



इंदिरा गाँधी राष्ट्रीय जनजातीय विश्वविद्यालय, अमरकंटक
Indira Gandhi National Tribal University, Amarkantak
(A Central University established by an Act of Parliament)

"Be with Yoga, Be at Home"

On the occasion of

7TH INTERNATIONAL DAY OF YOGA

YOGA FORTNIGHT (YOGA PAKHWARA)

15 -30 JUNE 2021



Organized by:

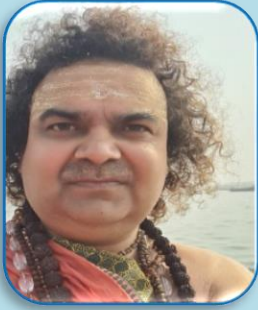
FACULTY & DEPARTMENT OF YOGA

INDIRA GANDHI NATIONAL TRIBAL UNIVERSITY, AMARKANTAK, M.P

PROGRAMME SCHEDULE

Inaugural Function of Yoga Fortnight & 7 Days National Workshop
On
Role Of Yoga & Traditional Therapies To Combat Covid-19

Date 15 June 2021

Time	Name	Designation	Organization/Institute	Topic
3.00-3.05pm	 Dr. Srikant Mishra	Archak	Shri Kashi Vishwanath Mandir Nyas, Varanasi	Mangalacharan
3.06-3.13				Kulgeet

3:14-3:19pm		Prof. Alok Shrotriya	HOD and Dean Yoga Science & Director organizing committee	Indira Gandhi National Tribal University, Amarkantak	Welcome Address
3:20-3:40pm		Shri Ved Prakash Sharma	President	Yoga Sports Association, M.P	Address by Guest of Honour
3:41-4:20pm		Padmashri Prof. H.R. Nagendra	Hon. Chancellor	Swami Vivekanand Yoga Anusandhan Sansthan, Bengaluru	Address by Chief Guest
4:21 - 4:50p.m		Prof. Shri Prakash Mani Tripathi	Hon. Vice Chancellor	Indira Gandhi National Tribal University, Amarkantak	Presidential Address
4:51-4:55p.m		Prof. Jitendra Kumar Sharma	Convener	Organizing Committee	Vote of Thanks

4.56-
5:00p.m

National Anthem



Dr. Hare Ram Pandey

Moderator

Date:16th June,2021

7:00-
8:00a.m



Yogachary Shri
Jitendra
Pratap Singh

Yoga Trainer

Jagadguru Sri
Rambhadracharya
Divyang University,
Chitrakut

Practice of yoga
protocol

3:00-
3:30p.m



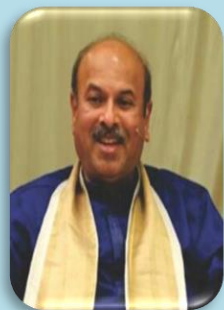
Dr. Satya
Prakash
Pathak

Assistant
Professor

Department of Yoga
Studies
Himachal Pradesh
University, Shimla

Textual Survey of
Yogic Therapy

3:31-
5:00p.m



Wing
Commander
N.J. Reddy

Founder
Yoga Prana
Vidya

Yoga Prana Vidya
Ashram, Thaily,
Tamil Nadu

Boosting &
Sustaining
immunity using
integrated yoga
prana vidya



Dr. Praveen Kumar Gupta

Moderator

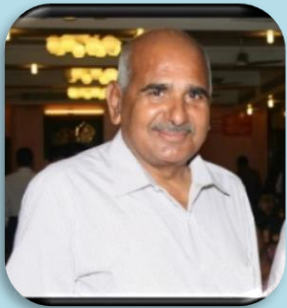


Dr. Sandeep Thakre

Vote Of Thanks

Date :17th June, 2021

7:00-
8:00a.m



Shri Gopal
Sharan Singh

Vipassana
Achary

Jetwan Vipassana
Centre, Kushinagar

Vipassana
Meditation

3:00-
3:30pm



Prof. Monika
Jain

Professor
(Food and
Nutrition)

Banasthali Vidyapith
, Rajasthan

Traditional foods
& health

3:31-
3:50pm



Dr. Kashi Nath
Metri

Assistant
professor

Central University,
Rajasthan

Potential role of
yoga in immune
modulation &
mental health
promotion in
COVID-19

