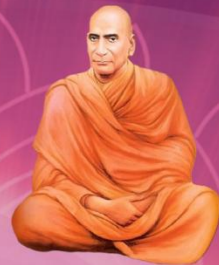




**6th**

**National Workshop**



**On**

# **Yoga and Vaidik Therapies**

*(For therapeutic Skill Enhancement)*

**18 to 23 April, 2022**



**Organized by**

**Department of Yogic Science**

**Gurukula Kangri (Deemed to be University) Haridwar**

## About the Gurukula Kangri (Deemed to be University) & Department of Yogic Science

Gurukula Kangri University was founded on March 4, 1902 by **Swami Shraddhanandaji** with the sole aim to revive the ancient Indian Gurukula System of education, on the bank of river Ganges near Haridwar. This institution was established with the objective of providing an indigenous alternative to Lord Macaulay's education policy by imparting education in the areas of Vedic Literature, Indian Philosophy, Yogic Science, Indian Culture, Modern Sciences and Research.

In 1984, another milestone was erected in the Faculty of Oriental studies by establishing the Department of Yoga to propagate the ancient Indian culture and science in India and abroad. The department of Yoga came in to existence in 1984 by the starting of 4 months Diploma in Yoga under the expert guidance of **Dr. Ishwar Bhardwaj**. Yoga department of this university has been a premier institution to start with Yoga as elective subject at graduation level in 1990; MA/M.Sc. in Yoga in 1992 and Ph.D. program in Yoga in 1996 in India & abroad. In order to strengthen this department, the proposal of setting up of the Dept. of Human Consciousness and Yogic Science was sent to UGC and got approval vide UGC letter no. F-16/2001(PES) dated 29th March, 2001 and department was established as Human Consciousness and Yogic Science in 2002. Presently the name of department has been changed from department of Human Consciousness and Yogic Science to Department of Yogic Science vide UGC approval Letter No M.S.8-6/2018 (DU) dated 1 Feb, 2019.

### About the Workshop

In the present time, the practice of using many types of medical methods of Yoga and Indian Vedic tradition in the prevention of diseases has increased rapidly. Intra-Vedic medical systems such as Yagya therapy, Marma therapy, Pranic therapy, Panchakarma therapy, Magnet therapy, Swara therapy, Diet-nutrition, Counseling and Shatkarma are the part of Vedic therapeutic techniques. We, the Department of Yogic science, Gurukula Kangri (Deemed-to-be University) has planned to organize a National level Workshop on Vedic Therapies for one week to spread the knowledge of various healthcare practices from Vedic lore. This workshop will be beneficial for yoga teachers, health professionals and students. Participants can enhance their medical skills and therapeutic knowledge by participating in this workshop.

### Aim of the workshop:

The workshop would be conducted with an aim to populate various healthcare practices discussed in Vedic literatures.

### Objectives of the workshop:

- To cultivate knowledge of various therapeutic techniques from Vedic lore.
- To spread traditional concepts of healthcare practices to preserve its root origin.
- To sensitize students, teachers, and general public about holistic health benefits of Vedic therapies.
- To enhance therapeutic skills for managing both communicable and non-communicable ailments.



### **Special Highlights of the workshop:**

- Yoga Therapy
- Marma Therapy
- Diet and Nutrition
- Acupressure and Magnet therapy
- Swara Therapy
- Yagya Therapy

### **Who can join this workshop?**

- Faculties of University & College specially Yoga & Allied subject
- Yoga teacher & professionals
- Yoga trainer and Coach
- Alumni of the department
- PG (Yoga) Students
- Long time yoga practitioner

### **Important information:**

- Only 50 Seats Available
- Selection criteria: first come, first serve basis

### **Registration Fees:**

- Rs. 1500/-
- Without food & accommodation

### **Bank Details:**

- Registration Fess- Rs. 1500/-
- Registration Link: <https://forms.gle/eLyLsckUcDLXKz1G7>
- Name of Account Holder: Registrar, Gurukula Kangri Sam Vishwavidyalaya, Haridwar
- Name of Bank- Punjab National Bank
- Branch Name & Address: Gurukula Kangri, Haridwar
- Bank Account No.: 4063000100041261
- IFSC Code No.: PUNB0406300
- If any query Please Contact : 8439353407, [udhamgkvv@gmail.com](mailto:udhamgkvv@gmail.com)

***Department of Yogic Science***

*Gurukula Kangri (Deemed to be University), Haridwar*

*6th National Seminar*  
*on*  
**Yoga and Vaidik Therapies**

*Chief Patron*



**Dr. Satyapal Singh**  
Chancellor, Gurukula Kangri (Deemed to be University) Haridwar

*Patron*



**Professor Roop Kishor Shastri**  
Vice-Chancellor, Gurukula Kangri (Deemed to be University) Haridwar

*Administrative Advisers*



**Dr. Sunil Kumar**  
Registrar, Gurukula Kangri (Deemed to be University) Haridwar



**Professor Vinod Kumar Singh**  
Finance officer, Gurukula Kangri (Deemed to be University) Haridwar

*Director, National Workshop*



**Professor Surendra Kumar**  
Dean, Faculty of Yoga and Physical Education  
Head, Department of Yogic Science

*Organizing Secretary, National Workshop*



**Dr. Udham Singh**  
Assistant Professor, Department of Yogic Science