



**CAREER POINT  
UNIVERSITY**

**HAMIRPUR, HIMACHAL PRADESH**

**A  
REPORT  
ON  
YOGA & TRADITIONAL MEDICINE TRAINING CAMPS  
(21<sup>st</sup> May-21<sup>st</sup> June 2022)**



*Supported and Endorsed by*



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Ministry of Ayush  
Government of India

**MINISTRY OF AYUSH, GoI**

**2022**



# CAREER POINT UNIVERSITY

96253-80007, 96253-80006

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STUDY AT **THE NO.1** GROWING UNIVERSITY IN HIMACHAL PRADESH

**A  
REPORT  
ON  
YOGA AND TRADITIONAL MEDICINE TRAINING CAMPS  
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**Career Point University, Hamirpur (H.P)  
&  
Prem Sukh International Charitable Trust**

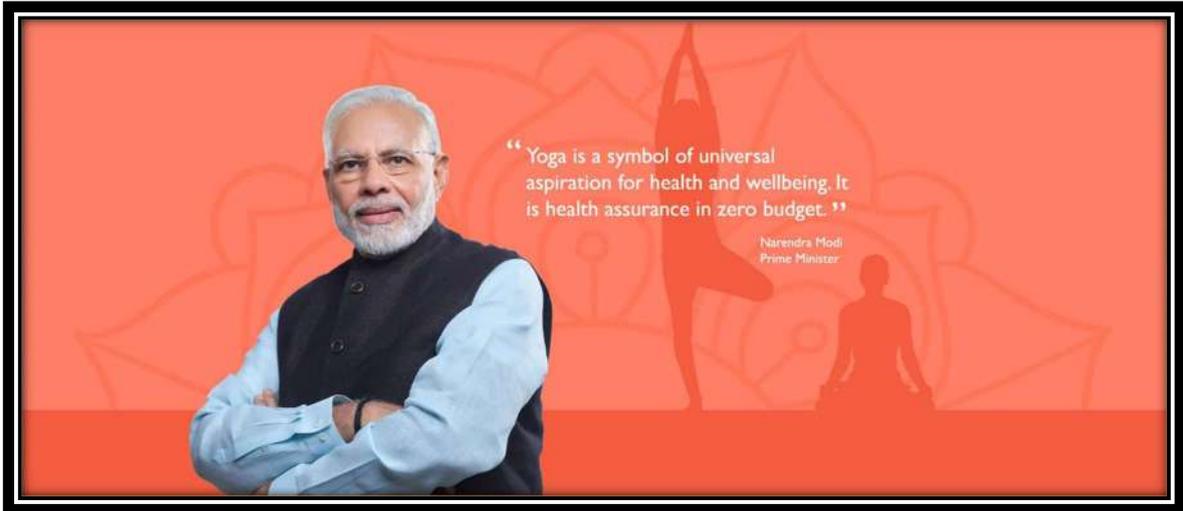
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**Career Point University, Hamirpur, India, 176041  
2022**



## MESSAGE

I extend my greetings to all Yoga lovers across the globe. Yoga is India's gift to the world for maintaining health, wellness, and peace. It connects us with wellness and happiness. Today, Yoga has become one of the most powerful unifying forces in the world. Yoga has the potential to herald in a new Yuga of peace, compassion, brotherhood, and all-round progress of human beings. Yoga brings about peace in this modern day fast paced life by combining the body, mind, spirit and soul. Yoga guarantees wellness as well as fitness. It is not merely an exercise, but a way to attain peace through physical, mental, and spiritual well-being. The shift from silos to union is Yoga. A proven way to experience, a realization of oneness is Yoga. Yoga is a code to connect people with life and reconnect mankind with nature. It expands our limited sense of own self to our families, societies, and the mankind. Yoga is a discipline, a dedication, and has to be performed and observed throughout life. Yoga is for all, and everyone belongs to Yoga. We have to carry forward this journey of humanity, which is Yoga, by taking everyone along. No matter what the place, situation and age is, Yoga has some solutions for everyone.



### VICE CHANCELLOR'S MESSAGE

**“YOGA is the only key to remain FIT and it is essential to practice it daily to keep your BODY AND MIND STRESS FREE”**

On behalf of the faculty, students and staff, I welcome you all to the Career Point University, Hamirpur (HP). I am honored to serve as the Vice Chancellor of the University. Rapid industrialization has resulted in several problems like pollution, and climate change which have serious consequences for our health and well-being. Our poor dietary habits, unhealthy lifestyles, and factory smoke have contributed to the spread of fatal diseases. Several pharmaceutical treatments were employed in this pitiful situation to treat these deadly diseases, yet the illness still exists. Nature will punish mankind if they disturb it. If we reject nature, we will never experience true healing. The only way to regain our health is to alter our lifestyle and go "BACK TO NATURE." Yoga and naturopathy are complementary medical practices that address the problem at its source. The most effective tool for addressing the complicated health issues of our century is this way of healing. It is both curative and preventative. In the past ten years, Naturopathy and yoga have become more popular due to their scientific approach, and thousands of people have experienced miraculous healing and cures for a variety of ailments. Yoga is yet another effective strategy that helps people stay healthier by maintaining a healthy balance between their body, mind, and spirit.

After 10 years of academic success, Career Point University has started the department of Naturopathy and Yoga Training in the AYUSH stream thus taking a significant step towards the creation of stress free and healthy society. The highly skilled and experienced experts and professionals as well as visiting instructors from different fields will work hard to create and enhance the standard of instructions for students studying naturopathy and yoga. Let us adhere to the sacred principles of nature and aloft Naturopathy in our personal and community life. Let us all also take a pledge and work towards creating a world that honors and preserves nature.

With best Wishes to you all

A handwritten signature in black ink, consisting of a stylized 'K' and 'S' followed by a horizontal line.

***Prof. KS Verma***

***(Vice Chancellor)***

***Career Point University, Hamirpur (HP)***



### **SANSKARI YOG GURU DR. RAM AVTAR'S MESSAGE**

The age-old art of yoga may improve mental health by assisting students and young people in managing stress. According to the author of a recent book on yoga education in India, "yoga is, in a nutshell, a potent medium for developing students' personalities and preparing them to face the difficulties and issues of the modern world." So, from a long-term viewpoint, yoga is a crucial life skill tool for students and young people to manage stress and self-regulation. What can we do to give students and young people a joyful atmosphere and opportunity to reach their full potential as researchers and responsible citizens concerned with their all-round development? It is in the light of this fundamental question that we would present the justification for selecting yoga and starting the above mentioned department in the University. In order to provide kids and young people with the means to develop self-reflection, self-protection, self-regulation, and comprehensive self-development, we must look for different possible solutions that include leads to empowerment. The expectation that yoga may reduce stress and improve general health and wellbeing is the main reason for the increase in yoga's popularity worldwide in recent decades. Yoga helps the students to self-regulate emotionally, mentally, and behaviorally.

**Yoga** provides the perfect platform, to explore in deep about “Who You Actually Are”.

With best wishes to you all

A handwritten signature in black ink, appearing to be in Devanagari script, likely reading 'Ram Avtar'.

*Sanskari Yog Guru-Dr. Ram Avtar*

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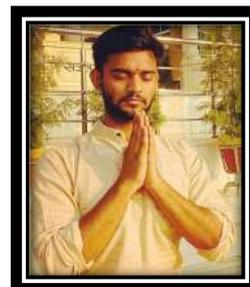
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## **ABSTRACT**

This report talks about a free, series of activities on “Yoga and Traditional Medicine Training Camps” that Career Point University, Hamirpur (H.P.), and "Prem Shukh International Charitable Trust" jointly organized across the India. The camp was run in accordance with the standard yoga protocol recommended by the Ministry of Ayush, under the regular supervision of a highly qualified trainer deputed by *Morarji Desai National Institute of Yoga (MDNIY)*. The Ministry of AYUSH, Government of India, oversees the National Institute of Yoga (MDNIY), an independent institution. Daily stress can be relieved from both the body and the mind by doing a little yoga throughout the day. Meditation, yoga asanas, and pranayama are powerful ways to reduce stress. Meditation is a form of relaxation that promotes mental clarity, improves concentration, cause physical and mental renewal, among other benefits.

On Azadi Ka Amrit Mahotsav to commemorate the 75<sup>th</sup> Anniversary of India’s Independence “Prem Sukh International Charitable Trust” along with partner “Career Point University, Hamirpur” organized series of events “Yoga and Traditional Medicines Training Camps” From 21<sup>st</sup> May to 21<sup>st</sup> June, 2022. The sanskari yoga Guru Dr. Ram Avtar in coordination with Dr. Kamal Jeet have taken classes with high level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience. Project report begins with a brief introduction to yoga and explains how, why and where the camps were organized. Report also discusses the aims and objectives of these camps. I have also addressed the topic of why such camps are needed in present times. Report also talks about the yogic practices that we taught each day. This is followed by the registration forms of the people who participated and then their feedback forms after the end of the camps. Report concludes with pleasant experiences and various moments were captured from the camps as visual evidence, in the end of each event the media coverage was also done.

## **PREFACE**

The “**Yoga and Traditional Medicine Training Camp**” was launched by the **Career Point University, Hamirpur (H.P)** in Collaboration with “**Prem Shukh International Charitable Trust**” covering various states of India including Himachal Pradesh, for a period of one month, from 21<sup>st</sup> May 2022 to 21<sup>st</sup> June 2022. Camps were conducted in blended mode both online and offline. Volunteers were mobilized online and offline from all over India to carry out and facilitate the classes effectively, reaching mass of People all over India. People were motivated to attend these camps through promotional materials volunteers and influencers of the communities.

The camps were conducted following common Yoga Protocol prescribed by Ministry of Ayush and regularly observed by the highly skilled trainer deputed by **Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization under Ministry of AYUSH, Government of India.** The protocol intends to create general awareness among the masses to attain peace, harmony and well-being through **Yoga** practices. World Famous Sanskari Yog Guru Dr. Ram Avtar took lead to impart the knowledge on traditional medicine systems, herbal remedies and medicinal plants and all possible methods were adopted to improve the learning levels over the period of one month.

## ACKNOWLEDGEMENT

*The committee constituted to organize camps at different districts/places has made all efforts to organize these camps successfully. However, it would not have been possible without the kind support and help of many individuals, organizations and above all the Almighty. We would like to extend our heartfelt sincere thanks to all of them.*

*At the outset, we thank God for giving us good health and energy for carrying out these camps. It would not have been possible to accomplish the task without His blessings.*

*We are highly indebted to world Famous Sanskari Yog Guru-Dr. Ram Avtar for his guidance and constant supervision as well as for providing necessary information regarding the project & also to organize series of camps across India.*

*We would like to express our gratitude towards trainers of Morarji Desai National Institute of Yoga (MDNIY), which is an autonomous organization under Ministry of AYUSH, Government of India.*

*The organizing committee members would like to thank Chancellor-Shri Pramod Maheshwari to - Pro chancellor Prof. P.L Gautam and Vice Chancellor- Prof. KS Verma who accepted the proposal and encouraged us to widen the coverage from various perspectives and involve all stakeholders.*

*A special thanks to our Registrar-Dr. Sanjeev Sharma, who gave us this opportunity and provided us all possible help and facilities. We are personally grateful to him for all kind of co-operation and encouragement which helped us in the successful organization of these Camps.*

*We are also grateful to Dean Academic Affairs-Prof (Dr.) H.R Sharma, Dean Student Welfare –Dr. Naveen Thakur, Dean School of Commerce and Management- Dr. Sanjay Thakur and Associate Dean P.G. Studies -cum- Associate Director Research -Dr. Kuldeep Sharma for their illuminating guidance and supervision of these Camps. Their skills, comprehensive knowledge, thought provoking discussion, constructive criticism, understanding attitude & expert advice has been most helpful at every stage of the successful organization of these camps.*

*We place on record a cordial acknowledgement to Prem Sukh International Charitable, New Delhi and all CPUites and other stakeholders of Career Point University, Hamirpur (H.P) without whose collective efforts, camps would not have been successfully organized. Our thanks and appreciations also go to all those volunteers, colleagues, students and people from different villages and associated organizations who have willingly helped us by all means at their disposable.*

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## YOGA AND TRADITIONAL MEDICINE TRAINING CAMPS

### 1. INTRODUCTION (YOGA)

Yoga is primarily a spiritual practice that focuses on achieving harmony between the body and mind. It is based on a very delicate science. Yoga is a science and an art of healthy living. Yoga implies the union of the individual consciousness or soul with the universal consciousness or spirit according to yogic scriptures. The word yoga is derived from the Sanskrit word 'yuj' meaning 'to join' or 'to yoke' or 'to unite'. India has a 5000-year-old body of knowledge known as yoga. Hinduism regards yoga as a philosophical school. One of Hinduism's six "stika" schools is yoga in this context (those which accept the vedas as source of knowledge). Modern physicists believe that the universe is nothing more than a manifestation of the same quantum firmament.

Yoga also refers to a branch of inner science that includes a number of techniques for helping people unite their body and mind in order to reach self-realization. Yoga practice's (sdhana) main goal is to liberate oneself from all forms of pain in order to achieve overall wellness, happiness, and harmony in all spheres of life.

Though many people primarily associate yoga with physical activity including intricate twisting, turning, stretching, and breathing, this is actually one of different aspects of this profound science that aims to develop the limitless potentials of the human mind and spirit.

#### ❖ **The ultimate goal of Yoga is moksha (liberation).**

According to Jacobsen, Yoga has five principal meanings:

- Yoga, as a disciplined method for attaining a goal;
- Yoga, as techniques of controlling the body and the mind;
- Yoga, as a name of one of the schools or systems of philosophy (darśana);
- Yoga, in connection with other words, such as "hatha-, mantra-, and laya-," referring to traditions specializing in particular techniques of yoga;
- Yoga, as the goal of yoga practice.

No matter how old or young, fit or feeble, we arrive at our mat, the poses support and maintain us. This is one of the wonderful things about the physical practice of yoga. Our comprehension of asana advances as we get older. Working on the posture's outward alignment and mechanics is followed by honing the inner movements and, lastly, just being in the position.

“Yoga is the journey of the self, through the self, to the self.”

❖ **Benefits of Yoga**

1. Yoga stimulates the functioning of many physiological systems, including the respiratory, digestive, endocrine, reproductive, and excretory systems, while also improving posture and increasing oxygen intake.
2. Its effects on the emotions are equally beneficial by calming down the mind.
3. Yoga also cures behavioral disorders, nervous breakdown and manic depressions
4. Asanas enhance muscle strength, coordination, flexibility, agility and range of motion
5. Enhances the ability to handle life's obstacles through yoga. When you appreciate your body, you usually take actions that will make it healthier.
6. Maintains the acid-alkaline balance. This is essential for wellness. It should have an alkaline pH of 80 and an acidic pH of 20. An excessive amount of acidity can damage bones and tissues and cause weariness, mental drowsiness, headaches, melancholy, and arthritis.
7. Makes our mind vibrant.
8. Promotes complete awareness of energy and how it moves. Learning how the body and mind interact is advisable.
9. It not only helps getting into shape but also leads to self-healing.
10. Promotes long term health and well-being.
11. Advantages of yoga include improved health, reduced stress, and physical fitness, mental clarity and improved self-awareness. Yoga can be practiced by people of all ages, including those who are physically handicapped.

## **2. YOGA AND TRADITIONAL MEDICINE TRAINING CAMPS**

The camps were conducted from 21<sup>st</sup> May–21<sup>st</sup> June 2022 and were open for everyone irrespective of age, gender, caste, religion, etc. Camps were organized in all villages adopted by Career Point University Hamirpur (H.P), nearby schools, organizations of Hamirpur district as well as of different states. Camps were organized in blended mode both online and offline on number of slots throughout the day. One among all session was a special online session involving special invitees and influencer from renowned organizations was organized from 7:30am to 8:30am for whole one month.

People from all age groups -whether kids, youngsters, middle aged or old aged were welcomed at the camps with open arms. Males and Females of all age groups were a part of these camps.

### **❖ Key Highlights of the Camps**

1. Yoga Awareness Programme for University
2. Yoga Awareness Programme for University Hostels (Girls/Boys)
3. Yoga Awareness Camp for Schools
4. Yoga Camps for Adopted Villages
5. Workshop on Alternative Therapies
6. Expert Talk on Wellness Through Yoga

### **❖ Aim and Objectives of the Camps**

1. Make people aware about traditional yoga.
2. Make people aware about Yoga in general, especially one month before International Day of Yoga – the 21<sup>st</sup> June 2022
3. Explain ideas like samkhya philosophy so that people are aware that moksha is the ultimate objective of yoga or life and avidya, or ignorance, is the source of all sufferings.
4. Help people get out of misery and sorrows.
5. Teach students the proper techniques for yoga while also helping them analyze their typical weaknesses.
6. Help in resolving diseases of most people, using yoga and traditional medicines systems.
7. Clear many misconceptions people have about yoga such that yoga is just about asanas and pranayam.

