

JIWAJI UNIVERSITY, GWALIOR, INDIA

(NAAC Accredited A Grade)

WEBINAR SERIES ON

YOGA AS A THERAPEUTIC INTERVENTION FOR COVID-19

26th May 2020 (Tuesday)



Prof. Sangeeta Shukla
Vice Chancellor



Prof. S.K. Gupta
Coordinator, Yoga

DISTINGUISHED SPEAKERS



Dr. R. Nagarathna
Medical Director,
SVYASA, Bengaluru



Prof. S. L. Barnwal,
DSVV, Haridwar



Dr. Udham Singh,
Gurukul Kangri Univ.
Haridwar



Shri Deshraj,
Bhartiya Yoga
Sansthan, New Delhi



Dr. Neeru Nathani,
BHU, Varanasi



Dr. Jyoti Keswani,
SHRMCNY, Bhopal



Prof. Ishwar Bhardwaj,
Gurukul Kangri Univ.
Haridwar



Dr. Sadhana Dauneria,
Barkatullah Univ. Bhopal



Dr. Manju Shukla,
NIT, Raipur



Dr. V. K. Katiyar,
Univ. of Patanjali,
Haridwar



Dr. G. S. Thakur,
HNB Garhwal Univ.
Srinagar Garhwal



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For support, contact Convenor: skggwr@gmail.com

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26th May, 2020 (TUESDAY)

Resource persons - Titles of talks

Sr. No.	Speaker & Affiliation	Topic	Time Schedule
1	Prof. Sangeeta Shukla, Vice Chancellor, Jiwaji University, Gwalior	Welcome & Introductory remarks	10.50 – 11.00 AM
2	Dr. R. Nagarathna, Medical Director, SVYASA, Bengaluru	Yoga for COVID-19	11.00 – 11.30 AM
3	Shri Deshraj – General Secretary, Bhartiya Yoga Sansthan, New Delhi	Enhancing Immune System through Yoga for COVID-19	11.30 – 12.00 AM
4	Prof. Ishwar Bhardwaj, Dean, Gurukul Kangri University, Haridwar	Yogic solution for the problems during COVID-19 and Lockdown period	12.00 -12.30 PM
5	Dr. V. K. Katiyar, Dean, University of Patanjali, Haridwar	Mechanics of Breathing	12.30 – 1.00 PM
6	Prof. Suresh Lal Barnwal, Dean, Dev Sanskriti University, Haridwar	Problems of Covid-19 and prevention through Cleansing process, Pranayama and Meditation	1.00 – 1.30 PM
Afternoon Session			
7	Dr. Neeru Nathani, BHU, Varanasi	Role of Yoga in Boosting Immunity and Prevention of Diseases	2.30 – 3.00 PM
8	Dr. Sadhana Dauneria, Barkaullah University, Bhopal	Yogic Practices to combat COVID-19	3.00- 3.30 PM
9	Dr. Ghanshyam Singh Thakur, HNB Garhwal Central University, Srinagar Garhwal	Integrated Approach of Yoga Therapy for Mental Health during Covid-19	3.30 -4.00 PM
10	Dr. Udham Singh, Gurukul Kangri University, Haridwar	The role of yogic culture, life style and techniques in the management of COVID-19 pandemic	4.00 – 4.30 PM
11	Dr. Jyoti Keswani, Sant Hirdaram Medical College of Naturopathy & Yoga, Bairagarh, Bhopal	Yogic Kriyas for prevention and treatment of Covid-19	4.30 – 5.00 PM
12	Dr. Manju Shukla, NIT, Raipur	COVID-19-Symptoms and Yogic Kavach	5.00 – 5.30 PM