







On the occasion of



& 8th International Day of Yoga (IDY) (21-June-2022)

Azadi Ka Amrith Mahotsav



University College of Education, School of Education (PMMMNMTT), Educational Multimedia Research Centre & Indian Council for Social Science Research, OSMANIA UNIVERSITY, Hyderabad, TS.

Jointly organizing:

- Three Day Online Training on Yoga Protocol on 01, 02 & 03
 June 2022
 (Students, teachers and other)
- Run for 'Save Soil-Conscious Planet Movement' on 5th June 2022. World's largest ecological movement.
- Contest on Yoga Practice on 20th June 2022
 Theme: 'Yoga for Holistic Health'. Poster Exhibition, Slogan Writing, and Painting & Drawing.
- 4. Three day National Seminar on Yoga for Holistic Health: Practices and Reflections on 7-9 June 2022

(Online and face to face) (Note: Only empirical papers and practitioners reflections will be considered and selected papers will be published).

- Last date for abstract: 01-06-2022
- Last date for full paper: 04-06-2022
- 5. International Yoga Day Celebrations on 21st June 2022
 - 10 minutes Medicated Yagna Sadhana for purify the environment.

Sponsors: SAMAGRA SIKSHA FOR TEACHERS, ICSSR

Objectives:

- To create awareness on practice of yoga among students, teachers and others.
- To provide a platform to share the experiences on yoga, yagna and natural food
- To provide practical experience on yoga to adopt as a habit in everyday life.
- To celebrate International Yoga Day and make a memorable year as part of 'Azadi Ka Amrit Mahotsav'.
- To create a healthy society of teachers and future citizens with human values.

<u>Three Day Online Training on Yoga Protocol</u> (1—3 June 2022)

Note: The program timings are from 7am to 8:30am every day. Participants are requested to be present by 6:50am.



Topics:

- Practice of medicated yagna and common yoga protocol
- Nature centered good food habits and disciplined life
- Awareness on Acupuncture therapy and its instant therapeutic benefits

Resource Persons:

Sri M. Kishor

Sri Mohan Joshi ji Dr. Devaiah Gundela

General Instructions:

- Interested persons may register their names through Google link https://forms.gle/tmAcXiPPhCLgimt78
- Last date to register is 28th May 2022
- Zoom link will be shared to the registered participants through WhatsApp or E-mail.
- All virtual participants need to make their own arrangements, such as, laptops, mobiles, headphones, etc. as required.
- Better keep a pen and notebook to take notes given by the resource persons.
- Yoga practice need empty stomach, wear comfortable and flexible dress and use soft mat for practice of yoga.
- All the communications are though WhatsApp/E-mail only.

Run for 'Save Soil-Conscious Planet Movement' (5th June 2022). World's largest ecological movement initiated by Sadhguru Jaggi Vasudev. (Venue: In front of University Arts College, OU.)



Run from NCC gate to Arts College (6:30am-7:00am) is followed by soil awareness session, Soil awareness quiz, Games, Meditation and closing (7am-8:30am)

Interested persons may register their names through Google link: https://forms.gle/gULk5dXhhrx6QG8DA

Contest on 'Yoga Holistic Health' (20th June 2022)

Contestants can prepare posters, slogans, paintings, drawings on above specified theme and they can be displayed on Jun 20th morning session at University College of Education Campus. The judges will evaluate and declare the results as best preparation

Please register to participate: https://forms.gle/vD1XfzDcqvqcMWBb7



(7-9 June 2022, 10am to 5pm;

forenoon lectures, afternoon paper presentations)

Sub themes for presentation of papers:

- Practice of Yoga Asana, Pranayama, Surya Namaskar & Dyana
- Yoga Therapies
- Nature centered good food habits and wellness
- Acupressure, Acupuncture therapy
- Kriya Yoga/Preventive Ayurveda techniques, Water therapy etc.
- Any impact studies on yoga..

General Instructions:

- Teachers, research scholars and yoga practitioners are welcome to present seminar papers on 'Yoga for Holistic Health Practices and Reflections.
- Only empirical papers and practitioners' reflections will be considered and selected papers will be published.
- Teacher educators may present reflections of student teachers on yoga practice sessions conducted during EPC-I Self-development Project.
- Paper size must be limited to 2000 words.
- Last date for submission of abstract pdf file: 30-05-2022 by 5:00pm and last date for submission of full paper as Word file in the standard format on or before 04-06-2022 to E-mail: oucoeyogaprotocoltraining1@gmail.com
- Please register to participate: https://forms.gle/d5HfSQ1kKo2N9sEL6

Scheduled resource lectures for the three day seminar:

- Practice of common yoga protocol,
- Pranayama and its importance in life
- Panchakarma treatment for arthritis and other problems
- Performing medicated yagya sadana and therapy
- Management of spinal cord diseases in Ayurveda
- Yogasana sports and their importance for university level students
- Introduction to Isha Yoga practices ,Upayoga sadhana
- Save Soil—Conscious planet movement
- Bibliometric analysis of yagya therapy research

Resource Persons:

Yoga Rishi Pujya Swami Ramdev Ji Maharaj

Dr. Somveer Arya Dr. Sanjay Malpani Dr. Pantulu Raghupathi Sri Dakshnia

Pujya Swami Yagna Dev Ji Sri Murari Lal Swami Sri M Kishor Dr. Vedpriya Arya

Dr. Sundar Raj Perumall

International Yoga Day Celebrations 21st June:

Venue: Osmania University Arts College Campus.

Time: Morning 9:00am to 11:00am.