### ❖ **Need for the Camp**

- Yoga practice has become popular in recent years, yet many people do it incorrectly or without the proper instruction. Many people practice yoga by imitating a television instructor. However, during this process, individuals learn incorrect methods and techniques, which develop into incorrect habits and finally lead to incorrect yoga practice. Such individuals can only be trained correctly through organizing camps.
  
- A one-on-one conversation with students enables the teacher to better comprehend their errors and provide them with a more individualized experience. The teacher's confidence is also increased. Even older age groups and many children are unaware about yoga. Free camp is a fantastic way to popularize yoga. Even yoga practitioners are unaware of traditional yoga's aims of Moksha. Free camps support the delivery of lectures on Sankhya Philosophy, the Patanjali Yoga Sutras, and other ancient works that reveal the genuine essence of yoga.
  
- There are numerous myths about yoga such as the ones that it is not a religion that it was created to help us get physically fit and less stressed, that it is always a spiritual practice, etc. These free camps help in dispelling all of these myths about yoga.
  
- Every person has at least one sickness, and yoga can completely prevent and treat these diseases. Free camps contribute to the efforts to create a society that is both physically and psychologically healthy and disease-free.
  
- The only science in the world that challenges our existence and offers relief from our suffering is yoga. Through yoga we can achieve enlightenment and break the cycle of birth and death. Free camps help in creating awareness about this.
  
- Nowadays, when people are constantly seeking name, celebrity, popularity, and are facing the threat of war, terrorism, etc., knowing about yoga is crucial for creating a spiritual society that is able to handle mental stress.

- Yoga effectively prevents and treats all mental illnesses, including bipolar disorder, depression, anxiety, hypertension, alcohol or drug addiction, etc., without the need of any analgesic medications. This makes organizing yoga camps even more necessary.
- The WHO's interpretation of “health is Not only the absence of illness or disability, but is a condition of total physical, mental, and social well-being”. Attaining health according to this definition is only possible through yoga, making organization of these camps even more important than ever before.

**“YOGA is the GOLDEN KEY that unlocks the door to PEACE, TRANQUILITY AND JOY”**

### **2.1. Camps at School/Colleges/Institutions in Physical Mode**

Career Point University conducted series of activities such as yoga camps, regular yoga class and expert talk on “Yoga and Meditation” for students, teachers and society. The sanskari yoga guru Dr. Ram Avtar took classes with full dedication. He also explained remedies for personal health problems to the participants with lot of patience.

#### ***2.1.1 Govt. Senior Secondary School Reckong -Peo Kinnaur (HP)***

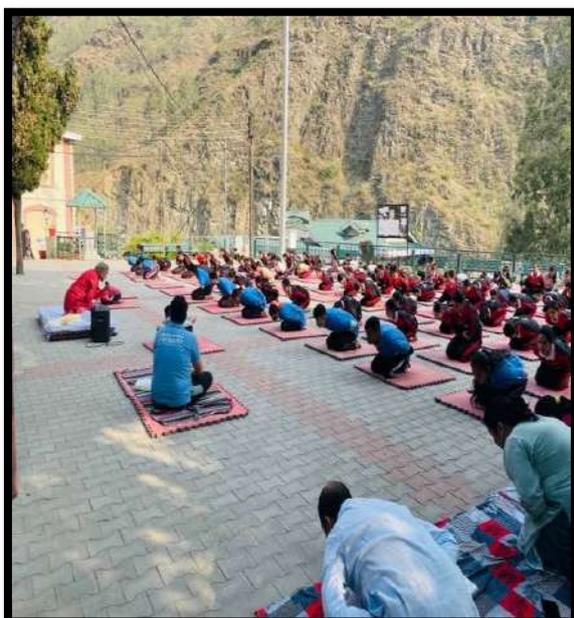
A camp-yoga session and expert talk was organized at Govt. Senior Secondary School Reckong -Peo Kinnaur (HP). A total of 300 students, teachers and non-teaching staffs participated and got benefitted with the practice of common yoga asana, traditional medicines and herbal remedies.

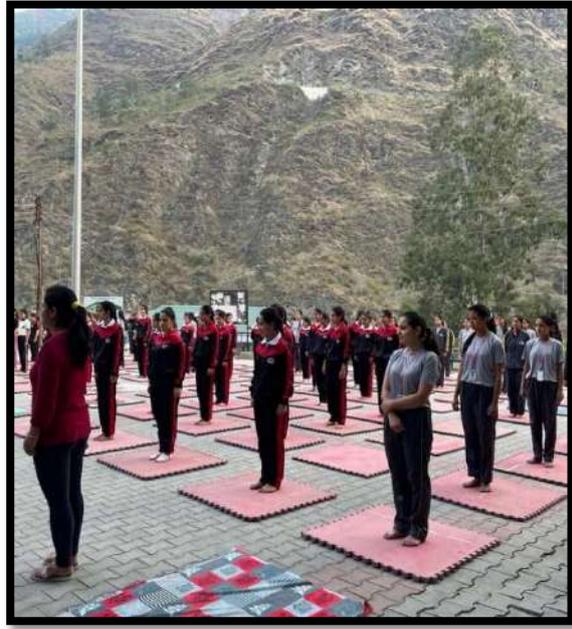
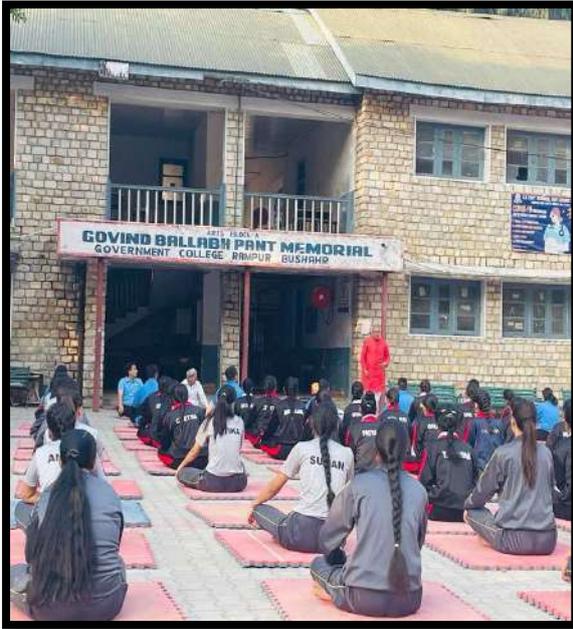




### 2.1.2. G.B Pant Memorial Govt College Rampur Bushahr, HP

A camp was organized at G.B Pant Memorial Govt P.G. College, Rampur Bushahr, (H.P), in which 250 students, teachers and non-teaching staffs participated and got benefitted with the practice of various yoga asanas and herbal remedies for the common ailments. Whole program was organized under the kind guidance and supervision of Sanskari Yoga Guru-Dr. Ram Avtar. The main aim was self-realization and to establish harmony between mind, body and emotion. Whole camp was witnessed and endorsed by Sh.Premi Chint Ram Negi; principal of G.B Pant Memorial Govt P.G. College, Rampur Bushahr, (HP). Organizing committee is grateful to management and staff members for outstanding support and warm welcome.





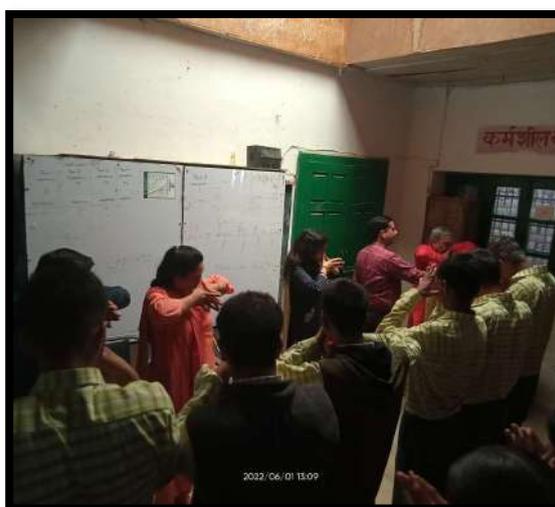
**2.1.3 Himachal Pradesh University Institute of Legal Studies Avalodge Campus, Shimla**  
Career Point University, Hamirpur organized special yoga session and expert talk in which 200 students, teachers and non-teaching staffs performed various 'Asanas' under the guidance of Sanskari Yoga Guru-Dr. Ram Avtar. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day context when students face stress, tension, fear, etc., only yoga can help reduce and eliminate these problems. Organizing committee is highly obliged to Prof. (Dr.) Sanjay Sindhu – Director HP University Institute of Legal Studies, Ava Lodge, Shimla-4 for kind cooperation to organize and witness the resounding success of camp.





### 2.1.4. Govt. Senior Secondary School Banzaar, Kullu (H.P)

A camp was organized at Govt. Senior Secondary School Banzaar, Kullu (HP). A total of 250 students, teachers and non-teaching staffs participated and got benefitted with the practice of common yoga asana, traditional medicines and herbal remedies.

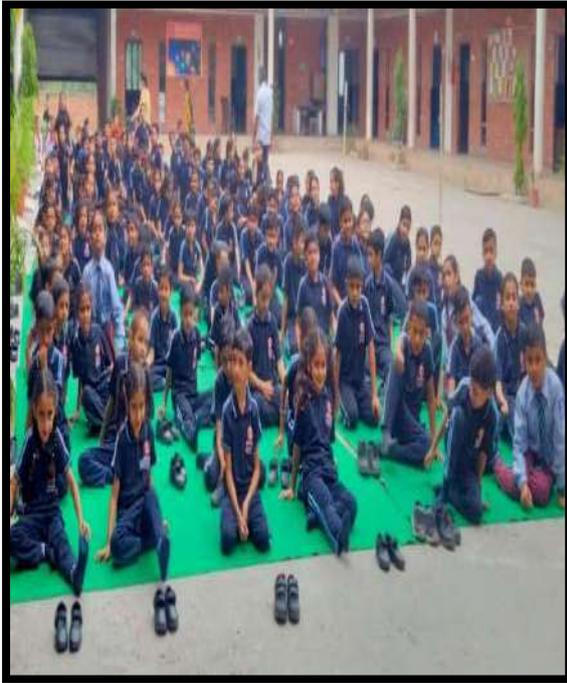




### 2.1.5. Diamond International Public School Patta, Hamirpur H.P

A camp was organized at Diamond International Public School Patta, Hamirpur (HP). A total of 200 students, teachers and non-teaching staffs participated and got benefitted with the practice of common yoga asana, traditional medicines and herbal remedies.





### ***2.1.6. Career Point University Hamirpur, H.P***

A regular camp was organized at Career Point University, Hamirpur (H.P). Students, teachers of various department participated and got benefitted with the practice of common yoga asana, traditional medicines and herbal remedies.





## 2.2. Media and Press Conferences for Wide Coverage

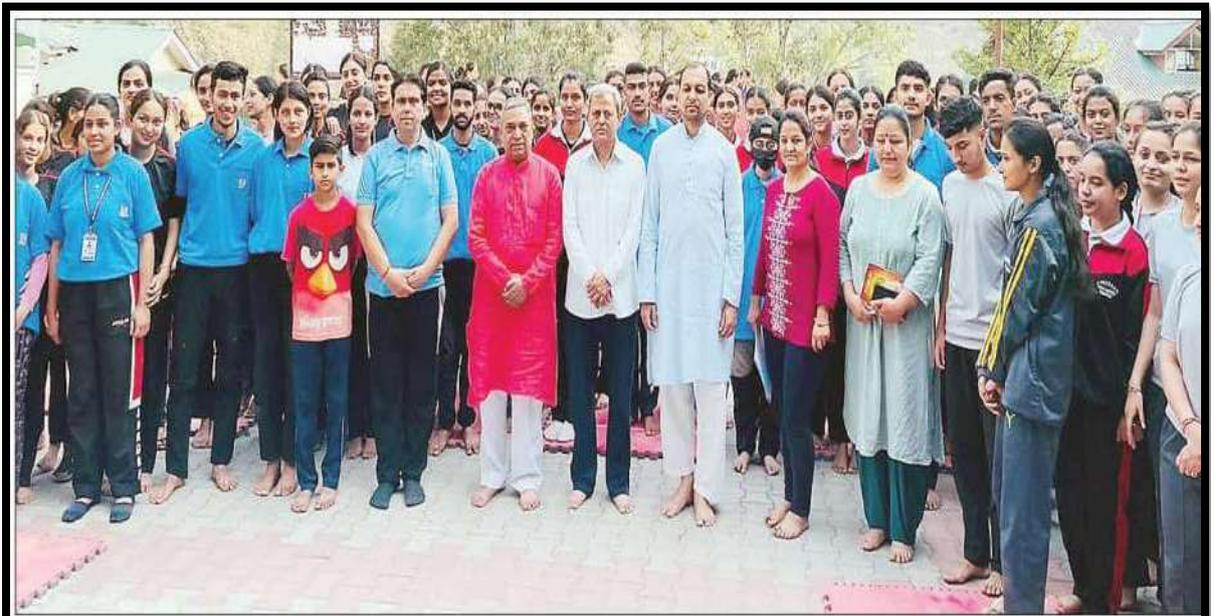
Meetings were organized to create awareness at villages and far flung areas through various mass media channels and through press conferences. The aim of such meeting was to widen the coverage, promotion and to popularize yoga among rural villages and to link villages with main stream line of the aim to achieve the objective of health for all and to make awareness about availability wide species of herbs and plants and their uses in common ailments.

### 2.2.1 Yoga awareness through press meeting at Shivling View Reckong-Peo





### 2.2.2 Media coverage of yoga camp organized at rampur bushahr, HP



रामपुर बुशहर: कालेज में योग करते हुए शिक्षक व छात्र सामूहिक चित्र में।

(केरि)

#### प्रशिक्षण कार्यक्रम का आयोजन

रामपुर बुशहर, 12 मई (नोगल): आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनैशनल चैरिटेबल ट्रस्ट करियर प्वाइंट विश्वविद्यालय के माध्यम से रामपुर कालेज में योग व पारंपरिक चिकित्सा प्रशिक्षण कार्यक्रम का आयोजन किया गया। कालेज के प्रधानाचार्य डा. पी.सी.आर. नेगी ने बताया कि डा. राम अवतार ने कालेज में पढ़ाई कर रहे छात्र-छात्राओं को योग व ध्यान की कौशुओं का भी अभ्यास करवाया। उन्होंने बताया कि योग व पारंपरिक चिकित्सा प्रोग्राम बच्चों व प्रोफेसर्स के लिए बहुत लाभदायक है। डा. राम अवतार करियर प्वाइंट विश्वविद्यालय में एडजुकेट फैकल्टी के रूप में भी अपनी सेवाएं दे रहे हैं।

# पीजी कॉलेज के छात्र-छात्राओं को सिखाई योग की बारीकियां

संवाद न्यूज एजेंसी

रामपुर बुशहर। भारत सरकार के आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट करियर प्वाइंट विश्वविद्यालय के सौजन्य से पीजी कॉलेज रामपुर में योग और पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम आयोजित किया गया।

कार्यक्रम में पहुंचे विरघ्न योग फेडरेशन के निदेशक डॉ. राम अवतार ने कॉलेज में शिक्षा ग्रहण कर रहे छात्र-छात्राओं को योग की बारीकियों से अवगत कराया। इस दौरान उन्होंने पारंपरिक चिकित्सा कार्यक्रम के बारे में विस्तार से जानकारी दी। कॉलेज पहुंचने पर कॉलेज प्रधानाचार्य प्रो. पीसीआर ने भी उनका स्वागत किया। पीजी कॉलेज रामपुर मैदान में आयोजित प्रशिक्षण कार्यक्रम में डॉ. राम अवतार ने योगा प्रणायाम, नाडी विज्ञान, हर्बल उपचार, रेकी और सिद्ध विज्ञान के बारे में विद्यार्थियों को प्रशिक्षण दिया।

उन्होंने कहा कि भारत में योग और ध्यान को छात्राओं का सहत्व पहले से ज्यादा हुआ है। आज योग और ध्यान क्रियाएं मानव जीवन का



