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# EXECUTIVE SUMMARY

<b>Name of the Course</b>	Short Term Course in Yoga & Inclusive Health
<b>Venue</b>	The Hermitage, UGC-Human Resource Development Centre Kumaun University, Nainital.
<b>Date</b>	4-10 October 2016
<b>Organizing Agency</b>	UGC-Human Resource Development Centre, Kumaun University, Nainital.
<b>Patron</b>	Hon'ble Vice-Chancellor, Prof. H.S. Dhami, Kumaun University, Nainital.
<b>Course Team</b>	
<b>Director</b>	Prof. B. L. Sah, Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
<b>Deputy Director</b>	Dr. Divya Upadhayay Joshi, Deputy Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
<b>Assistant Director</b>	Dr. Reetesh Sah, Assistant Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
<b>Officials</b>	Mr. I.S. Negi, Dr. Rajendra Singh Bora, Mr. Jasod Singh Bisht, Mr. Arvind Singh, Mr. Kailash, Mr. Rajendra
<b>No. of Participants attended</b>	<b>39</b>
<b>No. of Participants applied</b>	104

# Invitation Letter for Participants

**Ref. No:** UGC ASC- KU/PRO/STC-16/16-17

**Date:** 03/10/2016

Dear Sir,

The UGC-Human Resource Development Centre, Kumaun University, Nainital is organizing a **Short Term Course in Yoga and Inclusive Health** from 04-10 October, 2016.

I request you to be a resource person in the above programme. On the basis of previous communication with you, your lectures have been scheduled as follows:

<b>Date /Day</b>	<b>Time</b>	<b>Topic of lectures</b>
05 October 2016 Wednesday	09.45-11.15 am.	Ayurveda and Health
	11.30 -01.00 pm.	Ayurveda and Health

**Venue:** UGC-HRDC, The Hermitage, Kumaun University, Mallital, Nainital.

Please inform us of your travel programme and the exact topics of your lecture(s) at the earliest. You will be paid honorarium @ Rs 1500/- per session of 90 minutes interaction, allowing opportunities for participants to ask questions and discuss vital points of interest. Honorarium will be paid as per University Rules.

We are able to provide you accommodation in the Guest House of UGC-HRDC, Kumaun University, Nainital.

**As per new UGC guidelines it is needed that you provide a soft copy of full content or at least detailed abstract along with a PPT of the lecture (if lecture presenting through PPT).**

A line in confirmation will be highly appreciated.

Thanking you,

With warm regards,

Sincerely,

*B.L. Sah*

**(Prof. B.L. Sah)**

Director

To,

**Dr. Himani Pandey**

CHC

Bhowali (Nainital)

## List of Participants

**UGC- Human Resource Development Centre, Kumaun University, Nainital**  
**STC Yoga & Inclusive Health (From 4 to 10 October, 2016)**

S.N.	Name & Address of Participants	Address of Residence	M/F	Cat	Subject	University	Phone No./ E-mail
1.	Anil Kumar Sinha Assistant Professor Department of Computer Science Veer Kunwar Singh University (Bihar)	C/o Dhankishan Singh Moh. New Colony (Parlu- Chack) Near Behind of Dham Timple PO+PS Davapur Cantt (Bihar)	M	OBC	Computer Science	Veer Kunwar Singh University	Tel (O): Tel (R): Mobile: 09031081710 Email:sinha. anil03@ gmail.com
2.	Anupam Gupata Assistant Professor Department of Sociology M.L. & J.N.K. Girls College, Saharanpur- 247001 (U.P.)	148,Raghav Puram Bhuteshwar Mandir Road Saharanpur (U.P.)	F	Gen	Sociology	C C S University	Tel (O): Tel (R): Mobile: 09412848717 Email: anupsand@ gmail.com
3.	Arbind Kumar Assistant Professor Department of Entomology Kisan Degree College , Simbhaoli (Hapur)- 245207 (U.P.)	H.N. 1662, New Shivpuri Hapur (U.P.)	M	Gen	Entomology	C C S University	Tel (O): 05731- 223134 Tel (R): Mobile: 0945851422 Email: arbindtom@ gmail.com
4.	Asha Prasad Professor Department of Human Resource Development B.I.T. Mesra Ranchi Off Campus A-7, Sector –I ,Noida-201301 (U.P.)	A- 318, Mangal apartment Vasundhara Enclave Delhi	F	Gen	H R M		Tel (O): Tel (R): Mobile: 09899998494 Email: asha@bitmesra. ac.in
5.	Balasaheb Munjabhau Kale Assistant Professor Department of Marathi Late Ramesh Warpurkar ASC College, Sonpeth Dist. Parbhani-431516 (Maharashtra)	Balivans Nivas rajabhau Kadam Nagar Sonpeth Dist. Parbhani (Maharashtra)	M	Gen	Marathi	SRTM University	Tel (O): Tel (R): Mobile: 09403562091 Email: kalebalasaheb m@gmail.com
6.	Biradar Baswaraj Maruti Assistant Professor Department of Commerce S.G.B. College, Purna (Jn.) Dist. Parbhani-431511 (Maharashtra)	Anand Nagar Purna (Jn.) Tq. Purna Dist. Parchuni (Maharashtra)	M	Gen	Commerce	SRTM University	Tel (O): 02452- 255205 Tel (R): Mobile: 09421859817 Email: biradarbaswaraj 1@gmail.com

