and celebration of International Yoga Day through

- University website notice
- Printing material like brochures/booklets
- Publication of Books on Yoga & Allied subjects
- Banners & Postures
- Promotional films will be shown and education and communication materials on yoga will be distributed on the day.
- Small yoga camps/workshops/seminars
- Organizing of National Seminars.
- Invited lectures/talk of the Resource Persons
- Refreshment and incentives like dress (T shirts) & Certificates/Awards etc.

Program (Tentative)

Place: Department of Yogic Studies, Language Block

Registration: 07-09 AM

I Session

Time Morning 8-10 AM

1. Yogic Prayers/Devotional Songs
2. Inauguration
3. Yoga Demonstration
4. Yoga Lectures (20 Mts. Each)
5. Practical Yoga Competitions

(10-11AM) Tea Break

II Session

Time: Morning 11.00AM – 01.00 PM

1. Yoga & Psycho-somatic Disorders
2. Invited / Guest Lectures

(01-02 PM) Lunch Break

III Session

Time: Evening 02-05 PM

1. Invited / Guest Lectures
2. Guest of Honour
3. Publications on Yoga
4. Prize Distribution
5. Cultural Program
6. Vote of Thanks