रामपुर कॉलेज में योग अभ्यास करते शिक्षक और विद्यार्थी। संवाद

## डॉ. राम अवतार ने योग और पारंपरिक चिकित्सा पद्धति अपनाने का किया आह्वान

कई प्रकार के रोगों से बचाव करती हैं और उनका पूर्ण उपचार करती हैं। नई शिक्षा नीति में छात्रों को योग, आयुर्वेद और होम्योपैथी को पढ़ाई करने का प्रोत्साहन किया जा रहा है।

उन्होंने बताया कि मनुष्य शरीर को स्वस्थ रखने के लिए व्यायाम की आवश्यकता होती है और व्यायाम यदि किसी व्यक्ति द्वारा

गलत तरीके किया जाता है तो यह उससे फायदा होने के बजाय नुकसान होता है।

जीवन का ज्ञान ही आयुर्वेद है, जिसमें मनव की लगभग सभी शारीरिक और मानसिक बीमारियों से रक्षक की जाती है। उन्होंने छात्र-छात्रों और योग की विभिन्न क्रियाएं कराईं और अपने अहंको स्वस्थ रखने के लिए योग करने को अपील की। इस मौके पर कॉलेज के शिक्षक, विद्यार्थी और अन्य लोगों का भी कार्यक्रम में मौजूद रहने का आह्वान किया।

# योगा और पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम करवाया



योग करवाते हुए।

रामपुर बुशहर (मीनाक्षी) : भारत सरकार के आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट करियर प्वाइंट विश्वविद्यालय के सौजन्य से जीवी पंत मेमोरियल कॉलेज रामपुर बुशियार में योगा और पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम आयोजित किया। कालेज के प्रधानाचार्य डा. पीसीआर ने बताया कि डा. राम अवतार ने कालेज में पढ़ाई कर रहे छात्र-छात्राओं को योग व ध्यान की क्रियाएं कराईं। साथ ही उन्होंने बताया कि योगा व पारंपरिक चिकित्सा प्रोग्राम बच्चों व प्रोफेसर्स के लिए काफी फायदेमंद रहा। डा. राम अवतार करियर प्वाइंट विश्वविद्यालय में एडजेंट फैकल्टी के रूप में भी अपनी सेवाएं दे रहे हैं। डा. राम अवतार ने योगा प्रणायाम, नाडी विज्ञान, हर्बल उपचार, रेकी, सिद्ध विज्ञान में उपलब्धियां प्राप्त कर रखी हैं। डा. राम अवतार ने बताया कि मनुष्य शरीर को स्वस्थ रखने के लिए व्यायाम की आवश्यकता होती है और व्यायाम यदि किसी व्यक्ति द्वारा गलत तरीके से किया जाता है तो यह उसे फायदा देने की बजाय नुकसान दे सकता है। इसी कारण लोगों को सही तरीके से योग सिखाने के लिए योगा टीचर की आवश्यकता होती है। योग केवल एक व्यायाम नहीं है बल्कि व्यायाम के साथ यह एक अनुशासित विज्ञान है जो मनुष्य के मन, शरीर एवं आत्मा के बीच तालमेल बिठाने में मदद करता है। इस अवसर पर जीवी पंत मेमोरियल कालेज रामपुर बुशियार कालेज के प्रधानाचार्य डा पीसीआर नेगी, प्रोफेसर्स व करियर प्वाइंट विश्वविद्यालय के रजिस्ट्रार डा. संजीव शर्मा भी उपस्थित रहे। प्रधानाचार्य डा. पी.सी.आर. नेगी ने इस कार्यक्रम के सफल आयोजन के लिए भारत सरकार के आयुष मंत्रालय, प्रेम सुख इंटरनेशनल पीरीटेबल संस्था, डा. राम अवतार व करियर प्वाइंट विश्वविद्यालय का धन्यवाद किया।

## 2.2.3. Yoga awareness through press meeting at Rampur Bushahr, HP



**2.2.4 Meeting Regarding Yoga Awareness at Himachal Pradesh University, Shimla (H.P)**



### 2.2.5. Meeting Regarding Yoga Awareness at Kullu (H.P)



### 2.2.6. Yoga Awareness Through Media coverage at Joginder Nagar (H.P)

## करियर प्वाइंट विवि में स्थापित होगा योग का वैदिक केंद्र

**संवाद सहयोगी, जोगिंदरनगर :** करियर प्वाइंट विश्वविद्यालय भारेंज हमीरपुर को यूजीसी की मान्यता मिलने के बाद अब यूजी, पीजी, पीएचडी डिग्री के कोर्स करने वालों को वैदिक विज्ञान केंद्र की भी सुविधा मिलेगी। छह साल में सात करोड़ स्कालरशिप बांटकर प्रदेश में पहले पाबंदन पर पहुंचे विश्वविद्यालय में बीएससी आनर, एमबीए, एमएससी जूलाजी के अलावा 13 यूजी व 12 पीजी के डिग्री शिक्षण कार्य भी शुरू हो चुके हैं।

विश्व योगा फेडरेशन के अंतरराष्ट्रीय निदेशक डा. राम अवतार ने बताया कि आयुष विभाग के सहयोग से योग पर लोगों को जागरूक करने के मकसद से प्रदेश भर में 12 योग केंद्र स्थापित होंगे। करियर प्वाइंट विश्वविद्यालय हमीरपुर में योग का वैदिक विभाग



पत्रकारों से बातचीत करते विश्व योग फेडरेशन के राम अवतार व करियर प्वाइंट विवि के रजिस्ट्रार डा. संजीव ● गाजरण केंद्र स्थापित किया जा रहा है। एक लाख 775 गांव में योग की कक्षाएं चलाकर उन्होंने वर्ल्ड रिकार्ड भी स्थापित किया है। विश्वविद्यालय के रजिस्ट्रार डा. संजीव शर्मा ने कहा कि करियर प्वाइंट विश्वविद्यालय हमीरपुर इस स्कालरशिप के लिए उच्च शिक्षा विभाग हिमाचल प्रदेश सरकार में पंजीकृत होकर बीते छह वर्षों में सात करोड़ की छात्रवृत्ति बांटकर प्रदेश में पहले पाबंदन पर पहुंची है।

7:26 am

जोगिंदरनगर। केंद्र सरकार व राज्य सरकार द्वारा विभिन्न श्रेणी के विद्यार्थियों के लिए पोस्ट मेट्रिक योजना के तहत करियर प्वाइंट विश्वविद्यालय द्वारा पिछले छह वर्षों में लगभग सात करोड़ रुपए की छात्रवृत्ति दिव्यार्ह गई। करियर प्वाइंट विश्वविद्यालय के रजिस्ट्रार डा. संजीव शर्मा ने कहा कि इस योजना के तहत अधिकतम 80 हजार वार्षिक तय की गई है तथा इसके लिए एचसी अथवा एचटी श्रेणी के लिए 2.50 लाख से कम व ओबीसी के लिए 1.50 लाख से कम वार्षिक आय होना अनिवार्य है। उन्होंने कहा कि प्रदेश के अधिक से अधिक विद्यार्थियों को इस छात्रवृत्ति का लाभ मिले। इसके लिए विश्वविद्यालय निरंतर प्रयासरत है तथा विश्वविद्यालय द्वारा प्रदेश के अनेक स्कूलों व शैक्षणिक संस्थाओं में जाकर विद्यार्थियों को इस योजना बारे जागरूक किया जा रहा है। डॉ. संजीव शर्मा ने बताया कि उनका विश्वविद्यालय इस छात्रवृत्ति हेतु प्रदेश के उच्च शिक्षा विभाग समक्ष पंजीकृत है और सि ध्विचालय में चलाए जा रहे विभिन्न कोर्स जैसे बीटेक, एमटेक, बीसीए, एमसीए, पीजीडीसीए, वीबीए, एमबीए, बीएसएम, बीएससी, एमएससी, बीए, एलएलबी, एलएलएम, होटल मैनेजमेंट, एमफिल, पीएचडी, वी फार्मसी, जर्नलिज्म आदि में छात्रवृत्ति का प्रबंधन है और विश्वविद्यालय विभिन्न कोर्स पर मेरिट के आधार पर भी स्कॉलरशिप प्रदान करता है। इस अवसर पर विश्व योगा फेडरेशन के अंतरराष्ट्रीय निदेशक और एकल योग आरोग्य योजना के राष्ट्रीय प्रभारी डा. राम अवतार ने बताया कि उनकी संस्था करियर प्वाइंट विश्वविद्यालय के साथ मिलकर हिमाचल प्रदेश के प्रत्येक जिला में शिक्षा ग्रहण कर रहे छात्र-छात्राओं व अन्य लोगों को योग की बारीकियों व परंपरागत शिक्षा के बारे में विस्तार से जानकारी प्रदान कर रही है। उन्होंने बताया कि 21 मई से 21 जून तक चलए जा रहे विशेष कार्यक्रम के तहत जानकारी प्रदान की जा रही है।



## योग की बारीकियों व परंपरागत शिक्षा के बारे में विस्तार से जानकारी दे रहा विश्व योगा फेडरेशन

जोगिंदरनगर। विश्व योगा फेडरेशन के अंतरराष्ट्रीय निदेशक डॉक्टर रामावतार ने बताया कि उनकी संस्था करियर प्वाइंट विश्वविद्यालय के साथ मिलकर 1 मई से 1 जून तक हिमाचल प्रदेश के प्रत्येक जिला में शिक्षा ग्रहण कर रहे छात्र छात्राओं व अन्य लोगों को योग की बारीकियों व परंपरागत शिक्षा के बारे में विस्तार से जानकारी दे रहा है। यह जानकारी डॉक्टर रामावतार ने आज जोगिंदरनगर में पत्रकारों को दी। उन्होंने बताया कि यह कार्यक्रम सम्पूर्ण विश्व में चल रहा है। यह कार्यक्रम प्रेम सुख इंटरनेशनल चेरिटेबल करियर प्वाइंट विश्वविद्यालय हमीरपुर आयुष्मान मंत्रालय के सहयोग से चल रहा है। डॉ. रामावतार जो एकल योग अरोग्य योजना के राष्ट्रीय प्रभारी भी है उन्होंने आवहान किया कि इस मुहिम के तहत लोग ऑनलाइन, ऑफलाइन जुड़कर भी लाभ ले सकते हैं। प्रतियोगियों, प्रतिभागियों को आयुष्मान मंत्रालय की तरफ से सर्टिफिकेट भी जारी किया जाएगा। इस कार्यक्रम के अंतर्गत योगा प्राणायाम, नाडी विज्ञान हर्बल उपचार ऐकी और सिदा विज्ञान के बारे में विद्यार्थियों को प्रशिक्षण दिया जायेगा।

**2.2.7. Meeting Regarding Yoga Awareness and Collaboration with Prof Geeta Bhatt, Director-NCWEB at Delhi University**



**2.2.8. Meeting Regarding Yoga Awareness and Collaborations with Shri Santosh Patial, IPS, DIG (Intelligence Department) Police, Himachal Pradesh**



### 2.3. Camps at Villages adopted by Career Point University, Hamirpur, (H.P)

Mega yoga awareness camps were organized by Career Point University, Hamirpur, in adopted villages. Camps were organized in total 21 villages which are adopted by Career Point University, Hamirpur. Villagers in the camp were taught various asanas, pranayama and karyas by the trainers under the leadership of Dr. Kamal Jeet, Head of the Pharmacy Department and Dr. Gulshan Sharma, Head of Department Botany.

One among all camps was organized at Samirpur-village of Hon'ble. Chief Minister (Former) of Himachal Pradesh; Prof. Prem Kumar Dhumal Ji. Camp was witnessed and endorsed by his good self and gave kind blessings to organizers and Career Point University, Hamirpur for such a noble cause – Yoga camps and awareness about herbal remedies and traditional medicines.

The camps were also marked by talks on various important aspects of daily life like weight management and nutrition, stress management, life skills, relief from psychosomatic problems of life and many other related topics for health and fitness in daily life. Approximate 700 participants, ranging from six years to 65 years, participated in these camps and were benefited and achieving the motto of the camp to educate the villages people regarding fitness and wellness through exercise and Yoga.

#### List of adopted villages with village in-charge

S. No.	Name of Village	Village In charge
1.	Samirpur	Dr. Kamal Jeet
2.	Baloh	Dr. Gulshan
3.	Tikker	Dr. Shikha Chandel
4.	Anu Kalan	Dr. Bindu Sharma
5.	Darlda	Dr. Priyanka Sharma
6.	Kotlu	Dr. Priyanka Kaushal
7.	Balh	Mr. Vinod Sharma
8.	Bagh	Mr. Vinod Sharma
9.	Chandrad	Mr. Ravinder
10.	Maliyan	Dr. Shikha Chandel
11.	Kot	Mr. Mohit Attri
12.	Neri	Mr. Rattan Chand
13.	Mehal	Mr. Rattan Chand
14.	Bhiar	Dr. Shashi Bhusan
15.	Dungri	Dr. Jyoti Thakur
16.	Baasi	Dr. Gulshan
17.	Lathwan	Dr. Gulshan
18.	Kasyana	Dr. Priyanka Kaushal
19.	Ser	Mr. Vinod Sharma
20.	Takota	Dr. Jyoti Thakur
21.	Tooh	Mr. Ravinder

**2.3.1. Yoga Camp at Village-Samirpur, District-Hamirpur (H.P) (Village of former CM of Himachal Pradesh)**



❖ Media Coverage

# गोद लिए गांवों में योग के प्रति लोगों को किया जाएगा जागरूक

हमीरपुर, 17 मई (राजीव) : आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय हमीरपुर के सौजन्य से समीरपुर गांव में योग व पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम शुरू किया।

भारत सरकार के आयुष मंत्रालय का मुख्य ध्येय योग व पारंपरिक चिकित्सा है जिसके लिए करियर प्वाइंट विश्वविद्यालय प्रदेश के 12 जिलों में योगा व पारंपरिक चिकित्सा का प्रचार करेगा। विश्वविद्यालय ने सामाजिक कार्यों की पूर्ति के लिए 24 गांव गोद लिए हैं।

जिनमें 2 गांव केंद्रीय मंत्री अनुराग ठाकुर द्वारा लिए गए हैं। इन सभी गांवों में योग के प्रति जागरूकता के लिए यह शुरूआत पूर्व मुख्यमंत्री प्रेम कुमार धूमल के गांव से सुबह 6 बजे योग शिविर का शुभारंभ किया व उन्होंने लोगों को योग को पढ़ती के रूप में अपनाने को कहा जिस प्रकार से भारत विध गृह बना है व योग का प्रचार पूरे देश-विदेश में योग दिवस मनाकर किया जा रहा है।

विश्वविद्यालय इसमें अपना महत्वपूर्ण योगदान दे रहा है। विश्वविद्यालय में डा. राम अवतार बहुत नेक कार्य लोगों के लिए कर रहे हैं व उनका योग का मार्ग दर्शन सबको प्रेरित कर रहा है।

हमीरपुर : समीरपुर में करियर प्वाइंट वि. वि. द्वारा आयोजित योग शिविर में योग करते पूर्व मुख्यमंत्री प्रेम कुमार धूमल व अन्य।



# योग और पारंपरिक चिकित्सा पर प्रशिक्षण शुरू



प्रेम कुमार धूमल सम्मानित करते हुए।

डिडली टिकर, 17 मई (सुरेश) : आयुष मंत्रालय के सहयोग से प्रेमसुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय हमीरपुर के सौजन्य से समीरपुर गांव में योग व पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम शुरू किया। भारत सरकार के आयुष मंत्रालय का मुख्य ध्येय योग व पारंपरिक चिकित्सा है जिसके लिए करियर प्वाइंट विश्वविद्यालय प्रदेश के 12 जिलों में योगा व पारंपरिक चिकित्सा का प्रचार करेगा। विश्वविद्यालय ने सामाजिक कार्यों की पूर्ति के लिए 24 गांव गोद लिए हैं। जिनमें 2 गांव केंद्रीय मंत्री अनुराग

ठाकुर लिए गए हैं। इन सभी गांवों में योग के प्रति जागरूकता के लिए यह शुरूआत पूर्व मुख्यमंत्री प्रेम कुमार धूमल के गांव से सुबह 6 बजे योग शिविर का शुभारंभ किया व उन्होंने लोगों को योग को पढ़ती के रूप में अपनाने को कहा जिस प्रकार से भारत विश्व गृह बना है व योग का प्रचार पूरे देश विदेश में योग दिवस मना कर किया जा रहा है व विश्वविद्यालय इसमें अपना महत्वपूर्ण योगदान दे रहा है। विश्वविद्यालय में डा. राम अवतार बहुत नेक कार्य लोगों के लिए कर रहे हैं व उनका योग का मार्ग दर्शन सबको प्रेरित कर रहा है।