7.	Chetan Uttamrao Chavan Assistant Professor Department of Education Gokhale Education Society's College of Education & Research Parel Mumbai-400012 (Maharashtra)	1-B/103 Mangeshi Dream City Behind Bhagirathi Nagar Katyam (W) (Maharashtra)	M	OBC	Education	Mumbai University	Tel (O): Tel (R): Mobile: 08879689094 Email: chetan7464@gmail.com
8.	Devottam Tyagi Librarian C.S.S.S. P.G. College, Machhra Meerut - 250106 (U.P.)	828/2 Shastri nagar Meerut (U.P.)	M	Gen	Lib. Science	CCS University	Tel (O): Tel (R): Mobile: 09457688887 Email: debottam.tyagi@gmail.com
9.	Dnyaneshwar Gangadhar Gade Assistant Professor Department of Hindi Shri Yoganand Swami Arts College, Basmat Nagar Dist. Hingoli-431512 (Maharashtra)	As same.....	M	Gen	Hindi	SRTM University	Tel (O): Tel (R): Mobile: 09421860270 Email: dggade67@gmail.com
10.	Francis Xavier Lobo Assistant Professor Department of Education Rosary College of Commerce & Arts Navelim Salcete - 403707 (Goa)	Dream Emreld B-15 Butica Navelim Salcete Goa	M	Gen	Education	Goa University	Tel (O): Tel (R): Mobile: 09422448105 Email: Lobo007francis@rediffmail.com
11.	Ganesh Narayan Chudari Assistant Professor Department of Marathi S.J.S.P.M. College, Dhanora Near Petrol Pump Dit. Gadchiroli-442606 (Maharashtra)	Rampuri Ward Camp Area Shivaji Nagar -18 Gadchiroli (Maharashtra)	M	OBC	Marathi	RTM Nagpur	Tel (O): Tel (R): Mobile: 09421732026 Email: ganeshchudari@gmail.com
12.	Govind Rai Naunyal Assistant Professor Department of Mathematics K.G.K. (PG) College, Moradabad-244001 (U.P.)	C-2/152, Near Mandakini Park Mansarover Colony Delhi Road Moradabad 9U.P.)	M	Gen	Maths	MJP Rohilkhand University	Tel (O): Tel (R): 0591-2482048 Mobile: 08958748548 Email: govindnet76@yahoo.com
13.	Kapil Singh Assistant Professor Department of Commerce R.K.S.D. (PG) College, Kaithal-136027 (Haryana)	VPO-IKKAS Dist. & The. Jind (Haryana)	M	SC	Commerce	Kurukshetra University	Tel (O): Tel (R): Mobile: 09050438742 Email: kapilrksd@gmail.com