3:51-
4:10pm



Dr. Amrit
Gurvendra


HOD

Department of
complementary
&Alternative
medicine, DSVV,
Haridwar





Inhance immunity
power through
alternative
therapies






4:11-4:30pm		Dr. Durgesh Kumar Upadhyay	Assistant Professor	Department of Psychology, MGKVP, Varanasi	Achieving health through the trio of music, yoga & psychology during & after the pandemic
4:31-4:50pm		Dr. Parul Gautam	Rehabilitation Psychologist	Indore	Rehabilitation & COVID-19
		Dr. Shyam Sunder Pal			Moderator
		Dr. Neelam Shrivastava			Vote of Thanks
Date: 18th June, 2021					
7:00-8:00pm		Yogachary Sudhanshu	Yoga Trainer	Transedia Stadium, Ahmadabad	Practical practice of yoga protocol & Cyclic Mediation
3:00-3:40pm		Prof. Yamini Bhushan Tripathi	Former Dean	Faculty of Ayurveda Institute of Medical Sciences, BHU, Varanasi	Holistic approach of Ayurveda to COVID-19

3:41-4:00p.m		Prof. Jitendra Kumar Sharma	Professor	IGNTU, Amarkantak	Swasth Dincharya, satwik evam poshak ahar tatha manah Prabodh dwara mahamari COVID-19 ka niwaran
4:01-4:20pm		Dr. Sri Krishna Chandaka	Director	Sahaja Yoga & Naturopathy Hospital, Annavaram Devasthanam Department Endowments, Govt. of A.P.	Prevention & Rehabilitation Covid-19 through Pranayam
4:20-4:40p.m		Dr. Amit Singh	Associate Professor	Department of yoga & life science, Swami Vivekanand yoga anusandhan samsthan, Bengaluru	Yoga & health
4:40-5:00p.m		Dr. S. Rupendra Rao	HOD	Department of yoga & psychology, Pt. Sundar Lal Sharma open university, Bilaspur	Role of yoga psychology to combat COVID-19
			Dr. Sandeep Thakre		Moderator



		Dr. P. K. Gupta	Vote of Thanks
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Date: 19th June, 2021

7:00-8:00am		Yogachary Priyanka Kumari	Research Scholar	Department of Kay Chikitsa, Faculty of Ayurveda, IMS, BHU, Varanasi	Practice of yoga protocol & yognidra Meditation
3:00-3:15pm		Prof. K. Satya Lakshmi	Honorable Director	National Institute of Naturopathy, Ayush Ministry, Govt. of India Pune	Role of Naturopathy and Yoga in the management of Covid-19
3:16-3:46pm		Prof. Kismat Kumar Singh	HOD	Veer Kunwar Singh University, Ara	Corona aapda me Bhartiya chintan darsan ki prasangic Bhumika: ek bimarsh
3:47-4:17pm		Dr. Mangalagowri V Rao	Associate Professor	Department of Swasthritt & yoga, Faculty of Ayurved,IMS,BHU, Varanasi	Role of diet, lifestyle in immunomodulation

4:18-4:37pm		Dr. Anchal Singh	Assistant Professor	Jai Prakash University, Chapra	Post COVID-19 Nutritional Management
4:38-4:4.57pm		Yogachary Rajeev Kumar	Founder	Arogya Dev Vedic Vigyan Sansthan	Yagya & Yoga for Holistic Health
		Dr. Neelam Shrivastav			Moderator
		Dr. Sandeep Thakre			Vote of Thanks
Date: 20th June, 2021					
7:00-8:00pm		Yogachary Ajeet Dev	Founder	Perfect yoga, Patna	Practice of yoga protocol
3:00-3:30p.m		Prof. J. P. N. Mishra	Registrar	ICPR, Hyderabad & Former Dean & HOD, Faculty & Deptt. Of Life Science, Central University, Gujrat	Physiology of Yoga Therapy

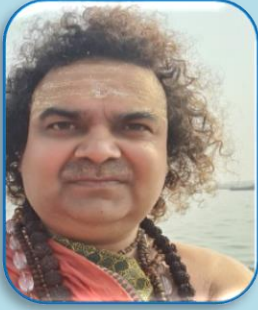



					
3:31-4:00p.m		Prof. Rajendra Rajput	Principal	Govt. S.D.J. Homeopathy Medical College and Hospital, Azamgarh	Preventive & promotive health
4:01-4:20p.m		Dr. Anita Chaudhary	International Teacher	Art of Living	COVID-19 & Yoga
4:21-4:40p.m		Dr. Prashant Kumar Rai	Associate professor	Sri Gandhi P. G. College, Maltari, Azamgadh	Corona kal me dhyan ki upadeyata:sandar bh dhyan bindu upanisad
4:41-5:00p.m		Dr. Saumitra Tiwari	HOD	Department of Yoga, Pt. Atal Bihari Bajpai University, Bilaspur	Effect of yoga on dietary habits