# योग और पारंपरिक चिकित्सा पर प्रशिक्षण शुरू करियर प्वाइंट विवि के सौजन्य से समीरपुर में शुरू किया कार्यक्रम

हिमाचल दस्तक | मोरंग

## डॉ. राम अवतार ने लोगों को करवाई योग कियाएं

भारत सरकार के आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय हमीरपुर के सौजन्य से समीरपुर गांव में योग व पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम शुरू किया। भारत सरकार के आयुष मंत्रालय का मुख्य ध्येय योग व पारंपरिक चिकित्सा है जिसके लिए करियर प्वाइंट विश्वविद्यालय प्रदेश के 12 जिलों में योगा व पारंपरिक चिकित्सा का प्रचार करेगा। विश्वविद्यालय ने सामाजिक कार्यों की पूर्ति के लिए 24 गांव गोद लिए हैं। जिनमें 2 गांव अनुराग ठाकुर केंद्रीय मंत्री सूचना व प्रसारण व खेल एवं युवा मामले द्वारा गोद लिए गए हैं। इन सभी गांवों में योग के प्रति जागरूकता के लिए यह शुरूआत

पूर्व मुख्यमंत्री प्रो. प्रेम कुमार धूमल के गांव से सुबह 6 बजे योग शिविर से की। उन्होंने लोगों को योग को पढ़ती के रूप में अपनाने को कहा जिस प्रकार से भारत विश्वगुरु बना है व योग का प्रचार पूरे देश-विदेश में योग दिवस मना कर किया जा रहा है व करियर प्वाइंट विश्वविद्यालय इसमें अपना महत्वपूर्ण योगदान दे रहा है।

विश्वविद्यालय में डॉ. राम अवतार बहुत नेक कार्य लोगों के लिए कार्य कर रहे हैं व उनका योग का मार्गदर्शन सबको प्रेरित कर रहा है। डॉ. राम अवतार जिन्होंने योगा, प्रणायाम, नाड़ी विज्ञान, हर्बल उपचार, रैकी, सिदा विज्ञान में उपलब्धियां प्राप्त कर रखी हैं। कार्यक्रम में पहुंचे विश्व योगा फेडरेशन के अंतरराष्ट्रीय



निदेशक डॉ. राम अवतार ने बताया कि भारत में योग और ध्यान की क्रियाओं का महत्व पहले से ज्यादा हुआ है। उन्होंने बताया कि मनुष्य शरीर को स्वस्थ रखने के लिए व्यायाम व योग आवश्यक होता है। उन्होंने योग की विभिन्न क्रियाएं करवाईं और अपने आप को स्वस्थ रखने के लिए योग की अपील की। इस मौके पर नजदीकी गांव के लोग बड़ी संख्या में मौजूद रहे। इस

अवसर पर समीरपुर के गांववासी व प्रो. प्रेम कुमार धूमल व करियर प्वाइंट विश्वविद्यालय के कर्मचारी उपस्थित रहे। प्रो. प्रेम कुमार धूमल इस कार्यक्रम के सफल आयोजन के लिए गांववासियों की तरफ से भारत सरकार के आयुष मंत्रालय, प्रेम सुख इंटरनेशनल चैरिटेबल संस्था, डॉ. राम अवतार व करियर प्वाइंट विश्वविद्यालय का धन्यवाद किया।

**2.3.2. Yoga Camp at Village-Baloh, District-Hamirpur (H.P)**



**2.3.3. Yoga Camp at Village-Tikker, District-Hamirpur (H.P)**



**2.3.4. Yoga Camp at Village-Anu Kalan, District-Hamirpur (H.P)**



**2.3.5. Yoga Camp at Village-Darlda, District-Hamirpur (H.P)**



**2.3.6. Yoga Camp at Village-Kotlu, District-Hamirpur (H.P)**



**2.3.7. Yoga Camp at Village-Balh, District-Hamirpur (H.P)**



**2.3.8. Yoga Camp at Village-Bagh, District-Hamirpur (H.P)**



**2.3.9. Yoga Camp at Village-Chandrad, District-Hamirpur (H.P)**



**2.3.10. Yoga Camp at Village-Maliyan, District-Hamirpur (H.P)**



**2.3.11. Yoga Camp at Village-Kot, District-Hamirpur (H.P)**



**2.3.12. Yoga Camp at Village-Neri, District-Hamirpur (H.P)**



**2.3.13. Yoga Camp at Village-Mehal, District-Hamirpur (H.P)**



**2.3.14. Yoga Camp at Village-Bhiar, District-Hamirpur (H.P)**



**2.3.15. Yoga Camp at Village-Dungri, District-Hamirpur (H.P)**



**2.3.16. Yoga Camp at Village-Baasi, District-Hamirpur (H.P)**



**2.3.17. Yoga Camp at Village-Lathwan, District-Hamirpur (H.P)**



**2.3.18. Yoga Camp at Village-Kasyana, District-Hamirpur (H.P)**



**2.3.19. Yoga Camp at Village-Sher, District-Hamirpur (H.P)**



### 2.3.20. Yoga Camp at Village-Takota, District-Hamirpur (H.P)



### 2.3.21. Yoga Camp at Village-Tooh, District-Hamirpur (H.P)



### 2.4. Yoga and Traditional Medicine Training Camp (Online Mode)

A dedicated camp (Yoga and Traditional Medicine Training Camp) of one month from 21<sup>st</sup> May to 21<sup>st</sup> June was organized by Career Point University, Hamirpur in collaboration with Prem Sukh International Charitable Trust, New Delhi the whole program was supported by Ministry of Ayush, GoI and Ekal Yog Arogya Yojna.

This online camp was organized and executed in the association of esteemed organizations working in the field of education and social services. List of associated organizations are as:

1. Himachal Pradesh University, Shimla
2. Sawan Kirpal Ruhani Mission, Delhi
3. Non Collegiate Women Education Board, University of Delhi

4. Shaheed Rajguru College of Applied Sciences for Women, University of Delhi
5. Kalindi College, University of Delhi
6. Himalayan Mahila Avam Jan Kalyan Sanstha

The whole training camp was organized under the kind guidance and supervision of Sanskari Yog Guru Dr. Ram Avtar with extended coordination of Dr. Kamal Jeet-Coordinator-cum-HoD, Department of Pharmaceutical Sciences.

The expertise and skills of Sanskari Yog Guru-Dr. Ram Avtar is well known in India as well as in abroad. He is a certified trainer to various governmental and Non-governmental organization *viz.* Indian Administrative Service (IAS), Indian Foreign service (IFS), Indian Revenue Service (IRS), Indian Police Service (IPS) & Indian Forest Service (IFoS), In addition to all he has also Conducted yoga and meditation training to Honorable Sri, Chandra Shekhar Ji Prime Minister, Govt. of India, New Delhi from 1 Dec 1990 to 15 Dec 1991. Current engagements of Dr. Ram Avtar is as:

- National President - Ekal Yoga Arogya Yojna
- PRO, Yoga & Cultural Programme – Ekal Vidyalaya (Bharat Lok shiksha Parishad).
- International Director – World Yoga Federation
- Founder Chairman - Prem Sukh International Charitable Trust (Regd.)
- Founder President - Prem Sukh Global Yogasna, Sports & Cultural Federation.
- Unit Incharge at H.Q Yog – Sawan Kripal Ruhani Mission, Delhi
- General Secretary - Manav Kalyan Yog va Prakritik Chikitsa Avam Shiksha Sansthan (Regd.)
- Founder G Secretary - International Sports Yoga Federation (ISYEF)
- World Ambassador - Yoga Alliance International
- Excecutive G. Secretary - World Academy of Ayurveda ( Regd )
- Research centre (Yog & Ayurveda) - Premadhar Research Inst. & Hospital, sector-24, Rohini, Delhi-110042.
- Adjunct Professor in Department of Yoga, Ayurveda and Naturopathy, Career Point University Hamirpur

The format of the camp was quite different to an ordinary Yoga Camp. Along with organizers and participants a yoga trainer Mr. Deepak Kumar from Morarji Desai National Institute of Yoga (MDNIY) was always available throughout the camp to give training to participants as per common Yoga Protocol, which was already given by Ministry of Ayush GoI. It is worthy

to mention that on each single day of camp renowned personalities of reputed organization were invited in order to motivate the participants. The format itself was a resounding success and words from chief guests always motivated the organizers and participants equally. A detailed schedule of the camp is tabulated below.

**2.4.1. Program Schedule of Yoga and Traditional Medicine Training Camp (Online Mode) 21<sup>st</sup> May 2022 to 21<sup>st</sup> June 2022 (Morning Session 7:30-8:30 am Daily)**

<b>Day</b>	<b>Chief Guest</b>
21/05/22	<b>Prof. (Dr.) K.S. Verma</b> Vice chancellor, Career Point University Hamirpur (HP)
22/05/22	<b>Adv. Vijay Kashyap</b> Secretary -PSICT, New Delhi
23/05/22	<b>Dr. Sanjeev Sharma</b> Registrar- Career Point University Hamirpur (HP)
24/05/22	<b>Dr. Rajendra Guleria</b> Controller of exam & dean pharmacy HPTU, (HP)
25/05/22	<b>Er. Prithi Pal Singh</b> Executive Engineering HPPWD, Theog Division (HP)
26/05/22	<b>Smt. Anjana Thakur</b> National Awardee (3 times) Founder/Chairperson Himalayan Mahila Avm Jan Kalyan Sanstha (HP)
	<b>Col. Sandip Singh</b> Commanding Officer NCC unit, Rampur (HP)
27/05/22	<b>Dr. Som Dutt</b> Principal Scientist CPRI, Shimla (H.P)
28/05/22	<b>Shri M.L Gupta</b> Vice President -Arya Samaj Panchdeep, Pitampura, Delhi
29/05/22	<b>Dr. Vikas Nadda</b> Faculty, Yoga Department, HPTU, Hamirpur, (HP)
30/05/22	<b>Shri Sarang Jagtap</b> State govt. Co-Ordinator -Art of Living Foundation
31/05/22	<b>Er. Deepak Hangra</b> Dy. Director (T&P) Technical Education Center Sunder Nagar, (HP)
01/06/22	<b>Shri Vivek Muni Ji</b> Acharya Maharaj
02/06/22	<b>Swami Devendranand Giri Ji Maharaj</b> Mahamandaleshwar
03/06/22	<b>Prof. Ishwar Bhardwaj</b> Dean Academics, DSVV Haridwar (UK)
	<b>Prof. Suresh Lal Barwal,</b> Dean, Faculty of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar (UK)
04/06/22	<b>Mr. Arvind Rattan</b> Associate Professor English, Govt. College, Bangana
05/06/22	<b>Dr. Mukul Bhatia</b> Margdarshak -Ekal Arogya Yojna
	<b>Mr. Kamal Kant Sharma</b>

	Retd. I.G-CRPF Covra Commando
06/06/22	<b>Prof. (Dr.) K.S. Verma</b> Vice chancellor, Career Point University Hamirpur (HP)
	<b>Dr. Ramesh Kumar Bhardwaj</b> Principal Scientist, department of vegetable science Dr YS Parmar University of Horticulture and Forestry Nauni Solan-HP
07/06/22	<b>Prof. Anuj Goyal</b> Chairman, Bir Tikenderjit University, Manipur
08/06/22	<b>Swami Vidyanand Ji</b> Founder President, World Yoga Federation (WYF)
	<b>Dr. Nattar Pal Mehra</b> Najafgarh, New Delhi
09/06/22	<b>Dr. Shri Neeraj Raizada</b> National President-Ekal Bharat Lok Shiksha Parishad & Founder Chairman PSICT
10/06/22	<b>Prof. Sanjay Sindhu</b> Director, University Institute of Legal Studies, HPU, Shimla
11/06/22	<b>Dr. S.S. Samant</b> Director, Himalayan Forest Research Institute (HFRI), Shimla, (H.P)
	<b>Vaidh Jai Bhagwan Thakur</b> Muzaffarnagar (UP)
12/06/22	<b>Shri R S Grover</b> Zone Incharge Ruhani Mission (SKRM), DELHI
13/06/22	<b>Yogacharya Shri Jayveer Singh Arya</b> Five Time World Record Holder in Yoga Field Assistant Professor & HOD-Yoga Science, Mewar University, Chittorgarh, Rajasthan
	<b>Mr. Lachhman Singh Rawat</b> Joint Registrar- Mewar University, Chittorgarh Rajasthan Distinguish Service Medal from Hon'ble President of India
14/06/22	<b>Mr. R. Pawar</b> IPS
15/06/22	<b>Swami Jagadguru Shankaracharya Anant</b> Shri Sharda Peeth, Kashmir
16/06/22	<b>Shri Srinivas Murthy</b> Sansthapak Yog Bharati, H.P. State Secretary Indian Yoga Association (IYA)
	<b>Dr. R. Sivakumar</b> M.D.(Ayurveda), M.B.A. (Hosp. Mgmt) Medical Director-Chennai Heritage Hospital Director- Chennai Heritage Pharma
17/06/22	<b>Prof. Geeta Bhatt</b> Director, Non-Collegiate Women Education Board (NCWEB), University of Delhi
	<b>Prof. S. Sarangapani</b> Principle (Retd) GAC, Hyderabad, Former Member,

	CCIM, Ministry of AYUSH, GOI
18/06/22	<b>Dr. T. R. Sharma</b> Vice Chancellor, Career Point University, Kota, Rajasthan, India
	<b>Dr. Arpita Negi</b> Assistant Professor, Dept. of Yoga Studies, and Coordinator at ICDEOL, Himachal Pradesh University, Shimla, H.P
19/06/22	<b>Dr. Gopal Ji</b> President Global Yog Alliance & National Chairman of NISHTHA
	<b>Swami Shri Dilip Yogiraj</b> Anant Shri Vibhushit Jagadguru, Vishwakarma Shankaracharya
20/06/22	<b>Prof. P.L Gautam</b> Pro. Chancellor Career Point University, Hamirpur (HP)
	<b>Dr. Manoj Kumar</b> HOD-Cath Lab, Senior Director- Mx Super Specialty Hospital, Patparganj
	<b>Dr. Swami Premanand Ji</b> President -Akhil Bhartiya Sadhu Vidyarthi Parishad National Minister – Bharat Sadhu Samaj
21/06/22	<b>Prof. P.L Gautam</b> Pro. Chancellor Career Point University, Hamirpur (HP)
	<b>Prof. (Dr.) K.S. Verma</b> Vice chancellor, Career Point University Hamirpur (HP)
	<b>Mrs. Kamlesh Kumari</b> MLA-Bhoranj Assembly Constituency

#### 2.4.2 Promotional material and Adveretisements

With the Support of  
Ministry of Ayush  
Prem Sukh International Charitable Trust &  
Career Point University, Hamirpur (H.P.)  
Jointly Organizing

**Yoga & Traditional  
Medicine  
Training Camp**

21<sup>st</sup> May-21<sup>st</sup> June 2022  
07:30 am - 08:30 am (Daily)  
Live on: **zoom**

Program Co-ordinator: **Dr. Kamal Jeet**  
For e-certificate, registration is necessary at: <https://forms.gle/KCge1A2pshrZxLDA6>

96254-04442 | [www.cpuh.in](http://www.cpuh.in) | [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

Day 1

With the Support of  
"Ministry of Ayush" & "Ekal Yog Arogya Yojna"  
Prem Sukh International Charitable Trust &  
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96254-04442 | [www.cpuh.in](http://www.cpuh.in) | [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

Day 2

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**  
 Prem Sukh International Charitable Trust & Career Point University, Hamirpur (H.P)

Jointly Organizing

# Yoga & Traditional Medicine Training Camp

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📞 96254-04442 | 🌐 [www.cpuh.in](http://www.cpuh.in) | ✉️ [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

Day 3

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**  
 Prem Sukh International Charitable Trust & Career Point University, Hamirpur (H.P)

Jointly Organizing

# Yoga & Traditional Medicine Training Camp

21<sup>st</sup> May-21<sup>st</sup> June 2022  
 ☀️ 07:30 am - 08:30 am (Daily)  
 Live on: **zoom**

**Program Co-ordinator: Dr. Kamal Jeet**

For e-certificate, registration is necessary at: <https://surveyheart.com/form/629e0fb1812f8b1562120639>

