



॥लोकायुर्वेद॥[®]
The Wellness Revolution



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

In association with

Government College of Yoga Education & Health

Sector 23, Chandigarh (U.T.)

Organizes

**5 Days Integrated YOG & AYURVED Wellness
Capacity Building Programme
for Educators in Higher Education Institutions**

Ayurveda wellness Knowledge Partner

Lokayurved Wellness Concept



Date: 2 August 2022 to 6 August 2022

Timings: First Session 10:00 am to 11:00 am | Second Session 11:00 am to 12:00 pm

Venue: Multimedia Hall, Mehr Chand Mahajan DAV College for Women, Chandigarh

Distinguished Speakers and Resource Persons



Mr Vivek Atray

Author, Motivational Speaker & Former IAS Officer



Dr Nisha Bhargava

Principal

Mehr Chand Mahajan
DAV College for Women



Dr Sapna Nanda

Principal

Govt. College of Yoga
Education & Health



Ms Shyampriyaa

Wellness Trainer / Speaker
Lokayurved Wellness Concept



Ms Sarghi Kohli



Mr Sumant Batish



Mr Roshan Lal



Dr Mohinder Kumar



Mr Kulwant Singh

Yoga Instructors

Government College of Yoga Education and Health, Chandigarh (U.T.)

Schedule

Days & Sessions	Session	Distinguished Speaker / Session Coordinator	Points to be Covered
2 August 2022 9:30 to 10:00 am 10:00 to 11:00 am 11:00 to 12:00 pm	Inaugural Session	Mr Vivek Atray Dr Nisha Bhargava Dr Sapna Nanda	<ul style="list-style-type: none"> • Inaugural Address • Welcome Note • Vote of Thanks
	Health Wisdom	Ms Shyampriyaa	<ul style="list-style-type: none"> • Introduction to Health and Life • Healthy Life concept of AYURVED and for effective YOG as well • Why is it essential to have • Health wisdom to live rightly
	Yoga Asana	Mr Roshan Lal	<ul style="list-style-type: none"> • Introduction, importance, practice and features
3 August 2022 10:00 to 11:00 am 11:00 to 12:00 pm	Daily Routine- Practical Ways	Ms Shyampriyaa	<ul style="list-style-type: none"> • Science behind Daily Routine • Planning of Daily Routine in Today's lifestyle • Why is it essential to follow Daily Routine to get daily immunity
	Shatkriya	Ms Sarghi Kohli	<ul style="list-style-type: none"> • Introduction, importance, practice and features
4 August 2022 10:00 to 11:00 am 11:00 to 12:00 pm	Seasonal Routine- Practical Ways	Ms Shyampriyaa	<ul style="list-style-type: none"> • Science behind Seasonal Routine • Planning of Seasonal Routine in Today's lifestyle • Why is it essential to follow Seasonal Routine to remain immunize in every season
	Pranayama	Mr Mohinder Kumar	<ul style="list-style-type: none"> • Introduction, importance, practice and features
5 August 2022 10:00 to 11:00 am 11:00 to 12:00 pm	Diet Planning- Practical Ways	Ms Shyampriyaa	<ul style="list-style-type: none"> • Essential Parameters needs to be known while planning your diet • Diet for Effective Yog
	Mudra & Bandha	Mr Sumant Batish	<ul style="list-style-type: none"> • Introduction, importance, practice and features
6 August 2022 10:00 to 11:00 am 11:00 to 12:00 pm	Mental Health- How to achieve	Ms Shyampriyaa	<ul style="list-style-type: none"> • What is Mental Health • Effective diet and lifestyle to make yourself stress free • Ayurved and Yog interrelation for mental health
	Meditation	Mr Kulwant Singh	<ul style="list-style-type: none"> • Introduction, importance, practice and features

No Registration Charges. Prior Registration is Mandatory.
Click below to Register.



Dr. Nisha Bhargava & Dr. Sapna Nanda
Convenors

Dr Anju Lata, Mr Roshan Lal & Mr Kulwant Singh
Co-Convenors

Dr Preeti Gambhir & Dr Minakshi Rana
Coordinators