



**DIRECTORATE OF STUDENTS' WELFARE  
&  
PROGRAMME CO-ORDINATOR (NSS)  
NAVSARI AGRICULTURAL UNIVERSITY  
NAVSARI-396450**

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Azadi Ka  
Amrit Mahotsav

**Dr. R. M. Naik  
Director**

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Read: 1. Letter of Ministry of Youth Affairs and Sports, Govt. of India -फा.सं.प. 16/1/2020/एन एस  
एस/गुजरात / 1171-1263, दिनांक 09 जून 2022

**CIRCULAR**

**National Seminar on "Yoga to Combat Life Style Disorders"**

In order to commemorate 8<sup>th</sup> International Day of Yoga, this year a National Seminar on "Yoga to Combat Life Style Disorders" is going to be organized in hybrid mode as per attached detail in brochure:

Link for registration in the seminar: <https://forms.gle/evm323q4jW31YFtd8>

Link of Google meet to join the seminar through online mode - [meet.google.com/tfy-pavm-usc](https://meet.google.com/tfy-pavm-usc)

No. NAU/DSW/T-8/3268/2022  
Dated: 16.06.2022

  
Director



# National Seminar on Yoga to Combat Life Style Disorders

19<sup>th</sup> June, 2022 (09:00 AM to 05.00 PM)

Physical Venue: Central Examination Hall, NAU, Navsari

Online Mode: Google meet Link: [meet.google.com/tfy-pavm-usc](https://meet.google.com/tfy-pavm-usc)

Organized by DSW Office, NAU, Navsari, Gujarat



## Speakers



**Dr. Vinay Kumar Bharati**  
Yoga Therapist  
Morarji Desai National Institute  
of Yoga, Ministry of AYUSH  
Government of India  
New Delhi



**Co-Patron**  
**Dr. T. R. Ahlawat**  
Director of Research and Dean PGS  
Navsari Agricultural University  
Navsari - Gujarat



**Patron**  
**Dr. Z.P. Patel**  
Honorable Vice Chancellor  
Navsari Agricultural University  
Navsari - Gujarat



**Chairman**  
**Dr. R.M. Naik**  
Director of Students' Welfare and  
Principal and Dean, N.M. College of Agriculture  
Navsari Agricultural University  
Navsari - Gujarat



**Shri Pareshbhai Bhatt**  
Secretary, Guj. State Yoga Asso.  
NIS Coach (Yoga), M.Sc. (Yoga)  
International Referee (Yoga/Karate)  
Yoga Teacher's Trainer for GCERT  
and GSEB, Surat, Gujarat



**Dr. Ajay Pal**  
Assistant Professor (Yoga)  
Central University of Haryana  
Mahendragarh, Haryana



**Co-Organizing Secretary**  
**Dr. K.P. Suthar**  
Assistant Professor and  
Nodal Officer - Scholarship  
Dept. of Basic Sci., ACHF, NAU, Navsari

## Organizing Secretary and Speaker



**Dr. Diwakar Singh**  
Nodal officer – Yoga, National Yoga Referee  
and Assistant Professor, Dept. of Basic Sci., ACHF,  
Navsari Agricultural University  
Navsari, Gujarat  
[diwakar@nau.in](mailto:diwakar@nau.in) +91-9979246301



**Co-Organizing Secretary**  
**Dr. Sachin Patel**  
Assistant Professor and  
Yoga Coordinator (NMCA)  
Dept. of Ento., NMCA, NAU, Navsari



**Dr. Reetu Mehta**  
M.Sc. (Sci. of Living, Preksha  
Meditation and Yoga) and National  
Yoga Referee  
DOR, MPUAT, Udaipur  
Rajasthan

## Registration Link

<https://forms.gle/evm323q4jW31YFtd8>





# National Seminar on Yoga to Combat Life Style Disorders

19<sup>th</sup> June, 2022 (09:00 AM to 05:00 PM)



## INAUGURAL SESSION

09:00-09:30	Welcome Address by Organizing Secretary	Dr. Diwakar Singh
	Address by Chairman, Director of Students' Welfare, NAU, Navsari	Dr. R.M. Naik
	Address by Honorable Director of Research & Dean PGS, NAU, Navsari	Dr. T.R. Ahlawat
	Address by Honorable Vice Chancellor, NAU, Navsari	Dr. Z.P. Patel
	Vote of Thanks by Co-Organizing Secretary	Dr. Kiran P Suthar

## YOGASANA DEMONSTRATION (09:30 – 09:50)

Tea Break (09:50 – 10:00)

## TECHNICAL SESSION

10:00-10:50	Yoga therapy for Diabetes (Key Note Lecture)	Dr. Vinay Kumar Bharati, Senior Yoga Therapist, Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, New Delhi
10:50-11:00	Question and answer session	
11:00-11:50	Yoga therapy for Cardiac problems	Dr. Ajay Pal, Assistant Professor (Yoga), Central University of Haryana, Mahendragarh, Haryana
11:50-12:00	Question and answer session	
12:00-12:50	Yoga therapy for Respiratory illness	Dr. Reetu Mehta, M.Sc. (Sci. of Living, Preksha Meditation and Yoga) and National Yoga Referee, DOR, MPUAT, Udaipur, Rajasthan
12:50-13:00	Question and answer session	
LUNCH BREAK (13:00 – 14:00)		
14:00-14:50	Yoga therapy for Stress management	Shri Pareshbhai Bhatt, Secretary, Guj. State Yoga Asso., M.Sc. (Yoga), NIS Coach (Yoga), International Referee (Yoga/Karate), Yoga Teacher's Trainer for GCERT and GSEB, Surat, Gujarat
14:50-15:00	Question and answer session	
15:00-15:50	Yoga therapy for Cancer	Dr. Diwakar Singh, Nodal officer – Yoga and Assistant Professor Dept. of Basic Sic., ACHF, Navsari Agricultural University, Navsari, Gujarat
15:50-16:00	Question and answer session	

## CERTIFICATE AND MOMENTO DISTRIBUTION (16:00-16:30)

## PLENARY SESSION

16:30-16:40	Report of Seminar	Organizing Secretary, Dr. Diwakar Singh
16:40-16:50	Concluding Remarks	Chairman, Dr. R.M. Naik
16:50-17:00	Vote of Thanks	Organizing Secretary, Dr. Sachin Patel