📞 96254-04442 | 🌐 [www.cpuh.in](http://www.cpuh.in) | ✉️ [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

Day 4

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**  
 Prem Sukh International Charitable Trust & Career Point University, Hamirpur (H.P)

Jointly Organizing

# Yoga & Traditional Medicine Training Camp

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Day 5

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 ☀️ 07:30 am - 08:30 am (Daily)  
**on zoom**

**Program Co-ordinator: Dr. Kamal Jeet**  
 head.pharma@cpuh.edu.in (9625404442)

For certificate registration is necessary at: <https://forms.gle/KCge1A2phdrZxLDA6>  
 080-35339406 | 🌐 [www.cpuh.in](http://www.cpuh.in) | ✉️ [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

**Chief Guests of The Session (26-05-22)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi National Prabhari-Ekal Yoga Arogya Yojna Adjunct Faculty, Career Point University, Hamirpur

**Smt. Anjana Thakur**  
 National Awardee (3 times) Founder Chairperson Himalayan Mahila Avm Jan Kalyan Sanstha

**Col. Sandip Singh**  
 Commanding NCC Unit at Rmpur-Bushar

Day 6

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# Yoga and Traditional Medicine Training Camp

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**Chief Guest of The Session (27-05-22)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi National Prabhari-Ekal Yoga Arogya Yojna Adjunct Faculty, Career Point University, Hamirpur

**Dr. Som Dutt**  
 Principal Scientist CPRI, Shimla (H.P)

Day 7

With the Support of  
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Jointly Organizing

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 head.pharma@cpuh.edu.in (9625404442)

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**Chief Guest of The Session (28-05-22)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi National Prabhari-Ekal Yoga Arogya Yojna Adjunct Faculty, Career Point University, Hamirpur

**Shri M.L Gupta**  
 Vice President - Arya Samaj Panchdeep, Pitampura, Delhi

Day 8

With the Support of  
**Ministry of Ayush**  
Prem Sukh International Charitable Trust &  
Career Point University, Hamirpur (H.P.)  
Jointly Organizing

**Yoga & Traditional  
Medicine  
Training Camp**

21<sup>st</sup> May-21<sup>st</sup> June 2022  
07:30 am - 08:30 am (Daily)  
Live on: **zoom**

**Dr. Ram Avtar**  
Former Project Officer  
Yoga Sect. of NCT of Delhi  
HOD of Yoga, Ayurveda and Naturopathy  
at Sri Theerthgiri University, Haridwar

Chief Guest of the  
Session (29-05-2022)

**Dr. Vikas Nadda**  
Faculty, Yoga Department  
Himachal Pradesh Technical University  
Hamirpur, HP

Program Co-ordinator: **Dr. Kamal Jeet**  
Session Co-ordinator: Department of Chemistry, CPUH

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Day 9

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**Yoga and  
Traditional  
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Former Project Officer "Yog", Govt. of NCT of Delhi  
National Prabhari-Ekal Yoga Arogya Yojna  
Adjunct Faculty, Career Point University, Hamirpur

Chief Guest of The Session (30-05-22)

**Shri Sarang Jagtap**  
(State Government Co-ordinator  
(Art of Living Foundation) &  
President AMASA)

Program Co-ordinator  
**Dr. Kamal Jeet**, [head.pharma@cpu.edu.in](mailto:head.pharma@cpu.edu.in)  
080-3539406    [www.cpuh.in](http://www.cpuh.in)    [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

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Day 10

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Former Project Officer "Yog", Govt. of NCT of Delhi  
National Prabhari-Ekal Yoga Arogya Yojna  
Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
Session (31-05-2022)

**Dr. Deepak Hangra**  
Dy. Director (T & F)  
Directorate of Technical Education  
Vocational & Industrial Training,  
Sunder Nagar, Mandi, (H.P.)

Program Co-ordinator: **Dr. Kamal Jeet**  
Session Co-ordinator: Department of Zoology

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Day 11

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Former Project Officer "Yog", Govt. of NCT of Delhi  
National Prabhari-Ekal Yoga Arogya Yojna  
HOD-Yoga, Ayurveda and Naturopathy at STU  
Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
Session (01-06-2022)

**Acharya Shri Vivek Muni Ji  
Maharaj**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 12

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National Prabhari-Ekal Yoga Arogya Yojna  
HOD-Yoga, Ayurveda and Naturopathy at STU  
Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
Session (02-06-2022)

**Mahamandaleswar  
Swami Devendranand  
Giri Ji Maharaj**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 13

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Former Project Officer "Yog", Govt. of NCT of Delhi  
National Prabhari-Ekal Yoga Arogya Yojna  
HOD-Yoga, Ayurveda and Naturopathy at STU  
Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
Session (03-06-2022)

**Prof. Ishwar Bhardwaj,  
Dean Academics, DSVV Haridwar,  
& Rtd from  
Gurukul Kangri Vishwavidyalay,  
Haridwar (UK)**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 14 (1)

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 Jointly Organizing

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 07:30 am - 08:30 am (Daily)  
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**Chief guest of the Session (03-06-2022)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Prof. Suresh Lal Barnwal**,  
 Dean, Faculty of Yoga and Health,  
 Dev Sanskriti Vishwavidyalaya,  
 Haridwar

**Program Co-ordinator: Dr. Kamal Jeet**  
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Day 14 (2)

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 Career Point University, Hamirpur (H.P.)  
 Jointly Organizing

# Yoga & Traditional Medicine Training Camp

21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
 Live on:

**Chief guest of the Session (04-06-2022)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Mr. Arvind Rattan**  
 Associate Professor (English)  
 Government College, Bargana

**Program Co-ordinator: Dr. Kamal Jeet**  
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Day 15

With the Support of  
**Ministry of Ayush**  
 Prem Sukh International Charitable Trust,  
 Career Point University, Hamirpur (H.P.),  
 Kalindi College, University of Delhi &  
 Shaheed Rajguru College of Applied Sciences for Women,  
 University of Delhi  
 Jointly Organizing

# Yoga & Traditional Medicine Training Camp

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 Live on:

**Chief guest of the Session (05-06-2022)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Dr. Mukul Bhatia**  
 Margdarshak-Ekal Arogya Yojna

**Program Co-ordinator: Dr. Kamal Jeet**  
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Day 16 (1)

With the Support of  
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 Career Point University, Hamirpur (H.P.),  
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**Chief guest of the Session (05-06-2022)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Mr. Kamal Kant Sharma**  
 Rtd I.G-CRPF Coyra Commando

**Program Co-ordinator: Dr. Kamal Jeet**  
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Day 16 (2)

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21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
 Live on:

**Chief guest of the Session (06-06-2022)**

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Prof. (Dr.) K.S. Verma**  
 Vice Chancellor,  
 Career Point University,  
 Hamirpur (H.P.)

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Day 17 (1)

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 National Prashast-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

**Dr. Ramesh Kumar Bhardwaj**  
 Principal Scientist,  
 Department of Vegetables science  
 Dr YS Parmar University of  
 Horticulture and Forestry,  
 Nauni Solan-H.P.

**Program Co-ordinator: Dr. Kamal Jeet**  
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Day 17 (2)

Day 18

Day 19 (1)

Day 19 (2)

Day 20

Day 21

Day 22 (1)

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**  
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 National Pradhan-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (11-06-2022)

**Valdh Jai Bhagwan Thakur,  
 Muzaffarnagar (UP)**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 22 (2)

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 Meeting ID: 847 5806 1544  
 Passcode: yogacamp

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Pradhan-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (12-06-2022)

**Shri R S Grover  
 Zone Incharge-  
 Sawan Kripal Ruhani Mission (SKRM),  
 Delhi**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 23

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 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (13-06-2022)

**Yogacharya Shri Jayveer Singh Arya  
 Five Time World Record Holder in Yoga Field  
 Assistant Professor & HOD-Yoga Science,  
 Mewar University, Chittorgarh, Rajasthan**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 24 (1)

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 National Pradhan-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (13-06-2022)

**Prof. Rajesh Kumar Saini  
 Director- Theatre, Film & Television,  
 Mewar University, Chittorgarh, Rajasthan**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 24 (2)

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 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (14-06-2022)

**Mr. R. Pawar  
 IPS**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 25

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 National Pradhan-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (15-06-2022)

**स्वामी जगन्नाथ मोहनदासजी शंकर  
 जी स्वामी अमृतानंद चरण शीर्ष जी स्वामी  
 श्री शारदा स्वयं शोध, काशी**

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 26

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**  
 Prem Sukh International Charitable Trust,  
 Career Point University, Hamirpur (H.P),  
 Kalindi College, University of Delhi &  
 Shaheed Rajguru College of Applied Sciences for Women,  
 University of Delhi

Jointly Organizing  
**Yoga & Traditional  
 Medicine  
 Training Camp**  
 21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
 Live on: ZOOM

**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashar-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (16-06-2022)

**Shri Srinivas Marthy**  
 Sanshapak Yog Bharti, H.P,  
 State Secretary Indian Yoga Association (IYA)

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 27

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Chief guest of the  
 Session (16-06-2022)

**Dr. R. Sivakumar**  
 M.B. (Ayurveda), N.R.A. (Hemp, Mugaol)  
 Medical Director - Chennal Heritage Hospital  
 Director - Chennal Heritage Pharma

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 27 (2)

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 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (17-06-2022)

**Prof. Geeta Bhatt**  
 Director,  
 Non Collegiate Women  
 Education Board (NCWEB),  
 University of Delhi

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 28

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**Dr. Ram Avtar**  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 National Prashar-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (17-06-2022)

**Prof. S. Sarangapani**  
 Principal (Retd) GAC, Hyderabad,  
 Former Member, CCBM, Ministry of AYUSH, GOI

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 28 (2)

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 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (18-06-2022)

**Dr. T.R. Sharma**  
 Vice Chancellor,  
 Career Point University,  
 Kota, Rajasthan, India

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 29 (1)

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 Prem Sukh International Charitable Trust,  
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**Dr. Ram Avtar**  
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 National Prashar-Ekal Yoga Arogya Yojna  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

Chief guest of the  
 Session (18-06-2022)

**Dr. Arpita Negi**  
 Assistant Professor,  
 Dept. of Yoga Studies  
 and Coordinator at ICDEOL,  
 Himachal Pradesh University,  
 Shimla, H.P

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 29 (2)

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**

Prem Sukh International Charitable Trust,  
 Career Point University, Hamirpur (H.P.),  
 Sawan Kirpal Ruhani Mission, Delhi-Zone  
 Non Collegiate Women Education Board, University of Delhi,  
 Kalindi College, University of Delhi &  
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Jointly Organizing  
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21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
 Live on: ZOOM

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 30

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**

Prem Sukh International Charitable Trust,  
 Career Point University, Hamirpur (H.P.),  
 Sawan Kirpal Ruhani Mission, Delhi-Zone  
 Non Collegiate Women Education Board, University of Delhi,  
 Kalindi College, University of Delhi &  
 Shaheed Rajguru College of Applied Sciences for Women,  
 University of Delhi

Chief guest of the  
 Session (20-06-2022)  
  
**Prof. P.L. Gautam**  
 Pro-Chancellor  
 Career Point University, Hamirpur (H.P.)

Jointly Organizing  
**Yoga & Traditional  
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 Training Camp**

21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
 Live on: ZOOM

Program Co-ordinator: **Dr. Kamal Jeet**

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Day 31 (1)

With the Support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**

Prem Sukh International Charitable Trust,  
 Career Point University, Hamirpur (H.P.),  
 Sawan Kirpal Ruhani Mission, Delhi-Zone  
 Non Collegiate Women Education Board, University of Delhi,  
 Kalindi College, University of Delhi &  
 Shaheed Rajguru College of Applied Sciences for Women,  
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21<sup>st</sup> May-21<sup>st</sup> June 2022  
 07:30 am - 08:30 am (Daily)  
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Day 31 (2)

Career Point University, Hamirpur (H.P)  
**WELCOMES YOU**  
 In Celebration of  
**8<sup>th</sup> International Day of Yoga (21<sup>st</sup> June 2022)**  
 Theme: Yoga for Humanity

07:00 am - 8:30 am (Blended Mode)  
 Offline: In MP Hall, Career Point University, Hamirpur  
 Online on: ZOOM

Valedictory Ceremony: Yoga and Traditional Medicine Training Camp  
 (21<sup>st</sup> May-21<sup>st</sup> June 2022) Organized with the extended support of  
**"Ministry of Ayush" & "Ekal Yog Arogya Yojna"**

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Day 32 (IYD2022)

**2.4.3 Inaugural Day of Yoga and Traditional Medicine Training Camp**



- 1. Name of the Event Venue:** MP Hall, Career Point University, Hamirpur
- 2. Name of Chief Guest:** Prof. K.S Verma, Hon’ble Vice Chancellor, CPU, Hamirpur
- 3. Name of Guest of Honour:** Ms. Nidhi Dogra (National Brand Ambassador of Yoga Book of Records)
- 3. Name of Organizing Agency:** Career Point University, Hamirpur
- 4. Time of starting of event:** 6.30 am
- 5. Time of end of the event:** 8.30 am
- 6. No. of people participated in the event:** More than 100

On 21/05/22-Saturday, the 1st Inaugural camp on mega yoga awareness was conducted in the Career Point University Campus. There were around more than 100 numbers of participants of different age of teaching staff and non -teaching staff were took part in the yoga session. The Chief Guest of the camp were Prof. K.S Verma, Hon’ble Vice Chancellor, CPU, Hamirpur whereas guest of honour was Ms. Nidhi Dogra, she is also known as the rubber doll, is a resident of district Hamirpur and is studying in Class VIII in Government Senior Secondary School, Chauri. Nidhi Dogra is a 6 time world record holder, now in view of her achievements, ABYM Yoga Book of Record Foundation has selected her as she was chosen as the “Honorary National Brand Ambassador of Yoga Book of Records”.

#### **PROGRAMME SCHEDULE**

<b>Timing</b>	<b>Activity</b>	<b>Handler</b>
6:30-7:30 am	Ministry Programme	Ministry of Ayush, GoI
7:30-7:35 am	Address Chief Guest	Dr. K S Verma, Hon’ble Vice Chancellor
7:35-8:00 am	Yoga Session	Mr. Shashi Kumar
8:00-8:10 am	Warm up Yoga & Surya Namaskar	Mr. Shashi Kumar
8:10-8:20 am	Address	Dr. Ram Avtar
8:20-8:25 am	Advance Yoga Performance	Ms. Nidhi Dogra
8:25-8:30 am	Vote of thanks	Mr. Kamal Jeet, HoD Pharmacy

**2.4.4 Glimpses of the Inaugural Day of Yoga and Traditional Medicine Training Camp**





### 2.4.4 Media Coverage of the Inaugural Day of Yoga and Traditional Medicine Training Camp

#### करियर प्वाइंट में योग शिविर का शुभारंभ

भोरंज। विश्वविद्यालय अनुदान आयोग द्वारा भारत के सभी विश्वविद्यालयों को निर्देश दिए गए हैं कि 21 मई 2022 से 21 जून 2022 तक योगा के माध्यम से सभी लोगों को योग के प्रति जागरूक करें। इसके तहत करियर प्वाइंट विश्वविद्यालय भी इसमें भाग ले रहा है। भारत सरकार के आयुष मंत्रालय के सहयोग से प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय हमीरपुर हिमाचल के सौजन्य से योग व पारंपरिक चिकित्सा प्रशिक्षण का शुभारंभ किया गया। यह कार्यक्रम दो सत्र में आयोजित किया गया। जिसमें प्रथम सेशन 6:30 बजे से 7:30 बजे तक था जिसके मुख्य अतिथि डा. ईश्वर वी बसावरेडी मोरारजी देसाई, राष्ट्रीय योग संस्थान, आयुष मंत्रालय, भारत सरकार के निदेशक रहे। दूसरा सत्र 7:30 बजे से 8:30 बजे तक था, जिसके मुख्य अतिथि विश्वविद्यालय के कुलपति प्रो. (डा.) केएस वर्मा थे। इस कार्यक्रम में विशिष्ट अतिथि के तौर पर सुश्री निधि डोगरा योग बुक ऑफरिक्टोर्डस की राष्ट्रीय ब्रांड एंबेसडर थी। कार्यक्रम में विशेषज्ञ के तौर पर विश्व विख्यात संस्कारी योग गुरु डा. राम अवतार व योग शिक्षिका के तौर पर कुमारी बबीता सिंह उपस्थित रहे। चोरी की निधि डोगरा को एबीआईएम योग वर्ल्ड बुक के सीईओ के राकेश भारद्वाज ने योग का प्रचार प्रसारित किया।

