

CONTENTS

Content	Page No.
Executive Summary	02
Day Reports	3-14
Invitation Letter	15
Schedule	16
List of Participants	17-20
List of Day Monitor's	21

EXECUTIVE SUMMARY

Name of the Course	Short Term Course in Yog & Health
Venue	The Hermitage, UGC-Human Resource Development Centre Kumaun University, Nainital.
Date	21- 27 August, 2018
Organizing Agency	UGC-Human Resource Development Centre, Kumaun University, Nainital.
Patron	Hon'ble Vice-Chancellor, Prof. D.K. Nauriyal, Kumaun University, Nainital.
Course Team	
Director	Prof. B. L. Sah, Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Deputy Director	Dr. Divya Upadhayay Joshi, Deputy Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Assistant Director	Dr. Reetesh Sah, Assistant Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Officials	Mr. I.S. Negi, Dr. Rajendra Singh Bora, Mr. Jasod Singh Bisht, Mr. Arvind Singh, Mr. Kailash, Mr. Rajendra
No. of Participants attended	30
No. of Participants applied	60

Invitation Letter for Participants

Ref. No: UGC ASC- KU/PRO/STC-16/17-18

Date: 13/08/2018

Dear Sir,

The UGC-Human Resource Development Centre, Kumaun University, Nainital is organizing a **Short Term Course in Yoga and Health** from 21/07/2018 to 27/07/2018.

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:

Date /Day	Time	Topic of lectures
24 August 2018 Friday	09.45-11.15 am.	
	11.30 -01.00 pm.	
25 August 2018 Saturday	09.45-11.15 am.	
	11.30 -01.00 pm.	

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,

Be Sah
(Prof. B.L. Sah)
Director

To,

Dr. R.K. Gupta

Principal

Lal Bahadur Shastri

Govt Degree College

Halduchaur

Schedule

UGC-Human Resource Development Centre, Kumaun, University Nainital Short Term Course in Yoga & Health) (21–27 August, 2018)

DATE/DAY	SESSION	TOPIC	RESOURCE PERSON
21 August 2018 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	Ethics, Spirituality and Yog	Prof. B.L. Sah
	03.00 -04.30 pm.	Ethics, Spirituality and Yog	Prof. B.L. Sah
22 August 2018 Wednesday	09.45-11.15 am.	Yog And Health	Dr. Nidhesh Kumar Yadav
	11.30 -01.00 pm.	Yog And Health	Dr. Nidhesh Kumar Yadav
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Art of Learning	Dr. Meenakshi Joshi
	03.00 -04.30 pm.	Art of Learning	Dr. Meenakshi Joshi
23 August 2018 Thursday	09.45-11.15 am.	Tridosha, Disorder Demand theory	Dr. L.N. Joshi
	11.30 -01.00 pm.	Tridosha, Disorder Demand theory	Dr. L.N. Joshi
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Seven Levels of Existence	Mrs. Meenakshi Joshi
	03.00 -04.30 pm.	Seven Levels of Existence	Mrs. Meenakshi Joshi
24 August 2018 Friday	09.45-11.15 am.	Elements of Health and Life Style	Dr. R.K. Gupta
	11.30 -01.00 pm.	Elements of Health and Life Style	Dr. R.K. Gupta
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Cultural Programme	Prof. B.L. Sah
	03.00 -04.30 pm.	Cultural Programme	Prof. B.L. Sah
25 August 2018 Saturday	09.45-11.15 am.	Yog and Meditation	Dr. Meenakshi Joshi
	11.30 -01.00 pm.	Philosophy of Yoga	Prof. Ishwar Bharadwaj
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	First Aid	Dr. Anil Sah
	03.00 -04.30 pm.	First Aid	Dr. Anil Sah
26 August 2018 Sunday	09.45-11.15 am.		
	11.30 -01.00 pm.	SUNDAY	
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm		
	03.00 -04.30 pm.		
27 August 2018 Monday	09.45-11.15 am.	Exercie and its benefits	Dr. Vivek Pandey
	11.30 -01.00 pm.	Valedictory	
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm		
	03.00 -04.30 pm.		

