



**Government College of Education
Sector 20-D, Chandigarh (U.T.)**

In Collaboration with

**Government College of Yoga Education and Health
Sector 23, Chandigarh (U.T.)**

Organizes

Faculty Development Program

under the aegis of
IQAC and RUSA

on

**5-Days Integrated Yog and Ayurved Wellness Awareness
Program for Teacher Educators**

Ayurveda Knowledge Partner
Lokayurved



Date: 6 September 2022 to 12 September 2022

Timing: First Session: 10:00 am to 11:00 am
Second Session: 11:00 am to 12:00 pm

Venue

**Seminar Room,
Government College of Education
Sector 20-D, Chandigarh (U.T.)**

Distinguished Speakers and Resource Persons



Prof. Lakhvir Singh
ASPD, RUSA (U.T.) Chandigarh



Ms. Shyampriyaa
Wellness Trainer/speaker
Lokayurveda
The Wellness Revolution



Dr. Ajay Kumar Srivastava
Principal
Govt. College of Education,
Sector 20-D, Chandigarh



Dr. Sapna Nanda
Principal
Govt. College of Yoga Education
and Health, Sector 23, Chandigarh



Ms. Anupama



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

Date	Session, Resource Person & Time: 10:00 am to 11:00 am	Session, Resource Person & Time: 11:00 am to 12:00 pm
06-09-2022	Health Wisdom Ms. Shyampriyaa (Lokayurveda Key Catalyst)	Yoga Asana Mr. Roshan Lal Instructor, GCYEH
07-09-2022	Daily Routine Concept Ms. Shyampriyaa	Shatkriya Ms. Anupama Instructor, GCYEH
08-09-2022	Seasonal Routine Concept Ms. Shyampriyaa	Pranayam Dr. Mohinder Kumar Instructor, GCYEH
09-09-2022	Diet Planning Concept Ms. Shyampriyaa	Mudra & Bandh Mr. Sumant Batish Instructor, GCYEH
12-09-2022	Mental Health Concept Ms. Shyampriyaa	Meditation Mr. Kulwant Singh Instructor, GCYEH

Valedictory: 12-09-2022 (12:00 noon-1:00 p.m.)



Dr. Ajay Kumar Srivastava & Dr. (Mrs.) Sapna Nanda
Convenors

Dr. Lilu Ram , Dr. Sheojee Singh and Mr. Kulwant Singh
Coordinators

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For more information visit: www.gcechd.ac.in, www.gcyeh.edu.in, www.lokayurved.com