



**INDIRA GANDHI INSTITUTE OF PHYSICAL  
EDUCATION AND SPORTS SCIENCES  
(UNIVERSITY OF DELHI)  
B-BLOCK, VIKASPURI, NEW - DELHI -110018**

**Invitation For  
SEVEN DAYS ONLINE NATIONAL YOGA  
WORKSHOP**

**15<sup>th</sup> June 2021 – 21<sup>st</sup> June 2021**

**Time: 7:00 a.m. to 08:00 a.m. / Platform - Webex**

**ON THE OCCASION OF  
7<sup>TH</sup> INTERNATIONAL DAY OF YOGA**



**REGISTRATION: FREE**

**(Registration Mandatory For Participation)**

**E – Certificate Will Be Issued to Participants**

**Last Date of Registration 13<sup>th</sup> June 2021 up to 05:00 p.m.**

**Registration Link <https://docs.google.com/forms/d/1AlmdD9esUMXU1IGA8PDI9-PdN6v-vKduPkTF2E1qES4/edit>**

**MR. NARESH DABAS**

**CHIEF PATRON**

**CHAIRMAN, GOVERNING BODY**

**DR. SANDEEP TIWARI**

**PATRON**

**ACTING PRINCIPAL**

**DR. J. P. SHARMA**

**COORDINATOR**

**ASSOCIATE PROFESSOR**

**DR. PARDEEP KUMAR**

**CO-COORDINATOR**

**ASSOCIATE PROFESSOR**

**DR. TARAK NATH PRAMANIK**

**CO-COORDINATOR**

**ASSISTANT PROFESSOR**

**NOTE: LINK FOR WORKSHOP WILL BE SHARED ON REGISTERED EMAIL ONE DAY**

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UNIVERSITY OF DELHI  
B- BLOCK VIKASPURI NEW DELHI – 110018

**SCHEDULE**

**SEVEN DAYS ONLINE NATIONAL YOGA WORKSHOP  
(ORGANIZED BY IGIPESS)**

**15<sup>TH</sup> JUNE 2021 – 21<sup>ST</sup> JUNE 2021**

**ON THE OCCASION OF  
7<sup>TH</sup> INTERNATIONAL DAY OF YOGA**

S. NO	DATE	TIME	TOPIC	NAME OF THE EXPERT
1.	15.06.2021	7:00 A.M.	Inaugural Session	Mr. Naresh Dabas Chief Guest, Chairman, GB, IGIPESS
			Vipassana	Dr. Pardeep Kumar Associate Professor, IGIPESS
2.	16.06.2021	7:00 A.M. TO 8:00 A.M.	Pranayama	Dr. Ramesh Kumar Resource Person Shri Lal Bahadur Shastri National Sanskrit University
3.	17.06.2021	7:00 A.M. TO 8:00 A.M.	Yogic Diet	Dr. Sunil Deshmukh Resource Person LNIPE, Gwalior
4.	18.06.2021	7:00 A.M. TO 8:00 A.M.	Yoga and Happiness	Dr. Ajay Shastri Resource Person Jawaharlal Nehru University,
5.	19.06.2021	7:00 A.M. TO 8:00 A.M.	The Dhyani Yoga of Bhagwat Gita	Dr. Arpit Dubey Resource Person Morarji Desai National Institute of Yoga (MDNIY)
6.	20.06.2021	7:00 A.M. TO 8:00 A.M.	Post Covid Management through Yoga	Prof. Suresh Lal Barnwal Resource Person Dev Sanskrit Vishwavidyalaya,
7.	21.06.2021	7:00 A.M.	Valedictory Session	Prof. Balram Pani Chief Guest, Dean of Colleges, University of Delhi

**Note: 1. Sequence of Programme – Introduction, Expert Lecturer, Questions-Answer, Practical Yoga-Protocol.**

**2. 80% Attendance is compulsory for E – Certificate.**

**DR. J. P SHARMA**  
COORDINATOR  
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