List of Participants

UGC Human Resource Development Centre, Kumaun University Nainital Short Term Course in Yoga & Health (21-27 August, 2018)

S. N	Name & Address of Participants	Address of Residence	M/ F	Cat.	Subject	Univer- sity	Phone No./ E-mail	F
1.	Arpita Negi Assistant Professor Department of Yoga Studies H.P. University Summer Hill Himachal Pradesh (H.P.)	-----	F	Gen	Yoga Studies	H.P. Univer- sity Summer Hill	Tel(O): Tel(R): Mobile:09897 885122 Email:arpita.n egi@gmail. com	1000/-
2.	Atul Madhukarrao Mahajan Assistant Professor Department of Philosophy Renuka College Near Bank of India Besa Petrol Pump Besa Nagpur-440034 (Maharashtra)	14, Dnyaneshwar Nagar Manewada Road Kudrat Pan Mandir Nagpur (Maharashtra)	M	OBC	Philosophy	R T M Nagpur	Tel (O): 07103-281455 Tel (R): Mobile:08237 059575 Email:mahajan .atul79@gmail .com	DDN. 1000/-
3.	Dhiraj Das Assistant Professor Department of History Bilasipara Dist. Dhubri- 783348 (Assam)	P.O. Bilasipara Dist. Dhubri- 783348 (Assam)	M	SC	History	Gauhati Univer- sity	Tel(O): Tel(R): Mobile: 07002068513 Email:dhirajda s31@gmail. com	1000/-
4.	Diwakar Ram Tripathi Assistant Professor Department of Zoology A.N.D. Kisan P.G. College,Babhnan Gonda- 271313 (U.P.)	Village- Tekwar Post Unwal, Dist.Gorakhpur (U.P.)	M	Gen	Zoology	Dr. R.L.M. Avadh Univer- sity	Tel (O): Tel (R): Mobile:09336 428581 Email:diwakar ram681@ gmail.com	DDN. Dt.01/ 1000/-
5.	Gajendra Bhauraoji Dhawale Assistant Professor Department of History Arts, Science & Commerce College, Chikhaldara- 444807 (Maharashtra)	07 Gurukul Colony Kiran Nagar Paratwada (Maharashtra)	M	OBC	History	SGB Amravati	Tel(O):07220- 230309 Tel(R): Mobile:09423 623324 Email:gbdascc @gmail.com	1000/-
6.	Gawande Prashant Govindrao Assistant Professor Department of Physical Education Arts, Science & Commerce College, Chikhaldara- 444807 (Maharashtra)	Gurukul Colony Dal Mill Road Sidartha high School (Near) Paratwada Dist. Amravati (Maharashtra)	M	OBC	Physical Education	S G B Amravati	Tel(O):07220- 220309 Tel(R): Mobile:09422 949160 Email:prashant gawande3007 @gmail.com	1000/-
7.	Haridas Uddhaorao Petkur Assistant Professor Department of Sociology Arts, Science & Commerce College, Chikhaldara- 444807 (Maharashtra)	Upper, Girishan Colony Chikhaldara Dist. Amravati (Maharashtra)	M	SC	Sociology	S G B Amravati	Tel(O):07220- 220309 Tel(R): Mobile:09403 618375 Email:harishpe tkar2012@ gmail.com	1000/-