#### योग व पारंपरिक चिकित्सा प्रशिक्षण का शुभारंभ

संवाद सहयोगी, भोरंज : निदेशक व दूसरे सत्र में कुलपति विश्वविद्यालय अनुदान आयोग की ओर से सभी विश्वविद्यालयों को निर्देश दिए गए हैं कि 21 जून तक सभी लोगों को योग के प्रति जागरूक करें। करियर प्वाइंट विश्वविद्यालय भी इसमें भाग ले रहा है। प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय के सौजन्य से योग व पारंपरिक चिकित्सा प्रशिक्षण का शुभारंभ किया गया। इसे दो सत्र में आयोजित किया गया। पहले सत्र में डा. ईश्वर वी बसावरेडी मोरारजी देसाई राष्ट्रीय योग संस्थान के निदेशक व दूसरे सत्र में कुलपति प्रोफेसर डॉ. केएस वर्मा अतिथि थे। विशेष अतिथि चोरी निवासी निधि डोगरा योग बुक आफ रिकार्ड की राष्ट्रीय ब्रांड एंबेसडर थी। वह योग में चार विश्व कीर्तिमान स्थापित कर चुकी हैं। इसमें से तीन विश्व कीर्तिमान योग वर्ल्ड बुक में दर्ज हैं। वह करियर प्वाइंट विश्वविद्यालय के आयुर्वेदा, योग व नेचुरोपैथी विभाग में एक्सपर्ट व ब्रांड एंबेसडर के तौर पर संवाद देगी। इस मौके पर योग गुरु, डा. राम अवतार व योग शिक्षिका बबीता आदि उपस्थित रहे।

#### करियर प्वाइंट विवि ने लोगों को किया योग के प्रति जागरूक

भोरंज। विश्वविद्यालय अनुदान आयोग द्वारा भारत के सभी विश्वविद्यालयों को निर्देश दिए गए हैं कि 21 मई से 21 जून तक योग के माध्यम से सभी लोगों को योग के प्रति जागरूक करें। भारत सरकार के आयुष मंत्रालय के निदेशक के तौर पर सुश्री निधि डोगरा योग बुक ऑफरिक्टोर्डस की राष्ट्रीय ब्रांड एंबेसडर थी। कार्यक्रम में विशेषज्ञ के तौर पर विश्व विख्यात संस्कारी योग गुरु डा. राम अवतार व योग शिक्षिका के तौर पर कुमारी बबीता सिंह उपस्थित रहे। चोरी की निधि डोगरा को एबीआईएम योग वर्ल्ड बुक के सीईओ के राकेश भारद्वाज ने योग का प्रचार प्रसारित किया।

#### योग करो, रोग भगाओ

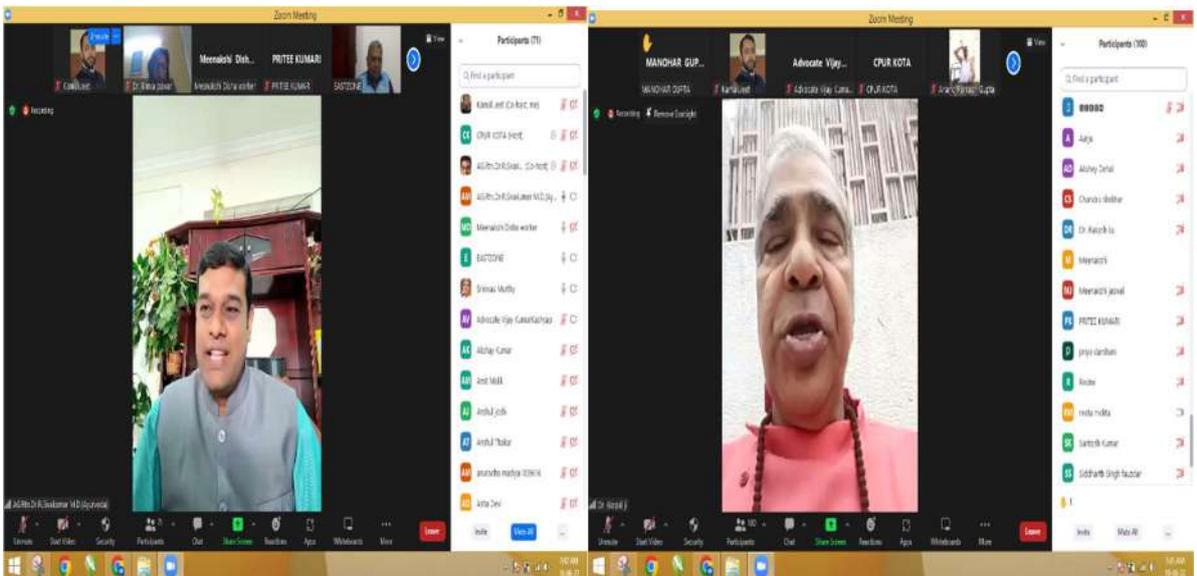
दिल्ली हिमाचल ब्यूरो- हमीरपुर भारत सरकार के आयुष मंत्रालय के सहयोग से प्रेमसुख इंटरनेशनल चैरिटेबल ट्रस्ट व करियर प्वाइंट विश्वविद्यालय हमीरपुर के सौजन्य से समीरपुर गांव में योग व पारंपरिक चिकित्सा प्रशिक्षण पर कार्यक्रम शुरू किया गया। भारत सरकार के आयुष मंत्रालय का मुख्य ध्येय योग व पारंपरिक चिकित्सा है, जिसके लिए करियर प्वाइंट विश्वविद्यालय प्रदेश के 12 जिलों में योगा व पारंपरिक चिकित्सा का प्रचार करेगा। विश्वविद्यालय ने सामाजिक कार्यों की पूर्ति के लिए 24 गांव गोद लिए हैं। इनमें दो गांव अनुराग ठाकुर केंद्रीय मंत्री सूचना व प्रसारण व खेल एवं युवा मामले द्वारा गोद लिए गए हैं। इन सभी गांवों में योग के प्रति जागरूकता के लिए यह शुरूआत पूर्व मुख्यमंत्री प्रो. प्रेम कुमार धूमल के गांव से सुबह छह बजे योग शिविर का शुभारंभ किया। उन्होंने लोगों को योग को पढ़ाई के रूप में अपनाने को कहा। इस प्रकार से भारत विश्वगुरु बना है व योग का प्रचार पुरे देश-विदेश में योग दिवस मना कर किया जा रहा है। विश्वविद्यालय में डा. राम अवतार नेक कार्य लोगों के लिए कार्य कर रहे हैं व उनका योग का मार्गदर्शन सबको प्रेरित कर रहा है। वहीं, प्रो. प्रेम कुमार धूमल इस कार्यक्रम के सफल आयोजन के लिए गांववासियों की तरफ से भारत सरकार के आयुष मंत्रालय, प्रेम सुख इंटरनेशनल चैरिटेबल संस्था, डा. राम अवतार व करियर प्वाइंट विश्वविद्यालय का धन्यवाद किया।

### 2.4.5. Glimpses of Yoga and Traditional Medicine Training Camp (Online Mode)











2.4.6. Final Poster of Yoga and Traditional Medicine Training Camp (Online Mode)



**PREM SUKH INTERNATIONAL CHARITABLE TRUST, NEW DELHI**  
**&**  
**CAREER POINT UNIVERSITY, HAMIRPUR (H.P)**  
*Jointly Organized*  
**YOGA AND TRADITIONAL MEDICINE TRAINING CAMP**  
*With the Support of*  
**"Ministry of Ayush, GoI"**  
**&**  
**"Ekal Yoga Arogya Yojna"**  
 Online on: **ZOOM** **7:30 am - 8:30 am**  
**(21<sup>st</sup> May -21<sup>st</sup> June 2022)**  
**CHIEF GUESTS OF THE EVENT**



  
**Swami Jagadgurur Sharanacharya Anant Shri Swami Anantarama Das Ji Maharaj**  
*Shri. Shri. Shri. Saranya Pradh. Kashi*

  
**Anant Shri Vithalaji Jagadguru, Vilelakkama Shankaracharya, Swami Shri Ditya yojna**

  
**Mahamandaleshwar Dr. Swami Phomankar Ji Maharaj**

  
**Mahamandaleshwar Swami Devendranath Giri Ji Maharaj**

  
**Acharya Shri Vivek Mani Ji Maharaj**

  
**Shri R. S. Chohan, Zonal Incharge, Sawan Kirpal Ruhani Mission (SKRM), Delhi**

  
**Swami Vidyanandaji, Founder President, World Yoga Federation (WYF)**

  
**Prof. (Dr.) P. J. Gauram, Prof. Chancellor, Career Point University, Hamirpur (H.P.), India**

  
**Prof. (Dr.) K.S. Varna, Vice Chancellor, Career Point University, Hamirpur (H.P.)**

  
**Prof. (Dr.) J.K. Sharma, Vice Chancellor, Career Point University, Kola, Rajasthan, India**

  
**Prof. Sanjay Sridhar, Director, University Institute of Legal Studies, HPU, Shimla**

  
**Prof. Anuj Gopal, Chairman, Bir Tanderji University, Manipur**

  
**Dr. Sanjeev Sharma, Registrar, Career Point University, Hamirpur (H.P.)**

  
**Dr. S.S. Sariani, Director, Himalayan Forest Research Institute, (HFR), Shimla, (H.P.)**

  
**Prof. Ganga Bhatt, Director, Non Collegiate Women Education Board (NCWB), University of Delhi**

  
**Dr. Deepak Dangra, Director of Technical Education, Vocational & Industrial Training, Sector Board, March, (H.P.)**

  
**Shri. Neeraj Rajwade, National President, Ekal Bharat Lok Shiksha Parishad & Founder Chairman PSICT**

  
**Dr. Vikul Bhasia, Managing Director, Ekal Arogya Yojna**

  
**Mr. Ram Preet Puri, Former DG & Director-NCRR, India**

  
**Mr. Kamal Kaur Sharma, Ret. I.G.-CRPF, Covert Commando**

  
**Col. Sandeep Singh, Commanding NCC Unit at Rampur-Rudhar**

  
**Dr. Gopal Ji, President Global Yog Alliance & National Chairman of NISHTHA**

  
**Prof. Suresh Lal Bhowal, Dean, Faculty of Yoga and Health, Devi Sanskriti Vishwavidyalaya, Haridwar**

  
**Prof. Anwar Bhatnagar, Dean Academics, DSVV, Haridwar & Ret. from Gurukul Kangri Vishwavidyalaya, Haridwar (UK)**

  
**Mr. Lakhman Singh Rawat, Joint Registrar, Meerut University, Chitragarh, Rajasthan**

  
**Dr. Manoj Kumar, HOD-CRIT Job Senior Director, Max Super Speciality Hospital, Patparganj**

  
**Prof. S. Sanjogani, Principal (Block) GAC, Hyderabad, Former Member, CCM, Ministry of AYUSH, GOI**

  
**Dr. R. Srinivasar, M.D. (Ayurveda), M.B.A. (H. Mgmt), Medical Director - Chennai Heritage Pharma**

  
**Shri. Srinivas Murthy, Sanatprajak Yog Bharat, H.P., State Secretary, Indian Yoga Association (IYA)**

  
**Shri. Sanjay Jagtap, (State Government Co-ordinator & President, AMAJA)**

  
**Mr. Kuldip Kumar, Tehsil Welfare Officer, Tehsil-Jawan, Kolar, Kangra (H.P.)**

  
**Dr. Raviya Kumari, Assistant Professor, Dept.-Journalism and Mass Communication, Swami Vivekanand Coll. College, Bilaspur (H.P.)**

  
**Dr. Ramesh Kumar Bhatnagar, Principal Scientist, Dr. YS Parmar University of Horticulture and Forestry, Nauni Solan-H.P.**

  
**Dr. Rajendra Gupta, Controller of Exam & Dean Pharmacy, HPTU, Hamirpur (H.P.)**

  
**Mr. Anand Ram, Associate Professor (English), Government College, Bangalore**

  
**Yogacharya Shri Jayveer Singh Arya, 5 Time World Record Holder in Yoga Field, AP & HOD-Yoga Science, Meerut University, Chitragarh, Rajasthan**

  
**Dr. Anjali Negi, Assistant Professor, Dept. of Yoga Studies and Coordinator at ICDEOL, Himachal Pradesh University, Shimla, H.P.**

  
**Dr. Harsen Thakur, Dean Student Welfare, Career Point University, Hamirpur**

  
**Shri M. L. Gupta, Vice President - Arya Samaj, Panchsheel, Patliputra, Delhi**

  
**Prof. Rajesh Kumar Sahi, Doctor, Theatre Film & Television, Meerut University, Chitragarh, Rajasthan**

  
**Dr. Shabane Jehi, HOD, Sanskrit, SHPC College, Azamgarh**

  
**Dr. Som Dutt, Principal Scientist, CPRI, Shimla (H.P.)**

  
**Dr. Vikas Nandan, Faculty, Yoga Department, HPTU, Hamirpur, H.P.**

  
**Dr. Priya Pal Singh, Executive Engineering HPPWD, Itanag Division**

  
**Shri. Anand Thakur, National Awardee (3 times), Founder Chairperson H.M.A.J.K. Sanstha**

  
**Anoop Kumar Dubey, Associate Rattan, Prasad Shriyati Nirmal Kendra, Mughal District, Jabalpur Madhya Pradesh**

  
**Dr. Anshu Pal Mehra, Najafgarh, New Delhi**

  
**Mr. Yogesh Kumar, Punjab, India**

### Organizing Committee

  
**Ad. Vijay Kashyap, Ret. Income Tax Officer, Sarang Savi**

  
**Dr. Rishabh Singh, Prabhant, Lok Patel, Delhi**

  
**Dr. Sanjay Thakur, Dean, School of Business and Management Studies, CPUH**

  
**Dr. Kuldeep Kumar, Associate Dean, PG Studies -am- Pharmacy, CPUH**

  
**Dr. Sanjay Kumar, Jeeva Pharmacy, CPUH**

  
**Dr. Kamal Jeet, HOD, Pharmacy, CPUH**

  
**Dr. Binika Pazar, Asst. Professor, S.R.C.A.S.W. GU**

  
**Dr. Sunita Sharma, Director Sports & Phys. Edu., Kalindi College, DU**

  
**Dr. Rishi Sharma, Asst. Professor, CPUH**

  
**Ms. Priya Dastgiri, Asst. Professor, CPUH**

  
**Dr. Gulshan Sharma, Asst. Professor, CPUH**

  
**Mr. Anil Kumar, Asst. Professor, CPUH**

  
**Ms. Karushi Kumar, Ret. Lecturer, Directorate of Education, Govt. of NCT of Delhi**

  
**Vaidh. Jai Bhagwan Thakur, Nuzafatnagar (UP)**

  
**Ms. Nandhan Pathak, New Arya Public School, Karkota, Dwaika, New Delhi**

  
**Ms. Nishi, Asst. Professor, CPUH**

  
**Mr. Ashish Dhole, Asst. Professor, CPUH**

  
**Ms. Sneha Kumar, Lecturer, CPUH**

### CHIEF SPEAKER

(Yoga and Traditional Medicine Training Camp)



**Dr. Ram Avtar (Sanskari Yoga Guru)**  
 International Director- World Yoga Federation  
 National Prabhari-Ekal Yoga Arogya Yojna  
 Unit Incharge (Yoga)-Sawan Kirpal Ruhani Mission, Delhi  
 Former Project Officer "Yog", Govt. of NCT of Delhi  
 HOD-Yoga, Ayurveda and Naturopathy at BTU  
 Adjunct Faculty, Career Point University, Hamirpur

### Yoga Trainers

  
**Mr. Devendra Singh**

  
**Mr. Deepak Dhawariya**

  
**Mr. Ajay Kumar Pal**

  
**Ms. Tamanna**

**ASSOCIATED ORGANIZATIONS**  
**Himachal Pradesh University, Shimla**  
**Sawan Kirpal Ruhani Mission, Delhi**  
**Non Collegiate Women Education Board, D.U, Delhi**  
**Shah. Raj. Coll. App. Sci. W., University of Delhi**  
**Kalindi College, University of Delhi**

Program Co-ordinator: **Dr. Kamal Jeet** 96254-04442 [www.cpuh.in](http://www.cpuh.in) [hp@cpuniverse.in](mailto:hp@cpuniverse.in)

## 2.5. Yoga and Traditional Medicine Training Camp (Blended Mode)

A blended mode camp (Yoga and Traditional Medicine Training Camp) of one month from 21<sup>st</sup> May to 21<sup>st</sup> June was organized by Career Point University, Hamirpur in collaboration with Prem Sukh International Charitable Trust, New Delhi the whole program was supported by Ministry of Ayush, GoI and Ekal Yog Arogya Yojna.

