



Activities planned for creating awareness/wide publicity about International Day of Yoga 2022

APRIL, 2022

<u>Date</u>	<u>Activities</u>		
11/04/2022	An email has been sent to the Directors of all the 21 EMRCs & Vice Chancellors of their respective Host Universities for planning the activity for creating awareness/wide publicity about International Day of Yoga 2022, as advised by UGC, New Delhi		
12/04/2022	Awareness & Activity Chart of IDY, 2022 being placed on CEC Website		
12/04/2022	An awareness campaign for IDY, 2022 being started on CEC's Social Media Handles – <ul style="list-style-type: none">• Facebook,• Twitter• Instagram		
21/04/2022	Surya Namaskar Session with Scientific approach by Dr Somveer Arya , Director ICCR on <ul style="list-style-type: none">• Body Alignment• Chakra• Mantra• Prayer		
21/04/2022	A 30 Min Film on Yoga scheduled to be screened at CEC		
29/04/2022	Fortnightly Zoom Meeting to be conducted with the Directors of EMRCs to review and monitor the progress of IDY, 2022		
<u>Live YOGA Lectures Series scheduled on CEC GURUKUL</u>			
<u>Day/Date</u>	<u>Time</u>	<u>Title of the lecture</u>	<u>Resource Person</u>
21/04/2022	3:00-4:00	Manushya ki Sharirik Vikas mein Yog ka Yogdaan	Dr. Somveer Arya
22/04/2022	3:00-4:00	Manushya ke Mansik utthan meinyog ka yogdaan	Dr. Somveer Arya
25/04/2022	2:30-3:30	Fundamentals of Yoga-I	Ms. Kavita Bakshi
26/04/2022	2:30-3:30	Fundamentals of Yoga-II	Mr. Satyam Tiwari
27/04/2022	3:00-4:00	Brief Survey of Yoga Traditions-I	Mr. Satyam Tiwari
28/04/2022	3:00-4:00	Vibhinn rogon mein yog kimahvtata-I	Dr. Ajay Shastri
29/04/2022	2:00-3:00	samajik Samasta mein yog kayogdaan	Dr. Somveer Arya

Programmes based on YOGA are scheduled on VYAS Higher Education Channel

DATE	TIME	TITLE
21.04.2022	0600/ 1800	Yoga: Origin of Yoga
22.04.2022	0600/ 1800	Yoga and Us: Yoga Introduction
23.04.2022	0600/ 1800	Yoga: Surya Namaskar
24.04.2022	0600/ 1800	Yoga: Pranayama
25.04.2022	0600/ 1800	Yoga: Aasan Aasan - II
26.04.2022	0600/ 1800	Yoga: Yog aur Hum
27.04.2022	0600/ 1800	Yoga: Yog Ki Utpatti
28.04.2022	0600/ 1800	Yoga: Shatkarma - I
29.04.2022	0600/ 1800	Ayurveda and Yoga:Vata Disorders
30.04.2022	0600/ 1800	Ayurveda and Yoga: Pitta Disorders



