

MAHARSHI DAYANAND UNIVERSITY ROHTAK
DEAN STUDENTS' WELFARE OFFICE

No.DSW/2015/ 974-1073

Dated: 8/6/15

To

All Deans/ Heads / Directors,
University Teaching Departments & Branch Officers,
M.D.U., Rohtak

Subject: **1st International Yoga Diwas Celebrations – One day
University Level Seminar on 'Yoga and Holistic Life'**

Respected Sir / Madam,

As you are aware that 21st of June, 2015 is the 1st International Yoga Diwas announced by UNO is being celebrated all over the world. In India the day will be celebrated as an achievement and pride. In M.D. University, Rohtak there will be various programmes in which One Day Seminar on the subject mentioned above is also a significant part of it. The inaugural function of the day will be organized in University Gymnasium Hall (Sports Complex) at 6.00 a.m. In this inaugural ceremony there will be refined Yoga Demonstration to be performed by volunteers of NSS, Youth Red Cross, Teachers, Yoga Players, Campus School Students and the members of University fraternity. For this, a preparatory camp is being also organized from 18 – 21 June, 2015 in which approximately 100 participants will perform various Yoga Assans under the banner of M.D. University, Rohtak. Need not to say that these 100 participants will be treated as a special performers.

There shall be a mass yoga exercise session at the time of inaugural session.

For Registration

- | | |
|---|--|
| 1. Campus School | Dr. Sonia Malik, Director Campus School |
| 2. NSS Volunteers | Dr. Ranbir Gulia, Prog. Coordinator(NSS) |
| 3. YRC Volunteers | Dr. Radhey Shyam, Prog. Coordinatros(YRC) |
| 4. Sports persons | Dr. Davender Dhull, Director of Sports |
| 5. Yoga Players | Dr.(Mrs.)Jagwanti Deshwal, Yoga Teacher |
| 6. Teachers fraternity | Dr. Kashyab Dube, UIET |
| 7. Non-Teaching Emp. & Gen. Registration | Dr. Jagbir Ratahee, Director Youth Welfare |

One Day University Level Seminar on Yoga and Holistic Life

The details of the seminar is as under :-

Those who are interested or engaged in Yoga research are cordially invited to participate in this seminar. The details of the seminar is as under :-

The basic aim of the seminar is to create mass awareness for health happiness and Harmony through Yoga. It is also aimed at giving a platform to the health professionals, scientists and academia to discuss, deliberate and share the knowledge amongst themselves and dissemination of the scientific and technical information and the research progress in the field of Yoga, and to promote yoga amongst masses for healthy and effective living. **The main theme of the Seminar is : “ Yoga and Holistic Life”**

Sub themes

| | |
|---|--|
| Yoga and quality of life | Yoga and well being |
| Yoga and Health | Yoga and Mental Health |
| Yoga and chronic Diseases | Yoga and Management and treatment of diseases |
| Yoga and Management and treatment of Mental illnesses | Yoga for Happiness and Harmony |
| Yoga and Educational Achievement | Yoga for Neuro Plasticity and other Cognitive benefits |
| Yoga and Adjustment | Any other related topic |

You are requested to participate in it by presenting research paper. There is no participation fee, however, interested persons should get themselves registered with the D.S.W. office. Efforts will be made to get selected papers published in the form of a book well in advance or on the spot at the venue. **Interested persons may send the abstract of their papers latest by 15.06.2015 and full papers by 18.06.2015 to the Convener of the Seminar Prof. Radhey Shyam, email: rshyam033@gmail.com**

The venue of the seminar will be DDE conference Hall, M.D. University, Rohtak.

Time: 9.00 am to 10.00 am Registration
10.00 a.m. to 11.30 a.m. Inauguration &
Technical session - I
12.00 noon to 1.30 pm Technical session –II
1.30 pm to 2.00 pm Valedictory session

You are, therefore, requested to kindly contact the following persons :-

Kindly take this celebrations as your personal celebrations as the recognition of yoga all over the world is reorganization of heritage of our great India.

If any query, kindly contact Dr. Jagbir Rathee on mobile No.09466161016.


Director Youth Welfare

Endst.No.DSW/2015/ 974-1073

Dated: 08/6/15

Copy of the above is forwarded to the following for information and necessary action :-

1. The Director, Computer Centre, MDU, Rohtak with the request to put the information on website at the earliest.
2. The Director, Public Relation, MDU, Rohtak for wide publicity.
3. The Director, DDE, MDU, Rohtak with the request to ensure the availability of DDE Conference Hall for academic session on 21.6.2015 as the Vice-Chancellor has already approved the same.
4. The Director of Sports, MDU, Rohtak with the request to ensure the availability of Gymnasium Hall for inaugural function.
5. The President, MDUTA, MDU, Rohtak
6. The President, MDU NTEA, MDU, Rohtak
7. All Branch Officer, MDU, Rohtak


Director Youth Welfare