



# Mahamaya Govt. Degree College Dhanupur, Prayagraj (U.P.)



Affiliated to Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

Mob. No. 9415690511; E-mail: santapoonu@gmail.com Website: www.mgdca.org.in

*MGDCA Cordially Invites You...*

**e-Workshop on**

**“Yoga for Positive Health”**

**19, 20 & 21 June 2020**



**Chief Patron**

**Chief Guest-Inaugural Session**

**Dr. Vandana Sharma**

**Director, Higher Education, U.P.**



**Patron**

**Dr. Sunanda Chaturvedi**

**Principal**

**Mahamaya Govt. Degree College, Dhanupur, Handia, Prayagraj**



**Convener**

**Dr. Jaideo**

**Assistant Professor**

**Mahamaya Govt. Degree College, Dhanupur, Handia, Prayagraj**



**Coordinator**

**Mr. Santosh Kumar Singh**

**Assistant Professor**

**Mahamaya Govt. Degree College, Dhanupur, Handia, Prayagraj**



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on

**Zoom App**

Day-I (19<sup>th</sup> June, 2020) Time: 09:00 AM



**Speaker**

**Dr. Anjani Kumar Pundrick**

**M.Sc., Ph.D.(Yoga)**

**Yoga Teacher, MNIT, Prayagraj**

**Guest Faculty, Sanskrit Sansthan, Prayagraj**

**Secretary, Shri Ram Yog & Alternative Medicine**

**Reserch institute, Jhunsi, Prayagraj, India**



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**Day-I (19<sup>th</sup> June, 2020) Time: 10:00 AM**



**Speaker**

**Dr Arun Singh**

**Senior Assistant Professor**

**Department of Psychology**

**Dehradun Institute of Technology**

**Dehradun, India**



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**Day-II, June 20, 2020 Time: 10:00 AM**



**Speaker**

**Prof. (Dr.) Girija Shankar Shukla**

**MD, PhD, MRSPH**

**Director, School of Health Sciences**

**UPRTOU Allahabad, Prayagraj**

**Member, Royal Society for Public Health**

**United Kingdom (UK)**



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**Day-III (21<sup>st</sup> June, 2020) Time: 10:00 AM**



**Speaker**

**Dr. Archana Chahal**

**Professor & HOD**

**Physical Education Department**

**Allahabad University**

**Prayagraj, India**



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Day-II & III (20 & 21 June, 2020) Time: 09:00 AM



**Yoga Trainer**


**Mr. ANIL KUMAR**

**M.A., NET(UGC)**

**DIPLOMA IN SPORTS COACHING (YOGA)**

**DIPLOMA OF NATIONAL YOGA REFREE**

## e-Workshop Detail:

- Registration Link:   
<https://forms.gle/qP4rzGwMKhoFJob9A>
- To participate in the online seminar click on the Zoom Link:  
Meeting ID: 617 441 7836
- Live YouTube Link:  
Day-1(19 June) <https://youtu.be/TTiSpVnub9E>  
Day-2(20 June) <https://youtu.be/8SRgl0AMiE0>  
Day-3(21 June) <https://youtu.be/pphvpMhBswc>
- Attendance Link:  
<https://forms.gle/sL1PfyYdzq8RCqai7>
- Attendance link will open only for 15 minutes after speaker's announcement or end of live session.
- Feedback Link:  
<https://forms.gle/K1yZfC9PHubxAXLW6>
- There is no registration fee and e-certificate will be provided based on **Attendance & Feedback**.
- For better audio & sound experience use headphones.
- As soon as you enter into the session, do mute your audio.
- For any query contact: [santapoonu@gmail.com](mailto:santapoonu@gmail.com)