**Activities planned for creating awareness/wide publicity about International
Day of Yoga 2022**

MAY, 2022

<u>Date</u>	<u>Activities</u>		
01/05/2022	New posts related to Yoga awareness & related activities for IDY, 2022 shall be shared on CEC's Social Media Handles: <ul style="list-style-type: none">• Facebook,• Twitter• Instagram		
14/05/2022	Pranayam Session with Scientific approach by Dr Somveer Arya , Director ICCR on: <ul style="list-style-type: none">• Prana• Division of Prana and Upprana• Work and place of all Prana in our body• Function of Respiratory and Circulatory system		
21/05/2022	A 30 Min Film on Yoga scheduled to be screened at CEC		
28/05/2022	Fortnightly Zoom Meeting to be conducted with the Directors of EMRCs to review and monitor the progress of IDY, 2022		
Live YOGA Lectures Series scheduled on CEC GURUKUL			
<u>Day/Date</u>	<u>Time</u>	<u>Title of the lecture</u>	<u>Resource Person</u>
02/05/2022	2:30-3:30	Brief Survey of Yoga Traditions-II	Ms. Kavita Bakshi
03/05/2022		Holiday	
04/5/2022	3:00-4:00	Brief Survey of Yoga Traditions-III	Mr. Satyam Tiwari
05/5/2022	2:00-3:00	Yog Prarthna evam SukshmaVyayam ki Avdharana	Dr. Somveer Arya
06/5/2022	2:00-3:00	Aasano ke Abhyas Kram ka Vagyanik Adhaar	Dr. Somveer Arya
09/5/2022	3:00-4:00	Brief Survey of Yoga Traditions-IV	Ms. Kavita Bakshi
10/5/2022	3:00-4:00	Brief Survey of Yoga Traditions-V	Ms. Kavita Bakshi
11/5/2022	2:00-3:00	Brief Survey of Yoga Traditions-VI	Mr. Satyam Tiwari
12/5/2022	2:00-3:00	Pranayaam va Dhyan ki Avshyakta va Upyogita	Dr. Somveer Arya
13/05/2022	2:30-3:30	Praan ka parichay, vargikaran ,karya evam upyogita	Dr. Somveer Arya
16/05/2022		Holiday	
17/05/2022	2:00-3:00	Brief Survey of Yoga Traditions-VII	Ms. Kavita Bakshi
18/05/2022	2:00-3:00	General Introduction to Hatha YogaYoga-I	Mr. Satyam Tiwari
19/05/2022	2:30-3:30	Yog darshan mein varnitpranayamon ka vighyan	Dr. Somveer Arya
20/05/2022	2:30-3:30	Shashtang yog aur Karma yogmein antar-I	Dr. Ajay Shastri
23/05/2022	2:00-3:00	General Introduction to Hatha Yoga-II	Mr. Satyam Tiwari
24/05/2022	2:00-3:00	Hatha Yoga: Pre Requisites-I	Mr. Satyam Tiwari

25/05/2022	2:30-3:30	Shashtang yog aur Karma yog mein antar-II	Dr. Ajay Shastri
26/05/2022	2:30-3:30	Hatha Yoga mein Varnit Pranayamon ka Vigyan	Dr. Somveer Arya
27/05/2022	3:00-4:00	Pranayaam ka samanya ya dainik abhyas	Dr. Somveer Arya
30/05/2022	2:00-3:00	Hatha Yoga: Pre Requisites-II	Ms. Kavita Bakshi
31/05/2022	2:30-3:30	Hatha Yoga Principles-I; Yogasanas	Ms. Kavita Bakshi

Programmes based on YOGA are scheduled on VYAS Higher Education Channel

DATE	TIME	TITLE
01.05.2022	0600/ 1800	Ayurveda and Yoga: Kapha Disorders
02.05.2022	0600/ 1800	Yoga: Easy Aasna - I
03.05.2022	0600/ 1800	Yog Dwara Swasthya Labh - I
04.05.2022	0600/ 1800	Yog Dwara Swasthya Labh - II
05.05.2022	0600/ 1800	Yog Dwara Swasthya Labh - III
06.05.2022	0600/ 1800	Yog Dwara Swasthya Labh - IV
07.05.2022	0600/ 1800	Yog Dwara Swasthya Labh - V
08.05.2022	0600/ 1800	Overview of Yoga and Meditation Research - I
09.05.2022	0600/ 1800	Overview of Yoga and Meditation Research - II
10.05.2022	0600/ 1800	Overview of Yoga and Meditation Research - III
11.05.2022	0600/ 1800	Hatha Yoga - I
12.05.2022	0600/ 1800	Hatha Yoga - II
13.05.2022	0600/ 1800	Hatha Yoga - III
14.05.2022	0600/ 1800	Hatha Yoga - IV
15.05.2022	0600/ 1800	Hatha Yoga - V
16.05.2022	0600/ 1800	Hatha Yoga - VI
17.05.2022	0600/ 1800	Hatha Yoga - VII
18.05.2022	0600/ 1800	Hatha Yoga - VIII
19.05.2022	0600/ 1800	Hatha Yoga - IX
20.05.2022	0600/ 1800	The Science of Yoga
21.05.2022	0600/ 1800	Yoga: Shatkarma - II
22.05.2022	0600/ 1800	Easy Aasana - II
23.05.2022	0600/ 1800	Easy Aasana - III
24.05.2022	0600/ 1800	Easy Aasana - IV
25.05.2022	0600/ 1800	Yoga: Aasan Aasan - IV
26.05.2022	0600/ 1800	Yoga: Origin of Yoga
27.05.2022	0600/ 1800	Yoga and Us: Yoga Introduction
28.05.2022	0600/ 1800	Yoga: Surya Namaskar
29.05.2022	0600/ 1800	Yoga: Pranayama
30.05.2022	0600/ 1800	Yoga: Aasan Aasan - II
31.05.2022	0600/ 1800	Yoga: Yog aur Hum



