<p align="center">Ten Days National Workshop before IYD-2019</p>
<p align="center">ON</p>
<p align="center">Yoga For Happy Healthy and Harmonious Life</p>
<p align="center">11-20 June 2019</p>
<p align="center">(5.30AM to 7.00 AM-IYD Yoga Protocol; 7.00AM to 8.00 AM-Invited Lecture)</p>

Inauguration: *11 June 2019 at* 07.00AM

Valedictory: *20 June 2019 at 07.00AM*

Place: *Yog Sadhna Hall, Department of Yoga Education ,*
Dr.Harisingh Gour University, Sagar (M.P.)

Speakers:	**Topics**	**Date**
1. *Dr.R.K. Babele (Bina)*	*: Yoga & Ayurveda for Health & Happiness*	*-11-06-2019*
2. *Dr. Naveen Kaushik,(Hisar)*	*:Yoga & Moral Values in modern perspectives*	*-12-06-2019*
3. *Dr.Vikash Sharma (Dehradun)*	*: Yoga & Mental Health*	*-13-06-2019*
4. Dr.Rakesh Kumar (**Haridwar***)*	*:Yoga Therapy*	*-14-06-2019*
5. *Prof.Ganesh Shankar (Sagar)*	*:Misconceptions & Concept of Yoga*	*-15-06-2019*
6. *Dr. Rajeev Chaudhary (Raipur, Chattishgarh)*	*:Applied Yoga*	*-16-06-2019*
7. *Yogiratna Shashi Bhushan Mishra (Ghaziabad, U.P.)*	*:Yoga around the world: A scenario*	*-17-06-2019*
8. *Dr.Arun Sao (Sagar)*	*:Basic Principles of Yoga Practices*	*-18-06-2019*
9. *Yogacharya NR Bhargav (Hyderabad)*	*:Yoga for Holistic Health*	*-19-06-2019*
10. *Prof.Ram Gopal (Jodhpur)*	*:Scientific Investigations in Yoga*	*-20-06-2019*

<p align="center">7 Days Workshop after IYD-2019</p>
<p align="center">ON</p>
<p align="center">Yoga and Meditation</p>
<p align="center">22-28 June 2019</p>
<p align="center">(5.30AM to 7.00 AM-Yoga Pactical; 7.00AM to 8.00 AM-Invited Lecture)</p>

Inauguration: *22 June 2019 at* 07.00AM

Valedictory: *28 June 2019 at 07.00AM*

Place: *Yog Sadhna Hall, Department of Yoga Education ,*
Dr.Harisingh Gour University, Sagar (M.P.)

Speakers:	**Topic**	**Date**
1. *Dr.Narain Prakash **(Hisar)***	*: Yoga for Happy and Healthy Living*	*-22-06-2019*
2. *Dr. Ajay Dubey **(Dehradun)***	*:Yoga & Moral Values in modern perspectives*	*-23-06-2019*
3. Dr.Naveen Kaushik (**Hisar***)*	*:Yoga Therapy*	*-24-06-2019*
4. *Nitu Saxsena **(Noida)***	*:Misconceptions & Concept of Yoga*	*-25-06-2019*
5. *Dr. Anupam Mishra **(Bhopal)***	*:Applied Yoga*	*-26-06-2019*
6. *Ravinder Babele **(Bina)***	*:Yoga around the world: A scenario*	*-27-06-2019*
7. *Dr.Shubham Nema **(Hyderabad)***	*:Basic Principles of Yoga Practices*	*-28-06-2019*