

About the University

Babasaheb Bhimrao Ambedkar University, Lucknow is one of the premier Central Universities in the country. The jurisdiction of this residential University is over the entire state of Uttar Pradesh. Babasaheb Bhimrao Ambedkar University is a Central University, established on 10th January 1996. The 250 acres' University campus named 'Vidya Vihar' is located off the Raebareli road, about 10 Km. south of Charbagh, the main Railway Station of Lucknow. As one of the chief objectives of the University to cater to, and promote, the educational needs of the marginalized people, particularly the SC/ST communities and Women. At present, BBAU have 15 functional Schools comprising of more than twenty Nine.

About the Workshop

Yoga uses breathing techniques, exercise and meditation. It helps to improve **health and happiness**. A person doing **yoga** will move from one posture (called asana) to another. For example, the "sun-salutation" contains 12 poses of asanas, one after the other, and is said to help balance body and soul.

Objectives of the Workshop

The art of practicing **yoga** helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. ... **Yoga** asanas build strength, flexibility and confidence.

Date & Timing

01st Nov. 2019 to 07th Nov. 2019
(Morning Session: 6.30 am 8.30 am)
(Afternoon Session: 11.00 am 1.0 pm)
(Evening Session: 3.00 am 4.00pm)

Target Audience

Faculty, Staff members, Yoga experts and Students

How to Apply

There will only 50 seats for participants in the workshop. Interested candidates are requested to send their nomination latest by 30th Oct. 2019 through Registration Form in prescribed format (attached at the end) along with a cash/direct payment of the requisite amount. Participants have to make their own arrangement for staying. No lodging and Boarding will be provided . A certificate of participation will be issued for attending the workshop. Full attendance is mandatory. Last date of registration & submission of fee: 31st Oct. 2019.

Registration Fees include Kit, and Certificate only

Fees

Academicians/ Teachers	Rs. - 500/-
Students	Rs. 200/-

Bank Details

Registration Fee can also be paid via DD drawn in favour of Finance officer ,BBAU payable at Canara Bank, BBAU, Lucknow.

On the Spot registration can also be Done

Contents of the Workshop

1. Types of Yoga
2. Benefits of Yog Asana's
3. Yoga for Holistic Health
4. How to Live a Happy Life
5. What makes you happy
6. How to Live a Happy Life
7. Stress Management through Yoga
8. Laughter therapy and its importance
9. **Naturopathy** treats all **the** aspects like physical, mental, social and spiritual at **the** same time.

For more information contact

Dr. Manoj Kumar Dhadwal
Mobile No. 07080879999

Add: Sports Section, Babasaheb
Bhimrao Ambedkar University,
(A Central University) Vidya
Vihar, Raibereli Road Lucknow -
226025

Email: dhadwal2005@gmail.com

Organizing Committee

Chief Patron

Prof. Sanjay Singh

Hon'ble Vice Chancellor BBAU,
Lucknow

Patrons

Prof. Victor Babu

Registrar, BBAU, Lucknow

Workshop Chairman

Prof. K.L Mahawar

BBAU, Lucknow

Organizing Secretary

Dr. Manoj Kumar Dhadwal

BBAU, Lucknow

Advisory Committee

Dr. Sunil Gorla

BBAU, Lucknow

Dr. Harishankar Singh

BBAU, Lucknow

Dr. Dharendra Pandey

BBAU, Lucknow

Dr. Raj Shree

BBAU, Lucknow

Dr. Pawan Kumar Chaurasia

BBAU, Lucknow

Dr. Taruna

BBAU, Lucknow

Dr. Ramesh Chaturvedi

BBAU, Lucknow



बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय

(केन्द्रीय विश्वविद्यालय)

विद्या विहार, रायबरेली रोड, लखनऊ-226025

BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY

(A Central University)

Vidya Vihar, Rae Bareli Road, Lucknow-226025

Workshop on Yoga, Health and Happiness

01st Nov. - 07th Nov. 2019



Organized by

Sports Section

Babasaheb Bhimrao Ambedkar University,
(A Central University)
Lucknow

Workshop on Yoga, Health and Happiness

01st Nov. - 07th Nov. 2019

REGISTRATION FORM

1	Name of the Participant	Dr./Mr./Ms.....
	(In Capitals):	
2	Designation
3	Organization
4	Address
5	Email
6	Contact No.
7	Date of Birth Gender.....
8	Qualification
9	Fee Details	Faculty :Rs. 500 <input type="checkbox"/> Students/Scholars: ... Rs. 200 <input type="checkbox"/>

Date:.....

Signature

Bank Details

Registration Fee can also be paid via DD drawn in favour of Finance officer, BBAU payable at Canara Bank, BBAU, Lucknow.

On the Spot registration can also be Done

Mail your duly filled in application form to below mentioned

Dr. Manoj Kumar Dhadwal
Organizing Secretary
Mobile No.+917080879999
Email: dhadwal2005@gmail.com

Note: Feel free to use the photocopy in case of more than one participant