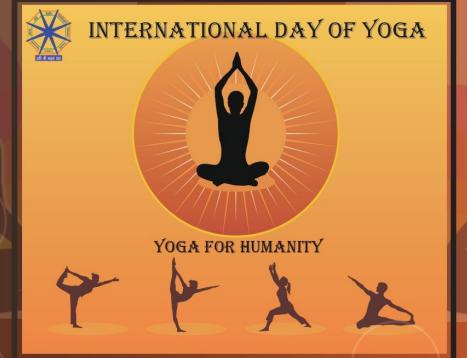# INTERNATIONAL DAY OF YOGA

YOGA FOR HUMANITY

Prof. Anand Prakash
Hon'ble Vice-Chancellor
Mahatma Gandhi Central University

Chief Guest
Dr Kamakhya Kumar
Head Dept of Yoga
Uttarakhand Sanskrit University, Haridwar

Guest of Honour
Dr Shyamal kishor,
Associate professor and Head, P G Dept. of Philosophy,
T P S College, Patna (P P U)

MAHATMA GANDHI CENTRAL UNIVERSITY

Organizing Committee

Dr Sunil Kumar Singh
Assistant Professor
Department of Computer Science & Information Technology

Dr Shashikant Ray
Assistant Professor
Department of Biotech
School of Life Sciences

Dr Shyam Kumar Jha
Associate Professor
Department of Sanskrit
School of Humanities & Languages

Mr Manjesh Kumar
Finance Department

Special Lectures

on

International Day of Yoga (IDY) 2022

Organized by:

महात्मा गांधी केंद्रीय विश्वविद्यालय
MAHATMA GANDHI CENTRAL UNIVERSITY

[A Central University established by an Act of Parliament]

Minute to Minute Program, **20th June** 2022 (11:00 AM to 12:40 PM)

(Online mode)

Lecture	Timing	Role	Name and Affiliation
International Day of Yoga-2022		**Anchoring**	**Dr Shreedhar Satyakam** Assistant Professor, Dept. of Economics, Mahatma Gandhi Central University, Motihari, Bihar
	11:00 AM	**Welcome Address**	**Dr Shyam Kumar Jha,** Nodal Officer (IDY program 2022) and Associate Professor, Dept. of Sanskrit, Mahatma Gandhi Central University, Motihari, Bihar
	11:05 AM	**Introduction of Chief Guest** Prof. Kamakhya Kumar	**Dr Shreedhar Satyakam** Assistant Professor, Dept. of Economics, Mahatma Gandhi Central University, Motihari, Bihar
	11:10 AM To 11:40 AM	Lecture on **"Yoga for holistic health."** By Chief Guest	**Prof. Kamakhya Kumar,** Professor, Head, Dept. of Yoga, Uttarakhand Sanskrit University, Haridwar, Uttarakhand
	11:40 AM	**Questions-Answers**	
	11:45 AM	**Introduction of Guest of Honour** Dr Shyamal Kishor,	**Dr Shashikant Ray** Assistant Professor, Dept. of BioTechnology, Mahatma Gandhi Central University, Motihari, Bihar
	11:50 AM to 12:20 PM	Lecture on **"Importance of Yoga in Human life."** By Guest of Honour	**Dr Shyamal Kishor,** Associate Professor, Head, PG Dept. of Philosophy, TPS College Patna, Bihar
	12:20 PM	**Questions-Answers**	
	12:25 PM	**Address by Hon'ble Vice-Chancellor**	**Prof. Anand Prakash,** Hon'ble Vice-Chancellor, Mahatma Gandhi Central University, Motihari, Bihar
	12: 35 PM	**Vote of Thanks**	**Dr Sunil Kumar Singh,** Assistant Professor, Dept. of Computer Science & Information Technology, Mahatma Gandhi Central University, Motihari, Bihar

Best Wishes!

Organizing Committee