14.	Kuldeep Singh Sihag Assistant Professor Department of Physical Education Mohan Lal Uppal , D A V College, Phagwara Dist. Kapurthala-144401 (Punjab)	H. No. 107, Green Park Plohi Road Phagwara Dist. Kapurthala-144401 (Punjab)	M	Gen	Physical Education	GND University Amritsar	Tel (O): 01824-229500 Tel (R): Mobile: 09872164048 Email: kuldeepsports@gmail.com
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16.	Lokesh Kumar Assistant Professor Department of Chemistry J.V. Jain College, Saharanpur-247001 (U.P.)	45, Sun City Colony Malhipur Road Saharanpur-247001 (U.P.)	M	SC	Chemistry	CCS University	Tel (O): 0132-2763344 Tel (R): Mobile: 09368051532 Email: lokesh.k.as@gmail.com
17.	Mahesh Kumar Assistant Professor Department of Drawing & Painting J.V. Jain College, Saharanpur-247001 (U.P.)	K-162, Paramount Tulip , Delhi Road Sahanpur (U.P.)	M	OBC	Drawing & Painting	CCS University	Tel (O): 0132-2763344 Tel (R): Mobile: 09897629433 Email: maheshkumar@jvjaincollege.com
18.	Narendra Tukadoji Arekar Assistant Professor Department of Marathi Shri Govindrao Munghate arts & Science College, Kurkheeda, Gadchiroli-441209 (Maharashtra)	Gandhi Ward Near S B I Kurkheda Dist. Gadchiroli (Maharashtra)	M	OBC	Marathi	Godwana University Gadchiroli	Tel (O): 07139-245475 Tel (R): Mobile: 09421731083 Email: narenarekar@gmail.com
19.	Pulle Jitendra Sugram Assistant Professor Department of Chemistry S.G.B. College, Purna (Jn.) Dist. Parbhani-431511 (Maharashtra)	9- Vrandavan Colony Near Bhagyanagar Nanded (Maharashtra)	M	Gen	Chemistry	SRTM University	Tel (O): 02452-255205 Tel (R): Mobile: 09421987801 Email: drjspulle@yahoo.com
20.	Raj Kumar Assistant Professor Department of Chemistry J.V. Jain PG College, Saharanpur-247001 (U.P.)	52, Kulrars Singh Nagar Near New Avas Vikas Saharanpur (U.P.)	M	OBC	Chemistry	CCS University	Tel (O): Tel (R): Mobile: 09837444826 Email: raajtomar1@gmail.com

21.	Rajan Mathew Assistant Professor Department of Physical Education Govt. College, of Arts Science & Commerce, Quepem, Goa-	H.No. 75 –B Ruby Apartment Gantamarod Aquem Baixo Navelim (P.O.) Goa	M	Gen	Physical Education	Goa University	Tel (O): 0834-2662342 Tel (R): Mobile: 09422061929 Email: rajanmathew2015@gmail.com
22.	Raju Pundlik Kirmire Assistant Professor Department of History S.J.S.P.M. College, Dhanora Near Petrol Pump Dit. Gadchiroli-442606 (Maharashtra)	'Tarangan" Behind Rajas Show Society Complex Road Gadchiroli-442606 (Maharashtra)	M	OBC	History	RTM Nagpur	Tel (O): Tel (R): Mobile: 09423420256 Email: kirmire_dha@rediffmail.com
23.	Ram Niwas Assistant Professor Department of Commerce Govt. College, Kharkhara-123106 (Haryana)	S/o Sri Sita Ram V.P.O. Jant, The.+Dist. Rewari (Haryana)	M	Gen	Commerce	MD University, Rohtak	Tel (O): 01274-242077 Tel (R): 01274-248908 Mobile: 09467643954 Email: ramniwassangwan@gmail.com
24.	Rekha Sah Department of Music D S B Campus, Kumaun University, Nainital (Uttarakhand)	75/3 Bada Bazar, Mallital, Nainital (Uttarakhand)	F	Gen	Music	Kumaun University	Tel (O): 05942-231788 Tel (R): Mobile: 09837689633 Email: dr.rekhasah@gmail.com
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26.	Sahebrao Dattatraya Sonsale Assistant Professor Department of Marathi Late Ramesh Warpurkar ASC College, Sonpeth Dist. Parbhani-431516 (Maharashtra)	As same.....	M	SC	Marathi	SRTM University	Tel (O): 02453-240142 Tel (R): Mobile: 08379054025 Email: drsdsonsale22@gmail.com
27.	Sanjay Bapurao Gaikrao Assistant Professor Department of Political Science Shri Yoganand Swami College, Basmath Dist. Hingoli-431512	Sonia Nivas Near Mulla Maszid, Parbhani Dist. Parbhani (Maharashtra)	M	Gen	Political Science	SRTM University	Tel (O): Tel (R): Mobile: 09423739047 Email: gaikwadsanjay73@gmail.com