8.	Kulen Das Assistant Professor Department of Political Science Bilasipara Dist. Dhubri- 783348 (Assam)	P.O. Bilasipara Dist. Dhubri- 783348 (Assam)	M	OBC	Political Science	Gauhati Univer- sity	Tel(O): Tel(R): Mobile: 09954464507 Email:kulenjo nak22@gmail. com	1000/-
9.	Lalit Kumar Assistant Professor Department of Economics Govt. Raza P.G. College, Rampur-244901 (U.P.)	Vill. Bhanga Mohammad Ganj P.O. Bhikaripur Dist. Pilibhit (U.P.)	M	SC	Economics	M J P Rohil- khnad	Tel (O): Tel (R): Mobile:09411 425838 Email:lalitikum ar5838@gmail .com	1000/-
10.	Laxmi Narayan Joshi Assistant Professor Department of Yogic Science Uttarakhand Sanskrit University, Haridwar- 249402 (Uttarakhand)	88, Deheradun Road Rishikesh (Uttarakhand)	M	Gen	Yogic Science	Uttarakh and Sanskrit Univer- sity,	Tel (O): Tel (R): Mobile:09897 703424 Email:	1000/-
11.	Madhu Sudan Sati Assistant Professor Department of Geology H N B Garhwal University S R T Campus, Badshahithaul Tehri Garhwal-249199 (Uttarakhand)	C-46, Prof. Colony S R T Campus, Badshahithaul Tehri Garhwal- 249199 (Uttarakhand)	M	Gen	Geology	H N B Garhwal Univer- sity	Tel (O): Tel (R): Mobile:07500 562186 Email:sati.mad husudan@ rediffmail.com	1000/-
12.	Mahendra Rana Assistant Professor Department of Pharmacy Kumaun University, Bhimtal Campus, Bhimtal Nainital- 263136 (Uttarakhand)	Vivekanad Kutir Alvany Villa Compound Nainital (Uttarakhand0	M	Gen	Pharma- ceutical	Kumaun Univer- sity	Tel (O): 05942-247030 Tel (R): Mobile:09410 176405 Email:rana.ma hendra214@ gmail.com	DDN. Dt.23/ '1000
13.	Mamta Kumari Assistant professor Department of Education Uttarakhand Open University, School of Education, Behind T.P. Nagar Teen Pani Bypass Road Haldwani-263139 (Uttarakhand)	C/o Mr. G.D. Badhani Opposite R.K. Tent House Road Kusumkhera Haldwani (Uttarakhand)	F	SC	Education	Uttarakh and Open Univer- sity	Tel(O): Tel(R): Mobile:09997 457463 Email:mamtata mta84@gmail. com	1000/-
14.	Milind Tukaram Suryawanshi Assistant Professor Department of Geography Shri Krishna Mahavidyalaya Gunjoti, TA. Omega Dist. Osmanabad-413613 (Maharashtra)	118/3, Ward 17, Balajinagar Omurga Dist. Osmanabad (Maharashtra)	M	SC	Geography	Dr. B.A.M. Univer- sity	Tel(O):02475- 250091 Tel(R): Mobile:09423 341680 Email:mitusu @rediffmail. com	1000/-
15.	Nagendra Prasad Sharma Sports Officer Kuamun University, Nainital (Uttarakhand)	Near Pant Sadan Sarswati Sadan mallital Nainital 9Uttarakhand)	M	Gen	Physical Education	Kumaun Univer- sity	Tel (O): Tel (R): Mobile:09412 038602 Email:sharman agendr@gmail .com	1000/-

16.	Nagorao Shaligram Dongare Assistant Professor Department of Psychology S.P.D.M. College, Shirpur Dist.Dhule-425404 (Maharashtra)	Jetwan, 77, Premkamal nagar mandal Shivar Shirpur, Dist. Dhule (Maharashtra)	M	SC	Psychology	North Maharas htra Univer sity	Tel (O): 02563-255054 Tel (R): Mobile:08600 304309 Email: ashay.dongare @gmail.com	DDN. Dt.24/ '1000
17.	Nivruti Dattu Karvekar Assistant Professor Department of Marathi Gogade Walke College Banda Tal Sawantwadi Dist. Sindhuudurg-416511 (Maharashtra)	102, Durwankur Apartment Salaiwada Sawantwadi Tal Sawantwadi (Maharashtra)	M	SC	Marathi	Mumbai Univer sity	Tel (O): 02363-270316 Tel (R): Mobile:09423 304414 Email: ndkarvekar@g mail.com	DDN. Dt.14/ 1000/-
18.	Pramod Gunvantrao Chaudhari Assistant Professor Department of Marathi Shri Krishna Mahavidyalaya Gunjoti, TA. Omega Dist. Osmanabad-413613 (Maharashtra)	Pratibha Nagar Omurga Dist. Osmanabad (Maharashtra)	M	Gen	Marathi	Dr. B.A.M. Univer sity	Tel(O):02475- 0250091 Tel(R): Mobile:09921 015152 Email: bhaktkory@g mail.com	1000/-
19.	Rahul Mineshwar Khobragade Assistant Professor Department of Microbiology Dr. babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad-413501 (Maharashtra)	26/2650, Surya Housing Society Behind Pratibha Hero Showroom Osmanabad (Maharashtra)	M	SC	Micro biology	Dr. BAM	Tel (O): 02472-202048 Tel (R): Mobile:09604 27264 Email: krahul108@g mail.com	DDN. Dt.29/ '1000
20.	Rajesh Kumar Assistant Professor Department of Mathematics D A V (PG) College, Dehradun-248001 (Uttarakhand)	Lane No. 12 Ekta Vihar Sahastradhara Road Dehradun (Uttarakhand)	M	OBC	Mathe matics	H N B Garhwal Univer sity	Tel (O): Tel (R): Mobile:09412 369876 Email: dr.rajeshpal12 @gmail.com	DDN. Dt.14/ 1000/-
21.	Ram Kishor Sagar Assistant Professor Department of Economics Govt. Raza PG College, Rampur-244901 (U.P.)	A-260, Gangapur Avas Vikas Colony Rampur (U.P.)	M	SC	Economics	MJP Rohil khand Univer sity	Tel (O): Tel (R): Mobile:09412 434950 Email: sagarrrk503@ gmail.com	1000/-
22.	Shankar Lal Assistant Professor Department of Mathematics H N B Garhwal University, SRT Campus Shinagar Garhwal-244199 (Uttarakhand)	-----	M	SC	Mathe matics	H N B Garhwal Univer sity	Tel(O): Tel(R): Mobile:09411 316082 Email: shankar_alm@ yahoo.com	1000/-
23.	Shashikant hari Khalane Assistant Professor Department of Psychology Jet's Zulal Bhilajirao Patil College, Wadibhokar Road Deopur Dhule-424005 (Maharashtra)	3, Ganaraj Apartment Satsang Colony, Gondur Road Deopur Dhule (Maharashtra)	M	OBC	Psychology	North Maha rashtra	Tel (O): 02562-222343 Tel (R): Mobile:09423 942258 Email:khalane 73shashi@gm ail.com	DDN. Dt.23/ '1000
24.	Subhash Singh	H.N. 7/255,	M	SC	English	Kuruk-	Tel (O):	DDN.