This online camp was organized and executed in the association of esteemed organizations working in the field of education and social services. List of associated organizations are as:

1. Himachal Pradesh University, Shimla
2. Sawan Kirpal Ruhani Mission, Delhi
3. Non Collegiate Women Education Board, University of Delhi
4. Shaheed Rajguru College of Applied Sciences for Women, University of Delhi
5. Kalindi College, University of Delhi
6. Himalayan Mahila Avam Jan Kalyan Sanstha

The whole training camp was organized under the kind guidance and supervision of Sanskari Yog Guru Dr. Ram Avtar with extended coordination of Dr. Kamal Jeet-Coordinator-cum-HoD, Department of Pharmaceutical Sciences.

The format of the camp was blended i.e offline and online. Along with organizers and participants a yoga trainer Mr. Ajay Pal Sharma from Morarji Desai National Institute of Yoga (MDNIY) was always available throughout the camp to give training to participants as per common Yoga Protocol, which was already given by Ministry of Ayush GoI. It is worthy to mention that on each single day of camp classes were organized in different departments of Career Point University, Hamirpur, surrounding school/colleges/Institutions.

### 2.5.1. Program Schedule of Yoga and Traditional Medicine Training Camp (Online Mode) 21<sup>st</sup> May 2022 to 21<sup>st</sup> June 2022 (Morning Session 10:30-11:30 am Daily)

Day	Session Time	Program Coordinator and Chief Guest
21 <sup>st</sup> May22 to 21 <sup>st</sup> June22	Morning 10:30am -11:30am (Online+Offline)	<b>Repertoire:</b> Dr. Kamal Jeet <b>Yoga Trainer:</b> Mr. Ajay Kumar Pal <b>Chief Guest:</b> Sanskari Yog Guru Dr. Ram Avtar

**2.5.2. The list of School/College/Institute/Organization got benefitted with regular yoga classes.**

S. No.	Name of School/College/Institute/Organization	Coordinator
1.	DDM College of Pharmacy, Una	Dr. Sanjay Kumar
2.	Minerva College of Pharmacy, Pathankot	
3.	Vinayaka College of Pharmacy, Kullu	
4.	Abhilashi College of Pharmacy, Mandi	
5.	Laureate College of Pharmacy, Jawalaji	
6.	Himachal College of Pharmacy, Nalagarh	
7.	GSSS Hatwar, Bilaspur	Dr. Rahul Sharma
8.	Diamond International Patta, Hamirpur	
9.	GSSS Bhoranj, Hamirpur	
10.	GSSS Ponta, Mandi	
11.	GSSS Ladraur, Hamirpur	
12.	Ladrour Shishu Niketan school, Hamirpur	
13.	SVN Tarkwari, Hamirpur	
14.	Govt High School Leda, Mandi	
15.	GSSS Chamboh, Hamirpur	
16.	GSSS Tal, Hamirpur	
17.	SVM SSS School Bhted, Bilaspur	
18.	Himgurukul School Ladrour, Hamirpur	
19.	GSSS Kharwar, Hamirpur	
20.	Shanti Niketan Bhareri, Mandi	
21.	DAV Theog, Shimla	
22.	Primary School Anjhi, Solan	
23.	GPS Jukain, Mandi	
24.	Lakshmi Memorial School Bhoti, Hamirpur	
25.	GSSS Bnjar, Kullu	
26.	Gurukul Peach Valley , Sirmour	
27.	Vijay Memorial SSS Dharpur, Mandi	

**2.5.3. Glimpses of Yoga and Traditional Medicine Training Camp (Blended Mode)**





## 2.6. Daily Routine of the Yoga Camp (Common Yoga Protocol)

### 1. INVOCATION

Yogic Practice shall start with a prayer or prayerful mood to enhance the **Benefits** of practice.

ॐ संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्  
देवा भागं यथा पूर्वे  
संजानाना उपासते ॥

ॐ Samgacchadhvam samvadadhvam  
sam vo manāmsi jānatām  
devā bhāgam yathā pūrve  
sanjānānā upāsate ||

May you move in harmony; may you speak in unison; let our mind be equanimous like in the beginning; let the divinity manifest in your sacred endeavours.



### 2. SADILAJA/CĀLANA KRIYĀS /LOOSENING PRACTICES

The Cālana Kriyās/loosening practices/Yogic Sūkṣma Vyāyāmas help to increase microcirculation. These practices can be done while standing and sitting.

#### I. NECK BENDING (Grivā Śakti Vikāsaka)

*Sthiti: Samasthiti (Alert Posture)*

#### Technique

#### Stage i: (Forward and Backward Bending/Stretching)

- ◆ Stand with the feet 2-3 inches apart.
- ◆ Keep the hands straight beside the body.
- ◆ This is Samasthiti. This is also called Tādāsana.
- ◆ Keep your palms on the waist.
- ◆ While exhaling, move the head forward slowly and try to touch the chin to the chest.
- ◆ While inhaling, move the head up and bend back comfortably.
- ◆ This is one round: repeat 2 more rounds.



#### Stage - ii: (Right and Left bending/Stretching)

- ◆ While exhaling, bend the
- ◆ head slowly to the right;
- ◆ bring the ear as close as possible to the shoulder without raising the shoulder.



- ◆ While inhaling, bring the head to the normal position.
- ◆ Similarly, while exhaling bend the head to the left side.
- ◆ Inhale and bring the head up to normal position.
- ◆ This is one round: repeat 2 more rounds.

### Stage - iii: (Right and Left Twisting)

- ◆ Keep the head upright.
- ◆ While exhaling, gently
- ◆ turn the head to the right so that the chin is in line with the shoulder.
- While inhaling, bring the head to the normal position.
- Similarly, while exhaling, turn the head to the left.
- Inhale and bring the head to the normal position.
- This is one round: repeat 2 more rounds.



### Stage iv: Neck Rotation

- ◆ Exhale; bend the head forward to touch the chin to the chest.
- ◆ Inhale; slowly rotate the head clockwise in a circular motion, exhale while coming down.
- ◆ Do a full rotation.
- ◆ Then rotate the head in an anti-clockwise direction.
- ◆ Inhale; go back and exhale, come down.
- ◆ This is one round: repeat 2 more rounds.



### Note:

- ◆ Move the head as far as possible. Do not over strain.
- ◆ Keep the shoulders relaxed and steady.
- ◆ Feel the stretch around the neck and loosening up of the joints and muscles of the neck.
- ◆ Can also be practiced sitting on a chair.
- ◆ People with neck pain can do the practice gently especially when taking the head back to the extent it is comfortable.
- ◆ Elderly people and persons with chronic cervical spondylitis may avoid these practices.

## II. SHOULDER'S MOVEMENT

*Sthiti: Samasthiti* (Alert Posture)



### Stage i: (Shoulder's Stretch)

#### Technique:

- ◆ Keep the feet together, the body straight and the arms by the sides.
- ◆ While inhaling; raise your both arms sideways above your head with the palm outward.
- ◆ Exhale and bring it down in the same manner.
- ◆ Palms must be opened, with fingers together.



### Stage ii: Skandha Cakra (shoulder Rotation)

- ◆ Stand erect.
- ◆ Place the fingers of left hand on the left shoulder and the fingers of right hand on the right shoulder.
- ◆ Full rotation of the both elbows in a circular manner.
- ◆ Inhale and raise your elbows & bring them back when you exhale.
- ◆ Try to touch the elbows in front of the chest on the forward movement, stretch the elbows back in the backward movement and touch the side of the trunk while coming down.
- ◆ Repeat this 2 times rotating from front to back.
- ◆ Do the same in reverse manner. Inhale while raising the elbows & exhale while bringing them down.

#### Benefits:

- ◆ Practice of this Yogic kriyā makes the bones, muscles and nerves of the neck and shoulder healthy.
- ◆ These practices are helpful in cervical spondylosis and frozen shoulder.



### III. TRUNK MOVEMENT (Kaṭīśakti Vikāsaka)

#### Sthiti: Samasthiti (Alert Posture)

#### Technique

- ◆ Keep the legs about 2-3 feet apart.
- ◆ Raise both the arms up to shoulder level with palms facing each other and keep them parallel.
- ◆ While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, come back with inhalation.



- ◆ While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
- ◆ This is one round: repeat it two more times.
- ◆ Relax in *Samasthiti*.

**Note:**

- ◆ Do it slowly with coordination of breathing.
- ◆ Cardiac patients shall do with care.
- ◆ Avoid this practice in case of severe back pain, vertebral and intervertebral disc disorders and during menstruation.

**IV. KNEE MOVEMENT**

Sthiti: *Samasthiti* (Alert Posture)

**Technique**

- ◆ Inhale; lift your arms up to the shoulder level, palms facing downwards.
- ◆ Exhale; bend the knees and bring down the body to the semi squatting position.
- ◆ In the final position, both the arms and thighs should be parallel to the ground.
- ◆ Inhale; and straighten the body.
- ◆ Exhale while bringing down the hands.
- ◆ Repeat it two more times.



**Note:**

- ◆ Helps to strengthen knees and hip joints.
- ◆ Avoid this asana in case of acute conditions of arthritis.

**3. YOGĀSANAS**

**A. STANDING POSTURES**

**TĀḌĀSANA (Palm Tree Posture)**

*Tāḍa* means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

**Technique**

- ◆ Stand with feet 2 inches apart.
- ◆ Inhale, lift your arms up to the shoulder level in the front.
- ◆ Interlock the fingers, and turn the wrist outwards. Now inhale, raise the arms up above your head.
- ◆ Raise the heels off the floor and balance on the toes as you raise your arms.
- ◆ Stay in this position for 10-30 seconds.



- ◆ Bring the heels down.
- ◆ Exhale, release the interlock of the fingers and bring the arms down and come back to standing posture.

### Benefits

- ◆ This *āsana* brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

### Caution

- ◆ Avoid lifting the heels in case of arthritis, varicose veins and vertigo.

### VRKṢĀSANA (The Tree Posture)

*Vṛkṣa* means tree. The final position of this *āsana* resembles the shape of a tree, hence the name.

### Technique

- ◆ Stand with feet 2 inches apart.
- ◆ Focus on a point in front.
- ◆ Exhale, hold and bend the right leg then place the foot on the inner side of the left thigh.



The heel should be touching the perineum region.

- ◆ Inhale and extend the arms up and join the palms together for Namaskar Mudra.
- ◆ Stay in the position for 10 to 30 seconds and breathe normally.
- ◆ Exhale bring the arms down. Release the right leg and bring it to initial position.
- ◆ Repeat this *āsana* from the left side also.

### Benefits

- ◆ Helps to improve neuro-muscular coordination, balance, endurance, alertness and concentration.

### Caution

- ◆ Please avoid this practice in case of arthritis, vertigo.

### PĀDA-HASTĀSANA (The Hands to Feet Posture)

*Pāda* means feet, *hastā* means hands. Therefore, *Pāda Hastāsana* means keeping the palms down towards the feet. This is also referred as *Uttānāsana*.

### Technique

- ◆ Stand straight with feet 2 inches apart.
- ◆ Inhale slowly and raise the arms up.
- ◆ Stretch up the body from the waist.
- ◆ Exhale and bend forward until both palms rest on the ground.



- ◆ Stretch the back, to make it straight as much as possible.
- ◆ Maintain this final posture for 10-30 seconds with normal breathing.
- ◆ Those who are suffering with stiff back should bend according to their capacity.
- ◆ Now inhale, come up slowly to the upright position and stretch the arms straight above the head.
- ◆ Exhale, slowly return to the starting position in the reverse order.
- ◆ Relax in *Samasthiti*.



### Benefits

- ◆ Makes the spine flexible, improves digestion, and helps in overcoming menstrual problems.

### Caution

- ◆ Please avoid this practice in case of cardiac disorders, vertebral and disc disorders, abdominal inflammation, hernia and ulcers, glucoma, myopia, ertigo.

### ARDHA CAKRĀSANA (The Half Wheel Posture)

*Ardha* means half. *Cakra* means wheel. In this posture, as the body takes the shape of a half wheel, hence it is called *Ardha Cakrāsana*.

### Technique

- ◆ Stand straight with feet 2 inches apart.
- ◆ Support the back at the sides of the waist with the fingers.
- ◆ Try to keep the elbows parallel.
- ◆ Drop the head backwards stretching the neck muscles.
- ◆ As you inhale, bend backwards from the lumbar region; exhale and relax.
- ◆ Stay here for 10-30 seconds with normal breathing.
- ◆ Inhale and slowly come up.



### Benefits

- ◆ Ardha Cakrāsana makes the spine flexible and strengthens the spinal nerves and muscles.
- ◆ Helps in management of cervical spondylosis.

### Caution

- ◆ Avoid this posture in case of vertigo or a tendency to giddiness.
- ◆ Hypertensive patients should bend with care.

## TRIKONĀSANA (The Triangle Posture)

*Trikoṇā* means triangle. *Tri* means three and *koṇa* means an angle. As the āsana resembles the triangle made by the trunk, arms and legs, hence the name *Trikoṇāsana*.

### Technique

- ◆ Stand with your feet with 3 feet apart.
- ◆ Inhale slowly raise both the arms sideways upto shoulder level.
- ◆ Turn the right foot towards right side.
- ◆ Exhale, slowly bend to the right side and place the right hand fingers just behind the right foot.
- ◆ The left arm straight in line the right arm.
- ◆ Turn the left palm forward.
- ◆ Turn your head and gaze at the tip of the left middle finger.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Inhale, slowly come up.
- ◆ Repeat the same procedure from the left side.



### Benefits

- ◆ Makes the spine flexible, strengthens calf, thigh and waist muscles and improves lungs capacity.

### Caution

- ◆ Avoid this posture in case of slipped disc, sciatica, and after undergoing abdominal surgery.
- ◆ Do not try beyond limits and overdo the lateral stretch.
- ◆ If one cannot touch the feet, one can reach for the knees instead.

## B. SITTING POSTURES

### BHADRĀSANA (The Firm/Auspicious Posture)

*Bhadra* means firm or auspicious.

*Sthiti:* Long sitting posture (*Viśrāmāsana*)

- ◆ Sit erect with both the legs stretched forward.
- ◆ Support the back with hands. Body should be relaxed totally. This is *Viśrāmāsana*.

### Technique

- ◆ Sit straight with legs stretched out in the front.
- ◆ Keep the hands beside the hips and palms resting on the floor.



- ◆ This is *Daṇḍāsana*.
- ◆ Now put the soles of your feet together.
- ◆ Exhale and clasp your hands together over your toes. Inhale, pull your heels as close as possible up to perineum region. If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support.
- ◆ This is the final position.
- ◆ Stay in this position for sometimes with normal breathing.

### Benefits

- ◆ Helps to keep the body firm and stabilizes the mind.
- ◆ Helps during pregnancy and relieves abdominal pain often experienced during menstruation.



### Caution

- ◆ Avoid this practice in case of severe arthritis and sciatica.

### VAJRĀSANA (Thunderbolt Posture)

This is considered as one of the meditative posture. While practicing it for meditative purposes, one should close his/her eyes at the final stage.

*Sthiti:* Daṇḍāsana.

### Technique

- ◆ Sit with extended legs together, hands by the side of the body, palm resting on the ground, fingers pointing forward.
- ◆ Fold the right leg at the knee and place the foot under the right buttock.
- ◆ Similarly folding the left leg, place left foot under the left buttock.
- ◆ Place both the heels so that the big toes touch each other.
- ◆ Position of the buttocks is in the space between the heels.
- ◆ Keep both hands on respective knees.
- ◆ Keep the spine erect, gaze in front or close the eyes.
- ◆ While returning to the starting position, bend a little towards right side, take out your left leg and extend it.
- ◆ Similarly extend your right leg and return to the starting position.
- ◆ Relax in Viśrāmāsana.



### Benefits

- ◆ This *āsana* is good for digestion, strengthens thigh muscles and calf muscles.

### Caution

- ◆ Persons suffering from piles should not practise this *āsana*.
- ◆ Those who are suffering from knee pain and ankle injury should avoid this practice.

### ARDHA UṢṬRĀSANA (The Half Camel Posture)

*Sthiti*: Long sitting posture (*Viśrāmāsana*)

Uṣṭrā means camel. The final version of this *āsana* resembles the hump of a camel. In this version, only the first stage (half) of the *āsana* is being practiced.