	(Maharashtra)						
28.	Shriram Govinda Gahane Assistant Professor Department of English Adarsh Arts & Comm. College Desaiganj (Wadsa) Dist. Gadchiroli-441207 (Maharashtra)	'Matoshree Niwas' Gandhi Ward, Brahmapuri Road Desaiganj (Wadsa) Dist. Gadchiroli- 441207 (Maharashtra)	M	Gen	English	Godwana University	Tel (O): 07137- 272554 Tel (R): Mobile: 08275286388 Email: shrigahane@ gmail.com
29.	Sukriti Tyagi Assistant Professor Department of Law K.G.K. (P.G.) College, Moradabad-244001 (U.P.)	Nand Kishore Bhawan Near Radha Krishna mandir Deputy Ganj Moradabad (U.P.)	F	Gen	Law	MJP Rohilkhand University	Tel (O): 0591- 2483439 Tel (R): Mobile: 09359718244 Email: sukratityagi@ gmail.com
30.	Suneel Chaudhary Assistant Professor Department of Psychology K.G.K. (P.G.) College Line Par, Moradabad- 244001 (U.P.)	4B-164 Budhi Vihar Avas Vikas Majhola Moradabad (U.P.)	M	OBC	Psychology	MJP Rohilkhand University	Tel (O): 0591- 2483439 Tel (R): Mobile: 09411972064 Email: suneelpsy@ gmail.com
31.	Suraj Walia Assistant Professor Department of Economic R.K.S.D. (PG) College, Kaithal-136027 (Haryana)	House No. 6685/4, Ahluwalia Street Ambala city (Haryana)	M	Gen	Economics	Kuruk- shetra University	Tel (O): Tel (R): Mobile: 09416641117 Email: surajwalia2010 @ rediffmail. com
32.	Umraw Singh Negi Assistant Professor Department of Mathematics H.N.B. G. U. , S.R.T. Campus –B Thaul Tehri Garhwal-249199 (Uttarakhand)	C-58 Professor Colony, S.R.T. Badshahi Thaul Tehri Garhwal (Uttarakhand)	M	Gen	Maths	HNB Garhwal University	Tel (O): 01376- 254079 Tel (R): Mobile: 09412935865 Email:-
33.	Vilegave Venkat Janardhan Assistant Professor Department of Public Admin. S.G.B. College, Purna (Jn.) Dist. Parbhani-431511 (Maharashtra)	'Prayatna' 87, Konark Vihar Pharande Nagar Vabi (BK) Road , Nanded (Maharashtra)	M	Gen	Public Admin.	SRTM University	Tel (O): 02452- 255205 Tel (R): Mobile: 09421756191 Email: venkatvilegave @ gmail.com
34.	Yajuvintra Kumar Assistant Professor Department of Mathematics M K Govt. Degree	Same as.....	M	OBC	Maths	CSJM University	Tel (O): Tel (R): Mobile: 09997125309 Email:



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35.	Yeshpal Singh Topal Assistant Professor Department of Sociology J.V. Jain College, Saharanpur-247001 (U.P.)	55, Suncity Malhi Road Saharanpur (U.P.)	M	Gen	Sociology	CCS University	Tel (O): 0132- 2763344 Tel (R): Mobile: 09412231315 Email: ypstopal@jvjain college.com
36.	Yogendra Singh Assistant Professor Department of Geography K.G.K. (PG) College, Moradabad-244001 (U.P.)	H I G –H-18 , Ram Ganga Vihar –I Moradabad (U.P.)	M	OBC	Geography	MJP Rohilkhand University	Tel (O): 0591- 2483439 Tel (R): Mobile: 09410071237 Email: dryogendra21@ gmail.com
37.	Sanjeev Kumar Assistant Professor Department of Library Science Kisan (P.G.) College , Simbhaoli Hapur - 245207 (U.P.)	A-25, Takshila Colony Garu Road Meerut (U.P.)	M	OBC	Library Science	CCS University	Tel (O): 0217- 2323193 Tel (R): Mobile: 09756202474 Email: pawarsanjeev99 @gmail.com
38.	Sanjeev Kumar Singh Assistant Professor Department of Agriculture Kisan (P.G.) College , Simbhaoli Hapur - 245207 (U.P.)	A- 25,Takshila Colony, Garh Road Meerut (U.P.)	M	SC	Agriculture	CCS University	Tel (O): 0217- 2323193 Tel (R): Mobile: 09452267626 Email: ssanjeev248@ gmail.com
39.	Ved Prakash Assistant Professor Department of Geography Kisan (PG) College Simbhaoli Dist. Hapur (U.P.)	Village Latifpur Post. Kothi Khidmadpur Dist. Amroha (U.P.)	M	SC	Geography	CCS University	Tel (O): 0217- 2323193 Tel (R): Mobile: 09411611360 Email: 2011vaad@ mail.com