	Assistant Professor Department of English Dayal Singh P.G. College, Karnal-132001 (Haryana)	Ibrahim Mandi Karnal (Haryana)				shetra Univer- sity	Tel (R): Mobile:09034 130880 Email:subhash lara.eng69@ gmail.com	Dt.28/ 1000/-
25.	Sumit Prasad Assistant professor Department of Management Uttarakhand Open University, School of Education, Behind T.P. Nagar Teen Pani Bypass Road Haldwani-263139 (Uttarakhand)	Bank Colony Vikas Nagar Building No.01 Haripur Nagar Haldwani (Uttarakhand)	M	SC	Manage- ment	Uttarakh and Open Univer- sity	Tel(O): Tel(R): Mobile:09456 346010 Email:sprasad @uou.ac.in	1000/-
26.	T. Ramesh Assistant Professor Department of Physics GFGC, Chanapatana Ramanagaram, (Karnataka)	#30,4 th Cross Vasanthanagar Bengaluru (Karnataka)	M	Gen	Physics	Banga- lore Univer- sity	Tel (O): Tel (R): Mobile:09972 873199 Email:ramt13 @gmail.com	DDN.. Dt.25/ 1000
27.	Yogesh Kumar Assistant Professor Department of Physical Education Meerut College, Meerut- 250001 (U.P.)	1148, Sheel Kunj Colony Pallavpuram Meerut (U.P.)	M	Gen	Physical Education	C C S Univer- sity	Tel (O): Tel (R): Mobile:08218 400828 Email:yogesha sana@gmail. com	DDN.. Dt.01/ 1000/-
28.	Yogiraj Ashok Vijapure Assistant Professor Department of Chemistry Shri Krishna Mahavidyalaya Gunjoti, TA. Omega Dist. Osmanabad-413613 (Maharashtra)	402, Om Palace, Omerga Dist. Osmanabad (Maharashtra)	M	OBC	Chemistry	Dr. B.A.M. Univer- sity	Tel(O):02475- 0250091 Tel(R): Mobile:09922 464622 Email:yogirajv ijapure@hotm ail.com	1000/-
29.	Divya U Joshi Associate Professor UGC-HRDC, Mukanin University Nainital (Uttarakhand)	-----	F	Gen	Political Science	Kumaun Univer- sity	Tel(O): Tel(R): Mobile:09927 772488 Email:	
30.	Reetesh Sah Assistant Professor UGC-HRDC, Mukanin University Nainital (Uttarakhand)	-----	M	Gen	History	Kumaun Univer- sity	Tel(O): Tel(R): Mobile:09412 086515 Email:	

Day Monitor's List

**UGC-Human Resource Development Centre,
Kumaun University, Nainital**

Short Term Course in Yoga & Health (21- 27 August, 2018)

DATE	DAY MONITOR
Day- 1	Mahendra Rana
Day- 2	Shankar Lal
Day- 3	Mamta Kumari
Day- 4	Madhu Sudan Sati
Day 5	Arpita Negi
Day 6	Sumit Prasad