



SCHOOL OF EDUCATION
 MAHATMA GANDHI CENTRAL UNIVERSITY
 MOTIHARI, EAST CHAMPARAN, BIHAR
IN COLLABORATION WITH
 UNIVERSITY DEPARTMENT OF YOGA
 RANCHI UNIVERSITY, RANCHI

ORGANIZES

FACULTY DEVELOPMENT PROGRAM
 ON
 YOGA FOR WELL-BEING AND LIFE SKILLS DEVELOPMENT
 (21/06/2020 TO 25/06/2020)

"We can't always control what goes on outside but we can always control what goes on inside"



MIND, BODY AND SOUL



PROF. SANJEEV KUMAR SHARMA
 HON'BLE VICE CHANCELLOR
 MAHATMA GANDHI CENTRAL
 UNIVERSITY, BIHAR

CHIEF PATRONS



PROF. RAMESH KUMAR PANDEY
 HON'BLE VICE CHANCELLOR
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PATRONS



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 PRO- VICE CHANCELLOR
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 DEAN
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DIRECTORS



DR. TULU SARKAR
 DIRECTOR
 DEPARTMENT OF YOGA
 RANCHI UNIVERSITY, RANCHI

Overview

Science and modern technology makes our life comfortable and convenient, but it's imbalance use leads us towards uncertainty, stress and anxiety. It is very difficult to maintain our physical and emotional well being in the modern era. We are running after information, fame and money as a means of achieving well being . In short modern times makes us restless and it affects our mental and physical health. we are emotionally unstable, physically unhealthy and emotionally paralyzed. Now we are looking forward to find a solution following the path of Yoga. As we know Yoga literally means union. Though most of us interpret it to mean twisting our body in a particular way(asanas). But this is the one of the primary step of yoga but it is mistaken by us as the whole of Yoga. Asanas are the initial path to the process of Yoga .Yoga is something which can take us towards liberation and self-realization. It makes us ultimately free and provides us a way to realize our potentials, possibilities and leads us to our boundless capabilities. It is a union of our body, mind and consciousness. It is to activating our energies in a certain manner so that it can function in highest possible way. Yoga is a mean to find ultimate expression to life and to realize the oneness of energy functioning in a different way. It is not only an exercise, philosophy, ideology or religion. Yoga transcends individuality to universality. It guides us to know the ultimate nature. Therefore in this context School of Education, Mahatma Gandhi Central University in collaboration with University Department of Yoga, Ranchi University Ranchi tries to throw some lights on the various dimensions of Yoga and its role in maintaining our well-being and life skills development by organizing of this five days faculty development program. This FDP will also focus on the practical aspects of Yoga and its fundamental purpose to make our life graciously happy, blissful, and joyful.

*" It is the health that is the real wealth and not pieces of gold and silver" -,
Mahatma Gandhi*



Dr. Mukesh Kumar
School of Education
Mahatma Gandhi Central University, Bihar



Dr. Anand Kumar Thakur
University Department of Yoga
Ranchi University, Ranchi



Dr. Manisha Rani
School of Education
Mahatma Gandhi Central University, Bihar

Convenor



Dr. Pathloth Omkar
School of Education
Mahatma Gandhi Central University, Bihar



Dr. Rashmi Srivastava
School of Education
Mahatma Gandhi Central University, Bihar

Co-Convenors

Day wise Theme , Resource Persons and Chief Guest

Day-1 (21/06/2020)- Basics and Philosophical dimensions of yoga

Time 10.30am-11.00am Dr. Ishwar Bharadwaj
Time 11.00am-11.30 am Dr. Ganesh Shankar
Time 11.30am-12.00noon Prof. T. Mrunalini

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**Day-2 (22/06/2020) - Self- Discipline and Self- Control:
Key to Success in life**

Time 10.15am-11.00am Prof. M. K. Sridhar
Time 11.00am-11.45am Mr. Manoj Soni

**Day -3 (23/06/2020)- Yoga for Life Skills Development:
Progression of Life**

Time 10.15am-11.00am Dr. Ishwar V. Basavaraddi
Time 11.00am-11.30am Dr. J Jayachithra
Time 11.30am-12.00noon Dr. Parinita Singh

**Day-4 (24/06/2020) Stress and Conflict Management:
Essence of Life**

Time 10.15am-11.00am Prof. K. B. Rath
Time 11.00am-11.30am Dr. Naosekpam Nilkamal Singh
Time 11.30am-12.00noon Mr.Sourav Nilesh

**Day-5 (25/06/2020) Self- Realization and Spirituality:
Ultimate aim of Life by
Swami Atmapriyanandaji Maharaj
(Time 10.15am-11.15 am)**

"The practice of yoga bring us face to face with the extraordinary complexity of our own being"

SHRI AUROBINDO

Resource Persons and Chief Guest



Dr. Ishwar Bharadwaj
Dean Faculty of Medical Science and Health
Professor in
Department of Yogic Sciences
Gurukula Kangri Vishwavidya, Haridwar



Dr. Ganesh Shankar
Professor and Head
(Yoga Studies) and
Dean Educational Studies
Dr . Harisingh Gour Central University,Sagar



Prof. M.K.Sridhar
Registrar S-VYASA University
Bengaluru



Mr. Manoj Soni
University Department of
Yoga
Ranchi University, Ranchi



Prof. T. Mrunalini
Dean
School of Education
Osmania University, Hyderabad



Dr. J.Jayachithra
School of Education
Algappa University
Tamilnadu



Dr. Ishwar V. Basavaraddi
Director
Morarji Desai National
Institute of Yoga
Ministry of AYUSH
Govt. of India



Dr. Parinita Singh
University Department of Yoga
Ranchi University, Ranchi



Chief Guest
Swami Atmapriyanandaji Maharaj
Hon'ble Vice Chancellor
Ramakrishna Mission Vivekananda University
Belur Math



Prof. K.B. Rath
Professor in Education
Regional Institute OF Education
Ajmer, NCERT



Dr. Naosekpam Nilkamal Singh
Department of Yoga
Manipur Central University, Manipur



Mr. Sourav Nilesh
University Department of Yoga
Ranchi University, Ranchi

Target Audience: Academicians, Research Scholars and Yoga practitioners from different universities .

Registration: Seats are limited on the basis of criteria adopted by organizing committee.

Link -

<https://forms.gle/C6GuhUpxZMyGY47TA>

Certification- e-Certificate will be provided to all the participants. Any query for an e-Certificate will not be entertained. Certificates to the participants(who were present during the entire five days FDP) will be emailed within one month.

Note: Participants have to complete assignments and fill the feedback form per day then only they will be eligible for certification.

“The meaning of our self is not to be found in its separateness from god and others, but in the ceaseless realization of yoga of union”.

Rabindra Nath Tagore

**For any kind of difficulties and technical assistance
Send Email to: fdpyoga.mgcub@gmail.com
Or (Contact to the supportive team):**

Registration and technical assistance team

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Note: Minute to minute schedule will be send later along with joining link to the participant's e-mails.