## Schedule

### UGC Human Resource Development Centre, Kumaun, University, Nainital Short Term Course in Yoga and Inclusive Health (04 -10 October, 2016)

DATE/DAY	SESSION	TOPIC	RESOURCE PERSON
04 October 2016 Tuesday	09.45-11.15 am.	Registration /Introduction	
	11.30 -01.00 pm.	Inaugural Function	
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Stress Managements	Prof. B.L. Sah
	03.00 -04.30 pm.	Trividh Proyog	Prof. B.L. Sah
05 October 2016 Wednesday	07.00-09.00 am.	Meditation/ Yoga Practice	Dr. Sunil Nautiyal
	09.00-10.00 am	Break Fast	
	10.00-11.15 am.	Yoga and Inclusive Health	Dr. R.K. Gupta
	11.15-11.30 pm	Tea	
	11.30-01.00 pm.	Yoga and Inclusive Health	Dr. R.K. Gupta
	01.00-01.45 pm	Lunch	
	01.45-3.00 pm	Discussion	Course Team
06 October 2016 Thursday	07.00-09.00 am.	Meditation/ Yoga Practice	Dr. Sunil Nautiyal
	09.00-10.00 am	Break Fast	
	10.00-11.15 am.	Yoga and Inclusive Health	Dr. R.K. Gupta
	11.15-11.30 pm	Tea	
	11.30-01.00 pm.	Yoga and Inclusive Health	Dr. R.K. Gupta
	01.00-01.45 pm	Lunch	
	01.45-3.00 pm	Discussion	Course Team
07 October 2016 Friday	07.00-09.00 am.	Meditation/ Yoga Practice	Dr. Sunil Nautiyal
	09.00-10.00 am	Break Fast	
	10.00-11.15 am.	Yoga and Inclusive Health	Dr. Anil Sah
	11.15-11.30 pm	Tea	
	11.30-01.00 pm.	Yoga and Inclusive Health	Dr. Anil Sah
	01.00-01.45 pm	Lunch	
	01.45-3.00 pm	Discussion	Course Team
08 October 2016 Saturday	07.00-09.00 am.	Meditation/ Yoga Practice	Dr. Sunil Nautiyal
	09.00-10.00 am	Break Fast	
	10.00-11.15 am.	Yoga and Inclusive Health	Dr. L.N. Joshi
	11.15-11.30 pm	Tea	
	11.30-01.00 pm.	Yoga and Inclusive Health	Dr. L.N. Joshi
	01.00-01.45 pm	Lunch	

	01.45-3.00 pm	Discussion	Course Team
09 October 2016 Sunday	07.00-09.00 am.		
	09.00-10.00 am	<b>SUNDAY</b>	
	10.00-11.15 am.		
	11.15-11.30 pm		
	11.30-01.00 pm.		
	01.00-01.45 pm		
	01.45-3.00 pm		
10 October 2016 Monday	07.00-09.00 am.		Meditation Yoga Practice
	09.00-10.00 am	Break Fast	
	10.00-11.15 am.	Yoga and Inclusive Health	Dr. L.N. Joshi
	11.15-11.30 pm	Tea	
	11.30-01.00 pm.	Yoga and Inclusive Health	Dr. L.N. Joshi
	01.00-01.45 pm	Lunch	
	01.45-3.00 pm	Discussion	Course Team

# Photograph