**Activities planned for creating awareness/wide publicity about International
Day of Yoga 2022**

JUNE, 2022

<u>Date</u>	<u>Activities</u>		
01/06/2022	New posts related to Yoga awareness & related activities for IDY, 2022 shall be shared on CEC's Social Media Handles: <ul style="list-style-type: none">• Facebook,• Twitter• Instagram		
11/06/2022	A 30 Min Film on Yoga scheduled to be screened at CEC		
18/06/2022	Fortnightly Zoom Meeting to be conducted with the Directors of EMRCs to review and monitor the progress of IDY, 2022		
21/06/2022	Yoga Session: <ul style="list-style-type: none">• Pranas• Mudras• Asanas		
Live YOGA Lectures Series scheduled on CEC GURUKUL			
Day/Date	Time	Title of the lecture	Resource Person
01/06/2022	2:30-3:30	Adhyatmik unnati me yog ka surya namaskar ka vagyanik	Dr. Ajay Shastri
02/06/2022	3:00-4:00	Adhaar	Dr. Somveer Arya
03/06/2022	3:00-4:00	Om Ucharan ka Darshanik Aadhar	Dr. Somveer Arya
06/06/2022	2:30-3:30	Hath Yoga Principles -III: Mudra- Bandhas	Ms. Kavita Bakshi
07/06/2022	2:30-3:30	Introduction to Basic Hatha Yoga Text-I	Ms. Kavita Bakshi
08/06/2022	3:00-4:00	Introduction to Basic Hatha Yoga Text-II	Mr. Satyam Tiwari
09/06/2022	3:00-4:00	Introduction to Basic Hatha Yoga Text-III	Mr. Satyam Tiwari
10/06/2022	2:00-3:00	Mann va Chit ki Prasannta va Akagrata	Dr. Somveer Arya
14/06/2022	2:30-3:30	Introduction to Basic Hatha Yoga Text-IV	Mr. Satyam Tiwari
15/06/2022	3:00-4:00	Introduction to Basic Hatha Yoga Text-V	Mr. Satyam Tiwari
16/06/2022	3:00-4:00	Karyasthanon par yog break kiupyogita	Dr. Somveer Arya
17/06/2022	2:00-3:00	Vyaktigat Utkarsh mein Yog ka Mahtva	Dr. Somveer Arya
20/06/2022	2:30-3:30	Recitation of Hymns	Ms. Kavita Bakshi
21/06/2022	3:00-4:00	Antar Rashtriya Yog Diwas	Mr. Satyam Tiwari

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01.06.2022	0600/ 1800	Yoga: Yog Ki Utpatti
02.06.2022	0600/ 1800	Yoga: Shatkarma - I
03.06.2022	0600/ 1800	Ayurveda and Yoga:Vata Disorders
04.06.2022	0600/ 1800	Ayurveda and Yoga: Pitta Disorders
05.06.2022	0600/ 1800	Ayurveda and Yoga: Kapha Disorders
06.06.2022	0600/ 1800	Yoga: Easy Aasna - I
07.06.2022	0600/ 1800	Yog Dwara Swasthya Labh - I
08.06.2022	0600/ 1800	Yog Dwara Swasthya Labh - II
09.06.2022	0600/ 1800	Yog Dwara Swasthya Labh - III
10.06.2022	0600/ 1800	Yog Dwara Swasthya Labh - IV
11.06.2022	0600/ 1800	Yog Dwara Swasthya Labh - V
12.06.2022	0600/ 1800	Overview of Yoga and Meditation Research - I
13.06.2022	0600/ 1800	Overview of Yoga and Meditation Research - II
14.06.2022	0600/ 1800	Overview of Yoga and Meditation Research - III
15.06.2022	0600/ 1800	Hatha Yoga - I
16.06.2022	0600/ 1800	Hatha Yoga - II
17.06.2022	0600/ 1800	Hatha Yoga - III
18.06.2022	0600/ 1800	Hatha Yoga - IV
19.06.2022	0600/ 1800	Hatha Yoga - V
20.06.2022	0600/ 1800	Hatha Yoga - VI
21.06.2022	0600/ 1800	Hatha Yoga - VII