



# 16th National Seminar on "Stress Management Through Yoga" Virtual Mode

30.11.2020 to 01.12.2020

Inaugural Time

12:00 PM

30.11.2020



**Chief Guest:**

**Hon'ble Dr. Dharam Singh Saini**  
(AYUSH Minister, U.P)



**Shri Raj Kamal Yadav**  
Special Secretary,  
Mission Director  
UP State Ayush Mission



**Dr. Jaideep Arya**  
Chairman-  
Hariyana Yoga Parishad  
Govt. of Hariyana



**Dr. Amarjeet Yadav**  
Advisor,  
UP State Ayush Mission  
Organizing Chairman



# Eminents Speaker & Guest



Pro. R.G. Singh  
Former Director,  
I.M.S, B.H.U



Prof. Rajendra Prasad  
Former Director,  
Patel Chest Institute,  
University of Delhi



Prof. Ishwar Bhardwaj  
Dean, DSVV, Haridwar



Prof. Chandra Singh Jhala  
Vice Chancellor, Lakulish Yoga  
University, Ahemdabad



Prof. Ganesh Shankar Giri  
HOD, Yoga, Sagar University  
M.P



Prof. G.D. Sharma  
Former Head, Dept. of Yoga  
Himachal Pradesh University  
Shimla



Prof. S. R. Tatar  
Former Vice Chancellor  
Singhania University,  
Rajasthan



Prof. Rama Kant Singh  
Vice Chancellor  
S.B.S University, Dehradun



Prof. Suresh Lal Barnwal  
HOD, Dept. of Yoga  
DSVV, Haridwar



Prof. Vimal Kumar Modi  
Director, Arogya Mandir  
Gorakhpur



Dr. Rajeev Rastogi  
Former Assistant Director, CCRYN,  
Ayush ministry  
New Delhi



Dr. Kamakhya kumar  
HOD, Yoga, Uttrakhand Sanskrit  
University, Haridwar



Dr. Satendra Mishra  
University of Lucknow



Dr. Rajeev Mishra  
KGMU, LUCKNOW



Dr. V.K. Ohari  
Lucknow



Dr. U.K. Shukla  
University of Lucknow

Jointly Organised By-

U.P Naturopathy & Yoga Teacher's and Physicians Association, Lucknow

UP State Ayush Mission, Deptt. of Ayush, Govt. of UP

Indian Yoga Association, UP State Chapter

Indian Academy of Yoga, UP State Chapter

S.G. College & Hospital of Naturopathy & Yoga





# Program Schedule Date- 30.11.2020

S.No.	Time
1. Inauguration	12:00 PM
2. Welcome by -Dr. Amarjeet Yadav	12:00-12:10 PM
3. Speech of Chief Guest	12:10-12:30 PM
4. Speech of Shree Raj kamal Yadav	12:30-12:40 PM
5. Speech of Dr. Jaideep Arya	12:40-01:00 PM
6. Lecture of Prof. R.G Singh	01:00-01:10 PM
7. Lecture of Prof. Rajendra Prasad	01:10-01:20 PM
8. Lecture of Prof. Ishwar Bhardwaj	01:20-01:35 PM
9. Lecture of Prof. Ganesh Shakar Giri	01:35-01:50 PM
10. Lecture of Prof. G.D. Sharma	01:50-02:05 PM
11. Lecture of Prof. Suresh Lal Barnwal	02:05- 02:20 PM

## Second Session:-

Students Paper's Presentation	02:20- 04:00 PM
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## **Third Session-** **01.12.2020**

1. Prof. Chandra Singh Jhala 11:00-11:20 PM
2. Prof. R.K. Singh 11:20-11:40 PM
3. Prof. S.R. Tatar 11:40-12:00 PM
4. Dr. Vimal Kumar Modi 12:00-12:10 PM
5. Dr. Rajeev Rastogi 12:10-12:20 PM
6. Dr. Rajeev Mishra 12:00-12:30 PM

## **Forth Session-**

1. Dr. M.K Taneja 12:30-12:40 PM
2. Dr. Satendra Mishra 12:40-12:50 PM
3. Dr. V.K Ohari 12:50-01:00 PM
4. Dr. U.K Shukla 01:00-01:10 PM

## **Fifth Session-**

Students Paper Presentation 01:10-02:10 PM

## **Sixth Session**

**Valedictory Function 02:10-02:40 PM**

**YOU ARE ALL INVITED**