









## 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 Welnessl 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





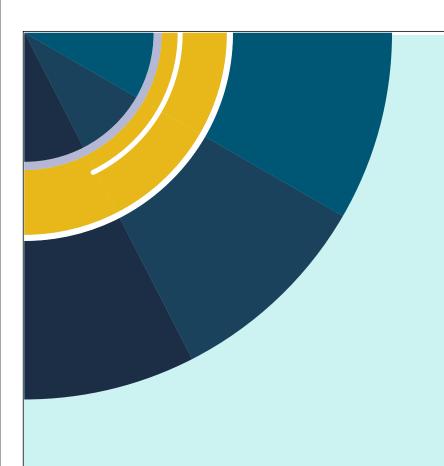
Dr Mohinder Kumar Mr Kulwant Singh

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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