

One day National Seminar

on

“Therapeutic Efficacy of Yogic Practices”

Programme Schedule

Moderator of Programme: Dr. Rajneesh Kumar Gupta, Convener, Yoga Club		
Inauguration of Yoga Exhibition		10:50 AM
Lighting of Lamp & Invocation of Kulgeet		11:00 AM
Welcome Address	Prof. Atanu Mohapatra, Chairperson, YPIC	11:10 AM
Introduction	Prof. H.B. Patel, Registrar, Central University of Gujarat	11:15 AM
Health Benefits of Yoga	Yog Guru Shri Dheeraj Vashistha Vashistha Yoga Ashram, Ghuma, Ahmedabad	11:25 AM
Yoga and Modern Medicinal Practices	Dr. Chintan Chaudhari MBBS, MPH	11:50 AM
Certificate Distribution		12:15 PM
Presidential Remarks	Prof. R.S. Dubey, Hon'ble Vice Chancellor, Central University of Gujarat	12:30 PM
Vote of Thanks	Dr. Alok Pandey, Yoga Instructor	12:55 PM
Lunch Break		1:00 PM
Documentary Screening		2:00 PM
Demonstration of Satkarma		4:00 PM