



# Govt. Vivekanand PG College Manendragarh Dist- Koriya C.G.



On the Occasion of International Yoga day

अंतर्राष्ट्रीय योगदिवस के अवसर पर

Yoga and Health: 7 Days National Level Training Program (Online)

योग एवं स्वास्थ्य: सात दिवसीय राष्ट्रीय स्तर प्रशिक्षण कार्यक्रम (ऑनलाइन)



Organized By

**Department of Home Science, National Service Scheme & IQAC**

Inaugural Session

Date- 16<sup>th</sup> June 2021 08:00 AM



Chief Guest

**Smt. Sharda Verma (IAS)**  
Commissioner, Higher Education  
Government of Chhattisgarh  
Raipur.



Special Guest

**Dr. Samarendra Singh**  
State NSS Officer & Deputy Secretary  
Higher Education  
Government of Chhattisgarh, Raipur.

Valedictory Session

Date- 22<sup>th</sup> June 2021 08:00 AM



Chief Guest

**Ms. Geneviva Kindo (IAS)**  
Vice Chancellor  
Sant Gahira Guru University  
Dist-Sarguja, Ambikapur C.G.  
Commissioner, Sarguja Division.



Special Guest

**Dr. Anil Sinha**  
Program Coordinator NSS  
Sant Gahira Guru University  
Dist-Sarguja, Ambikapur  
C.G.



## Program Schedule (Lecture Session + Practice Session)

**Date- 16<sup>th</sup> to 22<sup>th</sup> June 2021 Time - 08:00 AM to 09:30 AM**



Date- 16<sup>th</sup> June 2021

**Dr. Nibu R Krishna**

Associate Professor Dept. Yogic Science  
Laxmi Bai National Institute of Physical  
Education, Gwalior (M.P.)  
Ministry of Youth Affairs and Sports (Govt.  
of India)

**Topic- Yogic Practices for Positive Energy &  
Positive Thoughts.**



Date- 16<sup>th</sup> June 2021

**Rupesh Kumar**

Assistant Professor of Yoga  
Department of Yogic Art and Science  
Visva-Bharti University, Bolpur, West Bengal  
Asian Yoga Champion, the Grand Master of  
Yoga, 2 times Bharat Yoga Ratna.

**Topic-- Healthy Life Style: Introduction to Yoga and  
the basic rules.**



Date- 17<sup>th</sup> & 19<sup>th</sup> June 2021

**Heena Shah**

Yoga Coach  
Gold Medalist From SAI, NSNIS, Patiala, Punjab  
Fitness Expert at Ayush Health & Yoga  
Wellness Center, Surat, Gujrat.

**Topic-a) Importance of Ashtanga Yoga in Human life.  
b) Benefits of easy daily Yoga practices.**



Date- 18<sup>th</sup> June 2021

**Dr. Sunil Kumar Deshmukh**

Yoga Instructor, Dept. of Yogic Science  
Laxmi Bai National Institute of Physical  
Education, Gwalior (M.P.)

**Topic- Role of Pranayam Practices in disease  
control/pandemic.**



Date- 20<sup>th</sup> & 21<sup>th</sup> June 2021

**Dr. Priti Pandey**

Associate Professor, Dept. of Physical Education  
S N Sen B.V.P.G. College  
Kanpur, Uttarpradesh

**Topic-Health Management & Personality  
Development through Yoga.**

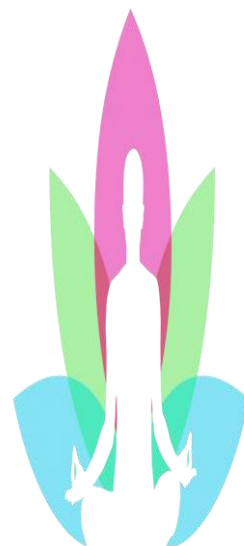


Date- 22<sup>th</sup> June 2021

**Ms. Deepshikha Thakur**

Yoga Practitioner & Assistant Professor  
School of Business Management  
Shoolini University, Solan  
Himachal Pradesh

**Topic- Significance of Ashtanga Yoga in daily life  
and Stress Management.**







**Dr. Saroj Bala Shyag Bishnoi**

Principal & Convener, PO NSS  
Head, Dept. of Home Science  
Govt. Vivekanand PG College  
Manendragarh, Dist-Koriya C.G.



**Shri L C Manwani**

IQAC Coordinator  
Head, Dept. of Chemistry  
Govt. Vivekanand PG College  
Manendragarh, Dist-Koriya C.G.



**Dr. Arunima Datta**

Program Co-Convener  
Head, Dept. of Zoology  
Govt. Vivekanand PG College  
Manendragarh, Dist-Koriya C.G.



**Shri Sushil Kumar Tiwari**

Asst. Professor, Dept. of Hindi  
Program Officer NSS  
Govt. Vivekanand PG College  
Manendragarh, Dist-Koriya C.G.



**Shri Avnish Kumar Gupta**

Technical Support  
Guest Lecturer, Dept. of Computer Science  
Govt. Vivekanand PG College  
Manendragarh, Dist-Koriya C.G.

# Organizing Committee

## Important Links

- Registration Link - <https://forms.gle/9DHUHsukYBt4JpUP6>
- Google Meet Link - <https://meet.google.com/rrm-itvb-wbf>
- Youtube Channel (Live) - [Govt. Vivekanand PG College](#)
- Feedback link - <https://forms.gle/Q9Jz3iEdryZ2Qqmj6>

## Contact us

- Email- [vnpgcnationalseminar@gmail.com](mailto:vnpgcnationalseminar@gmail.com)
- Website- [www.vnpgc.in](http://www.vnpgc.in)