10 minutes Medicated Yagna Sadhana

Common Yoga Protocol Practice & Surya Namaskar Sadhana

Please register to participate: https://forms.gle/Hbnq59pr1TvEixSi8



Brief Profiles of the Resource Persons:



Param Pujya Swami Ramdev Baba

He is an icon of Yoga. Founder of Patanjali Yogpeeth, Bharath Swabiman Trust, Patanjali Yoga Samiti, Yoga Gram, Haridwar. Chairman of National Yogasa Sports Federation, New Delhi. He inspires many people every day in India and abroad.



Sri Mohan Joshi Ji

Sri Joshiji is an expert in yoga and naturopathy. He studied M.A. in Yoga & Holistic Health and DNYS. He is a Yoga Teacher & Evaluator (Level 3) Certified by Yoga Certificate Board, Ministry of Ayush, Govt. of India. He is the Director of Shivnanda Arogyam, Yoga & Naturopathy Center, Haldwani, Nainital, Uttarakhand. Jyoshi ji is Yoga & Naturopathy Resource Person at Patanjali Yogpeeth, Haridwar. He organized many Yoga & Naturopathy Training Programmes.



Dr. Devaiah Gundela Ji

Dr. Devaiah ji is presently working as Medical Officer at Govt. Naturopathy Hospital, Kamareddy. He is an expert in naturopathy, acupressure therapy and acupuncture therapy. He participated in many seminars and workshops. He has been serving in rural areas for many years and many patients benefitted from his services in Telangana State.



Dr. Somveer Arya

An expert in Yoga . Working as Yoga Acharya at Uttarakhna Sanskrith University, Haridwar. Lead Yoga Examiner from Yoga Certificate Board, NewDelhi.. His many live classes were telecasted through UGC Higher Educational Channel (DD Vyas Channel).



Dr. Pantulu Raghupathi.

An expert in Ayurveda with M.D(Ayurveda), (Ph.D), M.A (Sanskrit), P.G.Dip in Yoga. He is Former Professor & Head, Dept.of Panchakarma, Govt .Ayurveda Medical College, Erragadda, Hyderabad, Telangana State.



Pujya Swami Yagya Dev ji

He is an expert in Yagya Therapy. one of the nearest disciple of Yog Rishi, Pujya Swami Ramdev ji Maharaj, Haridwar. Yoga Acharya of Patanjali Yogpeeth, Haridwar.



Dr. Surndar Raj Perumall

M.D. in Ayurveda & M.Sc Psychology, Director for Arogya Dhatri Ayurveda Research Institute, Vishakhapatnam, Member National Coordination Committee IP..All India Council for Technical Education.





Dr. Sanjay Malpani Ji

Presently serving as National Vice-President for National Yogasana Sports Federation (NYSF), New Delhi. Recognized by youth affairs and sports Govt. of India



Dakshina

Isha Hatha Yoga Teacher, Hyderabad



Sri Murari Lal Swami

Isha Conscious Planet Volunteer, Hyderabad



Dr. Vedpriya Arya

Scientist, Research Coordinator, Patanjali Herbal Research Institute. She is a gold medalist in her PG and a PhD in Genetics from Rothak University.



Neha Vyas

Rajya Patanjali Yagya Prabhari, Gujrath State, Lead Examiner, Yoga Certificate Board, NewDelhi.



Mrs. Sushama Maurya

Founder and Director, Aarambh Yoga Institute & Lead Examiner, Yoga Certificate Board, NewDelhi.



The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Sri Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014 and the UN adopted the draft resolution with the support of 177 member nations, entitled "Day of Yoga", on 2014. The International Day of Yoga is being celebrated annually on 21 June since 2015. The Ministry of



Ayush is the nodal Ministry for observation of the International Day of Yoga and as the upcoming 8th International Day of Yoga is falling in Azadi Ka Amrit Mahotsav year, the Ministry proposes to observe IDY at 75 iconic sites across the country. The Ministry hopes to inspire a "Mass Movement for Health and Wellbeing" through Yoga in the 75 -day countdown to IDY-2022. Osmania University is also organizing Yoga Day celebrations every year with the motive of development of awareness among students, teachers and parents towards Yoga practice and wellness



M. Kishor: 9390986550 & 9290032096

M. Raju: 8341057374

J. Nagabhushanam: 9885738448

Guests of Honour



Prof.D.Ravinder
Vice Chancellor, O.U.

Prof.P.Laxminarayana Registrar, O.U.



Prof.B.Redya Naik OSD to VC, O.U.

Organizing Committee



Prof.V.SatyanarayanaDean
Faculty of Education, O.U.



K.MurthyPrincipal
University College of Education,



Prof.T.Mrunalini Professor, UCE & Director, EMRC & Coordinator



Prof. A.RamakrishnaHead, Dept. of Education
Osmania University.



Prof.V.Usha Kiran Professor, UCC & Hon. Director ICSSR-SRC, Hyd.



Dr.J.LalithaAssistant Professor
Dept. of Education, UCE, **Co-Coordinator**





M.Kishor
Research Scholar
Dept. of Education, OU
Assistant Professor
MNRPGTEC. KP

Dr. Dharma Teja, Assistant Professor (C) Dr. B. Bhagyamma, Assistant Professor (C) Dr. G. Madhukar, Assistant Professor (C) Dr. J. Krishnaiah, Assistant Professor (C)

Dr. Shahanaz Begum,
Associate Professor
Dr. D. Sunitha,
Assistant Professor
Dr. P.Shankar,
Assistant Professor
Dr. B. Sujatha,
Assistant Professor
Dr. G. Durgesham,
Assistant Professor