		Dr. P. K. Gupta	Moderator
		Dr. Shyam sunder pal	Vote of Thanks

Date: 21st June 2021 International Day of Yoga


7:00-8:00a.m		Dr. Hare Ram Pandey	Assistant Professor	IGNTU, Amarkantak	Practice of yoga protocol
8.00-8.25a.m		Prof. Shri Prakash Mani Tripathi	Hon. Vice Chancellor	IGNTU, Amarkantak	Presidential Address
8.25-8.30a.m		Prof. Alok Shrotriya	Dean &HOD	Yoga Science, IGNTU	Vote of Thanks

Valedictory Function of 7 Day National Workshop


3:00-3:05pm		Dr. Srikant Mishra	Archak	Shri Kashi Vishwanath Mandir Nyas, Varanasi	Mangalacharan
3:06-3:13pm	Kulgeet				
3:14-3:18pm		Prof. Alok Shrotriya	HOD and Dean Yoga Science & Director organizing committee	Indira Gandhi National Tribal University, Amarkantak	Welcome Address
3:19-3:24pm		Dr. P. K. Gupta	Assistant Professor	Department of Yoga	Report Presentation
3:25-3:30pm	Feedback of Participants				
3:31-4:10pm		Prof. A. D. N. Bajpai	Hon.V.C	Pt.Atal Bihari Bajpai University,Bilaspur	Adress of Chief Guest

4:11-4:50pm		Prof. Shri Prakash Mani Tripathi	Hon. Vice Chancellor	IGNTU, Amarkantak	Presidential Address
4:51-4:55pm		Prof. Jitendra Kumar Sharma	Convener	Organizing Committee	Vote of Thanks
4:56-5:00	National Anthem				


Date 22nd June, 2021

7:00-8:00 am		Dr. Abhishek Gupta	Yoga Trainer	IIT, BHU	Practice of yoga protocol
8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				

Date 23rd June, 2021


7:00-8:00 am		Yoga guru Ashish Tandan & Team	Yoga Trainer	Founder, Chaitanya Yoga Sewa Sansthan, Varanasi	Practice of yoga protocol, Shatkarma & MSRT
8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				

Date 24th June, 2021

7:00-8:00 am		Rahul Singh Chauhan	Yoga Trainer	Moraraji Desai National Institute of Yoga, New Delhi	Practice of yoga protocol
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8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				
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Date 25th June, 2021

7:00-8:00 am		Dr Alok Kumar Pandey	Yoga Trainer	Central University Gujarat	Practice of yoga protocol & Preksha Mediation
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8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				
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Date 26th June, 2021


7:00-8:00 am		Yogacharya Kavita Bhandari	Yoga Trainer	The Yogashala, New Delhi	Practice of yoga protocol
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8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				
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Date 27th June, 2021

7:00-8:00 am		Yogaguru Mohan Karaki	Yoga Trainer	Yoga guru Institute, New Delhi	Practice of yoga protocol
8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				


Date 28th June, 2021

7:00-8:00 am		Yogacharya Neha Vashisth	Founder	Women Health Research foundation, New Delhi	Practice of yoga protocol
8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				

Date 29th June, 2021

7:00-8:00 am		Yogacharya Jyotsna	Yoga Trainer	Ranchi	Practice of yoga protocol
8:30-10:30 am	Yoga knowledge, Asana & kriya competition.				


Date 30th June, 2021


7:00-8:00 am		Yogacharya Pampa Gayen Sen	Yoga Trainer	Dr P.S. Das Yoga Research and Rehabilitation Center, Kolkata	Practice of yoga protocol
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Valedictory Function of Yoga Fortnight

4:00-4:05pm		Dr. Srikant Mishra	Archak	Shri kashi Vishwanath Mandi Nyas Varanasi	Mangalacharan
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4:05-4:11p.m	Kulgeet				
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4:11-4:16p.m		Prof. Alok Shrotriya	HOD and Dean Yoga Science & Director organizing committee	Indira Gandhi National Tribal University, Amarkantak	Welcome Address
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4:16-4:22p.m		Dr. P. K. Gupta	Assistant Professor	Department of Yoga	Report Presentation
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4:23-4:28p.m	Feedback of Participants				
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4:29-5:09p.m		Dr. Ishwar V. Basavaraddi	Honorable Director	Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India	Address by Chief Guest
5:10-5:50p.m		Prof. Shri Prakash Mani Tripathi	Honorable V.C	IGNTU, Amarkantak, M.P	Presidential Address
5:51-5:57p.m		Prof. Jitendra Kumar Sharma	Convener	Organizing Committee	Vote of Thanks
5:57-6:00p.ms	National Anthem				
Moderator- Dr. Hare Ram Pandey					