



INVITATION

India is celebrating 75 years of its Independence, Several Programmes are being organized on the occasion across the country. Department of Yoga Education, Dr.Harisingh Gour University, Sagar (Madhya Pradesh) is organizing 10 Days Workshop on Yoga for Health, Harmony & Happiness from 11-20 April 2022 and 'Yoga Mahotsav' on 18th April 2022 - An event to commemorate the countdown program for 8th International Day of Yoga 2022, in collaboration with Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India. (hybrid mode) You are invited to join in Physical or virtual mode.

SCHEDULE

10 Days Workshop (11-20 April 2022) :

06.30 AM to 8:00 AM - Yoga Workshop at following places in physical mode at Sagar (M.P.)

• Raman Hostel, UTD, Sagar	• Vatsalya Public School, Sagar
• Vivekanand Hostel, UTD, Sagar	• Gour Prangan
• Tagore Hostel, UTD, Sagar	• Joggers Park, Cant , Sagar
• Kabir Hostel, UTD, Sagar	• Chandra Park, Sagar
• RLB Girls Hostel, UTD, Sagar	• Sanjeevani Bal Ashram, Sagar
• Nivedita Girls Hostel, UTD, Sagar	• Central Jail, Sagar
• Dept. of Yoga, UTD, Sagar	• Kendriya Vidyalaya-4, UTD, Sagar
• Dadu Darbar UTD, Sagar	• Bhooteswar Mandir, Sagar
• Army Public School, Sagar	

Chief Guest



Sh.Govind Singh Rajput
Transport & Revenue Minister, Govt. of M.P.

'Yoga Mahotsav' Celebration on 18th April 2022:

- 07.00 AM to 8:00 AM Common Yoga Protocol at University Gour Prangan.
- 08 AM-09 AM Celebration of Yoga Mahotsav at University Gour Prangan.
- 2 PM to 4 PM Distinguish Guest Lectures and Cultural event at the University Golden Jubilee Hall

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

Registration : <https://forms.gle/5ir6jMpbCThYcaKS6>

Participation E-Certificate will be issued to the participants who will submit the feedback of all programmes on the given link.Feed back Link: <https://forms.gle/9H6qgSF4tmeW4QCj9>



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

Special Guest



Shri Hanumanta Rao
All India Vice President of
Vivekananda Kendra Kanyakumari

Special Guest



Dr. H.R.Nagendra
Chancellor
SVYASA, Bangalore

Special Guest



Dr. Ishwar Basavaraddi
Director-MDNIY
New Delhi

Special Guest



Yogacharya N.R.Bhargava
Bihar School of Yoga
M.P. Branch, Jabalpur

Patron



Shri Santosh Sohgaure
Registrar
Dr.Harisingh Gour
University Sagar (M.P.)

Convener

Prof. Ganesh Shankar Giri
Head - Department of Yoga Education &
DEAN - School of Education
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Members of Advisory Committee

1. Prof. A.D. Sharma - DOSA
2. Prof. Naveen Kango- DOAA
3. Prof. A.P. Tripathi
4. Dr. Arun Kumar Sao
5. Dr. Brajesh Singh Thakur
6. Dr.Nitin Korpai
7. Miss Pragya Sao

Members of Working Committee

1. Mr. Mahendra Kumar Sharma
2. Mr.Pravesh Jatav
3. Mr.Sachin Bhardwaj
4. Miss Jyoti Sharma
5. Miss Komal
6. Miss Chetna Sarkar
7. Miss Khyati Goswami