

DEPARTMENT OF YOGA EDUCATION
DOCTOR HARISINGH GOUR UNIVERSITY, SAGAR-470003(M.P.)
(A Central University)



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No.: Yoga/IYD/

Date: 09-05-2019

NOTICE

Yoga is an ancient culture and Indian heritage, when adopted as a way of life is claimed to bestow the practitioner with ideal physical, mental, intellectual, and spiritual health.

For spread out Health Awareness and achieving Holistic Health & other objectives of Yoga, the department of Yogic Studies of Dr. Harisingh Gour Central University, Sagar organize International Yoga Day Celebrations on 21st June 2019. A National workshop/Seminar on Yoga & Mental health is also being organized on 20-21 June 2019. To encourage maximum participation in the International Yoga Celebration and create awareness about Human Health and Yoga, Participants of the workshop are invited for the following competitions:

1. Yoga Essay/ Quiz competition:

Topics:

1. Personal & Social Ethics in Yoga
2. Mind-Meaning, stages, Chitta Vikshepas and Chitta Prasadana.
3. Health & Yoga Therapy
4. Yoga & Mental Health

Typed Material on any topic of interest up to 4-5 pages (A4 size) must reach by email by 15th of June 2019. Selected paper will be included for final presentation and will be awarded certificates.

2. Yoga Practice competition:

Competition of Yoga Practices will be organized as under:

- A. Boys & Girls under age of 20 Years
- B. Above 20 Years of age

Syllabus & Procedure:

All yoga practices being practiced during the yoga workshop before 10 th June 2019. Interested participants should give their name to Mr. Ankit Sharma

3. Cultural activities related to Yoga Workshop:

Items for presentations should be related to the topics on various aspects of different kind of workshop. Interested participants should give their name to Mr. Ankit Sharma before 10th June 2019

PROF. GANESH SHANKAR
(H.O.D.)