

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 8th 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

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



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 Organized by DSW Office, NAU, Navsari, Gujarat







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



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



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



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 +91-9979246301



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



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



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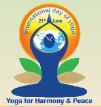
a) ana **Dr. K.P. Suthar** Assistant Professor and Nodal Officer - Scholarship Dept. of Basic Sci., ACHF, NAU, Navsari Registration Link https://forms.gle/evm 323q4jW31YFtd8



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



## National Seminar on Yoga to Combat Life Style Disorders 19<sup>th</sup> June, 2022 (09:00 AM to 05.00 PM)



		INAUGURAL SESSIC	DN	
	Welcome Address by Organizing Secretary		Dr. Diwakar Singh	
	Address by Chairman, Director of Students' Welfare, NAU, Navsari		Dr. R.M. Naik	
09:00-09:30	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	
	YO	GASANA DEMONSTRATION	(09:30 – 09:50)	
		Tea Break (09:50 – 10	D:00)	
		TECHNICAL SESSIO	N Construction of the second se	
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	
10:50-11:00	Question and answer session	AYUSH, Government of India, New Delhi		
11:00-11:50	Yoga therapy for Cardiac problems	Dr. Ajay Pal, Assistant Professor (Yoga), Central University of Haryana, Mahendragarh, Haryana Dr. Reetu Mehta, M.Sc. (Sci. of Living, Preksha Meditation and Yoga) and National Yoga Referee, DOR, MPUAT, Udaipur, Rajasthan		
11:50-12:00	Question and answer session			
12:00-12:50	Yoga therapy for Respiratory illness			
12:50-13:00	Question and answer session			
		LUNCH BREAK (13:00 -	14:00)	
14:00-14:50	Yoga therapy for Stress management	<ul> <li>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</li> <li>Dr. Diwakar Singh, Nodal officer – Yoga and Assistant Professor Dept. of Basic Sic., ACHF, Navsari Agricultural University, Navsari, Gujarat</li> </ul>		
14:50-15:00	Question and answer session			
15:00-15:50	Yoga therapy for Cancer			
15:50-16:00	Question and answer session			
	CERTIFIC	ATE AND MOMENTO DISTRIE	3UTION (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		