



National Live Webinar on Significance of Yoga during COVID-19 pandemic 16th June, 2021 (10:00 AM to 12.35 PM)



Speakers



Dr. Ramakant Mishra
Assistant Professor (Yoga)
Dept. of Physical Education
University of Rajasthan
Jaipur, Rajasthan



Co-Patron
Dr. S.R. Chaudhary
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
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



Dr. K.P. Suthar
Assistant Professor
Dept. of PMBB, ACHF, NAU, Navsari

Organizing Secretary and Speaker

Dr. Diwakar Singh

Nodal officer – Yoga , National Yoga Referee
and Assistant Professor, Dept. of PMBB, ACHF,
Navsari Agricultural University
Navsari, Gujarat

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Co- Organizing Secretaries



Dr. Ankur Chaudhary
Physical Instructor
DSW Office, NAU, Navsari



Shri Viman Gogoi
Yoga Expert
Associated with SVYASA Yoga
University, Bangalore, Karnataka
and Indian Yoga Association

Links to join

Through zoom - <https://us02web.zoom.us/j/83306620523?pwd=c0lCNnFlcDA3WVBhNGtldVZlZGVlQT09> Meeting ID: 833 0662 0523 Password: 123456

Through youtube - <https://youtu.be/-uvRgYee8xs>

Link for Registration

<https://forms.gle/bomHPt23vZGgSmXq9>



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Program Schedule

Inaugural Session

10:00-10:10	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. S.R. Chaudhary
	Address by Honorable Vice Chancellor, NAU, Navsari	Dr. Z.P. Patel
	Vote of Thanks	Dr. Kiran P Suthar

Tea Break (10:10 – 10:15)

Technical session

10:15-10:35	Significance of Satkarm kriyas during COVID-19 pandemic	Dr. Ramakant Mishra, Assistant Professor (Yoga), Dept. of Physical Education, University of Rajasthan, Jaipur, Rajasthan
10:35-10:40	Question and answer session	
10:40-11:00	Significance of Pranayam during COVID-19 pandemic	Dr. Ajay Pal, Assistant Professor (Yoga), Central University of Haryana, Mahendragarh, Haryana
11:00-11:05	Question and answer session	
11:05-11:25	Significance of Yogasana during COVID-19 pandemic	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
11:25-11:30	Question and answer session	
11:30-11:50	Significance of Meditation during COVID-19 pandemic	Shri Viman Gogoi, Yoga Expert, Associated with SVYASA Yoga University, Bangalore, Karnataka and Indian Yoga Association
11:50-11:55	Question and answer session	
11:55-12:15	Significance of Kayotsarg (Relaxation) during COVID-19 pandemic	Dr. Diwakar Singh, Nodal officer – Yoga and Assistant Professor Dept. of PMBB, ACHF, Navsari Agricultural University, Navsari, Gujarat
12:15-12:20	Question and answer session	

Plenary session

12:20-12:25	Report of Webinar	Organizing Secretary, Dr. Diwakar Singh
12:25-12:30	Concluding Remarks	Chairman, Dr. R.M. Naik
12:30-12:35	Vote of Thanks	Dr. Ankur Chaudhary
12:35-17:00	Feedback –Compulsory give feedback on this link https://forms.gle/MWY2JNmKcojYtMcBA	