

International Webinar on
Health Challenges Arising in COVID-19 Pandemic and Lockdown Period and Their Yogic Solutions

Programme Schedule

Day 1 : 20-05-2020

Session	Time	Speaker	Topic
1	10:30 am to 10:45 am	Prof. B. N. Phukan , Head, Dept. of Yogic Science & Naturopathy, MSSV	Welcome speech
1	10:45 am to 11:00 am	Prof. K. K. Deka , Hon'ble Vice Chancellor, MSSV	Inaugural address
1	11:00 am to 11:45 am	Key note speaker- Prof. Ishwar Bhardwaj , Prof., Dept. of H.C. & Yogic Science, Dean, faculty of Medical Science & Health, Gurukula Kangri Vishwavidyalaya, Haridwar	Yogic Practices in COVID-19 & Ishwar Sharanagati to get rid of worry
1	11:45 am to 12:30 pm	Dr. Ganesh Prasad Semwal , Yoga Training Manager, Elite Fitness, Vietnam	Yogasana to boost immunity and physical health
	12:30 pm to 02:00 pm	Break	
2	02:00 pm to 02:30 pm	Prof. K Krishna Sharma , Chairman, Dept. of H.C..&.Y.S., Mangalore University	COVID-19 Challenges – Success through Yoga
2	02:30 pm to 03:00 pm	Dr. Gopal Krishna Sharma , Dev Sanskriti Vishwavidyalaya, Haridwar	Yajna and its impact on the environment and body
2	03:00 pm to 03:30 pm	Dr. Deepeshwar Singh , Associate Professor, SVYASA, Bengaluru	Meditation and its effects on body and mind to relieve stress
2	03:30 pm to 04:00 pm	Dr. Yatendra Dutt Amoli , Yunnan Minzu University, Kunming, China	Scopes of Yogic ways of living during COVID-19: transforming life and understanding self

**National Webinar on
Health Challenges Arising in COVID-19 Pandemic and Lockdown Period and Their Yogic Solutions**

Programme Schedule

Day 2 : 21-05-2020

Session	Time	Speaker	Topic
3	10:30 am to 11:15 am	Prof. Suresh Lal Barnwal, Head, Dept. of Yogic Science & H.C., D.S.V.V., Haridwar	Importance of Kriya Yoga in COVID-19
3	11:15 am to 12:00 pm	Dr. Kamakhya Kumar, Head, Department of Yoga, USU, Uttarakhand	Yoga Nidra for better mental health
3	12:00 pm to 12:30 pm	Prof. (Dr.) G. D. Sharma, formerly Chairman, Dept. of Yoga Studies, HP University, Shimla. Head, Dept. of Yoga Studies, University of Patanjali. Registrar & Dean (Acad.) University of Patanjali.	Effect of Mantra and Pranayama to enhance the level of immunity
	12:30 pm to 02:00 pm	Break	
4	02:00 pm to 03:00 pm	Dr. Vinod Kumar (MBBS), Shoolini University, Himachal Pradesh	Breath better, Eat better For healthy living
4	03:00 pm to 03:30 pm	Dr. Paul Madan, Director, Homeopathic Medical College, Abohar, Panjab	Role of Diet & Nutrition in present COVID-19 pandemic
4	03:30 pm to 03:50 pm	Question & Answer Session	
4	03:50 pm to 04:00 pm	Valedictory Session	