### Technique

- ◆ Sit in *Viśrāmāsana*.
- ◆ Come to *Daṇḍāsana*.
- ◆ Fold your legs and sit in *Vajrāsana*.
- ◆ Stand on your knees.
- ◆ Place the hands on the hips with fingers pointing downwards.
- ◆ Keep the elbows and shoulders parallel.
- ◆ Bend the head back and stretch the neck muscles; inhale and bend the trunk backwards as much as possible. Now exhale and relax.
- ◆ Keep the thighs perpendicular to the ground.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Return with inhalation; sit in *Vajrāsana*.
- ◆ Relax in *Viśrāmāsana*.



### Benefits

- ◆ It helps to strengthen back and neck muscles.
- ◆ Relieves constipation and back pain.
- ◆ Increases blood circulation to the head and cardiac region.

### Caution

- ◆ In case of hernia and abdominal injuries, arthritis and vertigo please avoid doing this *āsana*.

### UṢṬRĀSANA (Camel Posture)

*Uṣṭra* means camel. The body in this pose resembles a camel, hence the name.

*Sthiti*: *Vajrāsana*

### Technique

- ◆ Sit in *Vajrāsana*.

- ◆ Bring the knees and the feet about few inches apart and stand on your knees.
- ◆ While inhaling bend backward place the right palm on right heel and left palm on left heel and exhale.
- ◆ Be careful not to jerk the neck while bending backward.
- ◆ In final position, thighs will be vertical to the floor and head tilted backwards.
- ◆ Weight of the body should be evenly distributed on the arms and legs.
- ◆ Remain in the posture for 10-30 seconds with normal breathing.
- ◆ Return with inhalation; sit in Vajrāsana.
- ◆ Relax in Viśrāmāsana



### Benefits

- ◆ *Uṣṭrāsana* is extremely useful for defective eyesight.
- ◆ This is useful in relieving back and neck pain.
- ◆ It helps to reduce fat over the abdomen and hips.
- ◆ It is helpful in digestive problems and cardio-respiratory disorders.

### Caution

- ◆ Those suffering from heart diseases or hernia should not practice it.

### ŚĀŚAKĀSANA (The Hare Posture)

*Śāśaka* means hare. The body in this pose resembles the hare, hence the name.

*Sthiti:* Daṇḍāsana.

### Technique

- ◆ Sit in Vajrāsana.
- ◆ Spread both the knees wide apart, keep the big toes touching.
- ◆ Inhale keep the palms between the knees.
- ◆ Exhale, bend forward with arms outstretched and place the chin on the ground.
- ◆ Keep the arms parallel.
- ◆ Look in front and maintain the posture.
- ◆ Inhale and come up.
- ◆ Come back to Vajrāsana.
- ◆ Come to Daṇḍāsana and rest in Viśrāmāsana.



### Benefits

- ◆ Helps to reduce stress and anxiety.
- ◆ Tones up reproductive organs, relieves constipation, improves digestion and helps to relieve back pain.

### Caution

- ◆ Please avoid this posture in case of acute backache.
- ◆ Patients with osteoarthritis of the knees should avoid Vajrāsana.

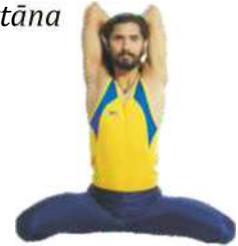
### UTTĀNA MANDŪKĀSANA (Stretched up-frog posture)

*Uttāna* means upright and *Maṇḍūka* means frog. The final position of *Uttāna Maṇḍūkasana* resembles an upright frog, hence the name.

*Sthiti*: Daṇḍāsana.

### Technique

- ◆ Sit in Vajrāsana
- ◆ Spread both the knees wide apart while big toes touching each other.
- ◆ Raise your right arm, fold it from elbow and take it backward above the left shoulder and place the palm on the left shoulder blade.
- ◆ Now fold left arm similarly and place the palm on the right shoulder blade.
- ◆ Maintain the position for a while, then come back slowly in the reverse order.
- ◆ Relax in Viśrāmāsana.



### Benefits

- ◆ This āsana is helpful in back and neck pain especially cervical spondylosis.
- ◆ Improves the diaphragmatic movements and lungs capacity.

### Caution

- ◆ Person with severe knee joint pain should not perform it.

### VAKRĀSANA (The Spinal Twist Posture)

*Vakra* means twisted. In this āsana, the spine is twisted which has a rejuvenating effect on its functioning.

*Sthiti*: Daṇḍāsana

### Technique

- ◆ Bend the right leg and place the right foot beside the left knee.
- ◆ Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- ◆ Take the right arm back and keep the palm on the ground with the back straight.
- ◆ Exhale, twist your body to the right.
- ◆ Remain in the posture for 10-30 seconds with normal breathing and relax.
- ◆ Inhale take out your hands and exhale to relax.



- ◆ Repeat the same on the other side.

### Benefits

- ◆ Helps to increase flexibility of the spine.
- ◆ Stimulates pancreas functions and helps in the management of diabetes.

### Caution

- ◆ Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.

## C. PRONE POSTURES

### MAKARĀSANA (The Crocodile Posture)

In Sanskrit, *Makara* means crocodile. In this *āsana*, the body resembles the crocodile, hence the name.

*Stithi*: Prone relaxation posture

### Technique

- ◆ Lie down on your stomach
- ◆ with feet wide apart, toes pointing outward.
- ◆ Bend both the arms and place the right palm on the left palm.
- ◆ Place the head either left or right on your hands.
- ◆ Keep the eyes closed and relax the whole body. This is Makarāsana.
- ◆ This āsana is practiced for relaxation in all prone postures.



### Benefits

- ◆ Promotes relaxation of the whole body.
- ◆ Helps in recovery of back problems.
- ◆ Indicated to counter stress and anxiety.

### Caution

- ◆ Avoid this practice in case of pregnancy and frozen shoulders.

### BHUJĀṄGĀSANA (The Cobra Posture)

*Bhujāṅga* means snake or cobra. In this *āsana*, the body is raised like the hood of the snake, hence the name.

*Stithi*: Prone posture or Makarāsana



### Technique

- ♦ Lie down on your stomach, rest your head on your hands and relax the body.
- ♦ Now join your legs and stretch your arms.
- ♦ Keep the forehead on the ground.
- ♦ Now place your hands just beside the body; keep palms and elbow on the ground.
- ♦ As you inhale slowly, lift the head and chest up to navel region without changing in the position of hands.



- ♦ Stay there comfortably.
- ♦ This is called Sarala Bhujangāsana.
- ♦ Now come back and place your forehead on the ground.
- ♦ Keep your palms besides the chest and raise your elbows where they are.
- ♦ Inhale, slowly lift the head and chest up to navel region.
- ♦ Keep the elbows parallel and maintain the posture for 10-30 seconds with normal breathing.
- ♦ This is Bhujangāsana.
- ♦ Exhale, rest your forehead on the ground, come back to Makarāsana and relax.

### Note:

- ♦ Keep the legs firm so that no load or strain is felt on the lumbar spine.

### Benefits

- ♦ This *āsana* relives stress, reduces abdominal fat and relives constipation.
- ♦ Helps to relieve backache and bronchial problems.

### Caution

- ♦ Those who have undergone abdominal surgery should avoid this *āsana* for 2-3 months.
- ♦ Those who suffer from hernia, ulcers should not practice this *āsana*.

### ŚALABHĀSANA (The Locust Posture)

*Śalabha* means a locust.

*Sthiti*: Prone posture or Makarāsana

### Technique

- ♦ Lie down on your stomach in *Makarāsana*.
- ♦ Rest the chin on the floor, keep both hands beside the body, palms facing upwards.



- ◆ Inhale, raise the legs off the floor as much as you can without bending the knees.
- ◆ Extend the arms and legs well to ease lifting the body off the floor.
- ◆ Stay in this position for 10-30 seconds breathing normally.
- ◆ Exhale, bring the legs down towards the floor.
- ◆ Rest for a few seconds in Makarāsana.

**Note:**

- ◆ Pull up the knee caps and squeeze the buttocks to improve the posture.

This āsana is more beneficial when performed after *Bhujāṅgāsana*

**Benefits**

- ◆ Relieves in sciatica and lower backache.
- ◆ Helps to reduce fat in the thighs and buttocks, good in weight management.
- ◆ Helps to improve lungs capacity.

**Caution**

- ◆ Please proceed cautiously in case of severe lower back pain.
- ◆ People with high blood pressure, peptic ulcer and hernia should also avoid this posture.

**D. SUPINE POSTURES**

**SETUBANDHĀSANA (The Bridge Posture)**

*Setubandha* means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as *Catuspādāsana*.

*Sthiti*: Supine lying or Śavāsana.



**Technique**

- ◆ Bend both the legs at the knees and bring the heels near the buttocks.
- ◆ While holding both the ankles firmly keep the knees and feet in one straight line.
- ◆ Inhale, slowly raise your buttocks and trunk up as much as you can to form bridge.
- ◆ Remain in this position for 10-30 seconds, with normal breathing.
- ◆ Exhale, slowly return to the original position and relax in Śavāsana.

**Note**

- ◆ In the final position, the both shoulders, neck and head remain in contact with the floor.

- ◆ If required, in the final position, you can support your body at the waist with your hands.

### Benefits

- ◆ Relieves depression, anxiety and strengthens lower back muscles.
- ◆ Stretches abdominal organs, improves digestion and helps to relieve constipation.

### Caution

- ◆ People suffering from ulcer and hernia etc. should not practice this āsana.

### UTTĀNA PĀDĀSANA (Raised feet posture)

*Uttāna* means raised-upward and *Pāda* means leg. In this *āsana*, the legs are raised upward in supine position, hence the name.

### Technique

- ◆ Lie comfortably on the ground with legs stretched out.
- ◆ Hands should be placed by the sides.
- ◆ While inhaling, slowly raise both the legs without bending them at the knees and bring them to 30° angle with the ground.
- ◆ Maintain the position for 10-30 seconds with normal breathing.
- ◆ Exhale, slowly bring both the legs down and place them on the ground.
- ◆ Relax in Śavāsana.



### Benefits

- ◆ It balances the navel centre (*Nābhi, Maṇipuracakra*).
- ◆ It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhea.
- ◆ It strengthens the abdominal and pelvic floor muscles.
- ◆ Effective in overcoming depression and anxiety.

### Caution

- ◆ People with hypertension and back pain shall practice it with one leg alternatively without holding the breath.

### PAVANA MUKTĀSANA (The Wind Releasing Posture)

*Pavana* means wind and *mukta* means to release or to make free. As the name suggests, this *āsana* is useful in removing wind or flatulence from the stomach and intestines.

*Sthiti: Śavāsana*



### Technique

- ♦ Lie down flat on the back.
- ♦ Bend both the knees.
- ♦ Exhale, bring both the knees towards the chest.
- ♦ Inhale, interlock the fingers and clasp the shin below knees.
- ♦ Exhale, raise the head till your chin touches the knees and relax.
- ♦ This is *Pavanamuktāsana*.
- ♦ Bring the head back to the ground.
- ♦ While exhaling, bring the legs back to the floor.
- ♦ Rest in *Śavāsana*

### Note

- ♦ Synchronise your breathing with the leg movement.
- ♦ While touching the knee with the nose/ forehead, you should be able to feel the lumbar region stretch; keep the eyes closed and focus your attention on the pelvic and lumbar region.

### Benefits

- ♦ Removes constipation; gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.
- ♦ Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region.
- ♦ It tones up the back muscles and spinal nerves.

### Caution

- ♦ Please avoid this practice in case of abdominal injuries, hernia, sciatica, severe back pain and during pregnancy.

### ŚAVĀSANA (The Corpse/ Dead Body Posture)

*Sava* means dead body. The final position in this *āsana* resembles a corpse/dead body.

*Sthiti*: Supine Relaxation Posture

### Technique

- ♦ Lie down on your back with arms and legs comfortably apart.
- ♦ Palms facing upward, eyes closed.
- ♦ Relax the whole body consciously.
- ♦ Become aware of natural breath and allow it to become slow and shallow.



- ◆ Remain in the position till you feel refresh and relaxed.

### Benefits

- ◆ Helps to relieve all kinds of tensions and gives rest to both body and mind.
- ◆ Relaxes the whole psycho-physiological system.
- ◆ The mind, which is constantly attracted to the outer world, takes a U- turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.
- ◆ It is found very beneficial in the management of stress and its consequences.

### 4. KAPĀLABHĀTI

*Sthiti:* Any comfortable or meditative posture e.g. *Sukhāsana/ Padmāsana/ Vajrāsana*

#### Technique

- ◆ Sit in any comfortable posture.
- ◆ Close your eyes and relax the whole body.
- ◆ Inhale deeply through both nostrils, expand the chest.
- ◆ Expel the breath with forceful contractions of the pelvic and abdominal muscles and inhale passively.
- ◆ Do not strain.
- ◆ Continue active/forceful exhalation and passive inhalation.
- ◆ Complete 30 rapid breaths, then take a deep breath, exhale slowly and relax completely.
- ◆ This is one round of *Kapālabhāti*.
- ◆ Each round shall be followed by being still for a while.
- ◆ Repeat 2 more rounds.



**Breathing:** Forceful exhalation by contracting the abdominal muscles, without any undue movements in the chest and shoulder region.

Inhalation should be passive throughout the practice.

**Number of rounds:** Beginners can practice up to 3 rounds of 20 rapid breaths each. The count and rounds can be increased gradually over a period of time.

#### Benefits

- ◆ Kapālabhāti purifies the frontal air sinuses; helps to overcome cough disorders.

- ◆ It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.
- ◆ It rejuvenates the whole body, and keeps the face glowing and vibrant.
- ◆ It strengthens the nervous system and tones up the digestive organs.

### Caution

- ◆ Please avoid this practice in case of cardiac conditions, giddiness, high blood pressure, vertigo, chronic bleeding in the nose, epilepsy, migraine, stroke, hernia, gastric ulcer, pregnancy and during menstrual cycle.

## 5. PRĀNĀYĀMA

### NAḌĪŚODHANA or ANULOMA VILOMA PRĀNĀYĀMA (Alternate Nostril Breathing)

The main characteristic feature of this *prānāyāma* is alternate breathing through the left and right nostrils without or with retention of breath (*kumbhaka*).

*Sthiti*: Any comfortable posture.

### Technique

- ◆ Sit in any comfortable posture.
- ◆ Keep the spine and head straight with eyes closed.
- ◆ Relax the body with few deep breaths.
- ◆ Keep the left palm on the left knee in Jnāna mudra and the right palm should be in Nāsāgra mudra.
- ◆ Place the ring and small fingers on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril.
- ◆ Open the left nostril, breathe in from the left nostril, close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.
- ◆ Next, inhale through the right nostril. At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
- ◆ This completes one round of the Nādiśodhana or Anuloma Viloma *Prāṇā yāma*
- ◆ Repeat for another 4 rounds.



### Ratio and timing

- ◆ For beginners, the duration of inhalation and exhalation should be equal.
- ◆ Gradually make the ratio 1:2, inhalation: exhalation respectively.

## **Breathing**

◆ Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

## **Benefits**

- ◆ Induces tranquillity and helps to improve concentration.
- ◆ Increases vitality and lowers the level of stress and anxiety.
- ◆ It alleviates cough disorders.

## **ŚĪTALĪ PRĀṆĀYĀMA**

*Śītalī* means cooling. It also means calm and passionless. As the name indicates this prāṇāyāma cools the mind-body. It is specially designed to reduce the body temperature. Practice of this prāṇāyāma brings harmony in the body system and calms the mind.

## **Technique**

- ◆ Sit in Padmāsana or any other comfortable posture.
- ◆ Place the hand on the knees in Jñānamudrā or anjalimudrā.
- ◆ Roll the tongue from the sides to shape it as a tube.
- ◆ Inhale through this tube shaped tongue, fill the lungs with air to their maximum capacity, take the tongue inside the mouth and close the mouth.
- ◆ Then slowly exhale through both the nostrils.
- ◆ This is one round of Śītalī prāṇāyāma.
- ◆ Repeat it 4 more times.



## **Benefits**

- ◆ It has cooling effect on body and mind.
- ◆ It is beneficial for persons suffering from high blood pressure.
- ◆ It satisfies thirst and appeases hunger.
- ◆ It relieves indigestion and disorders caused by phlegm (cough) and bile (pitta).
- ◆ It destroys the disorders of gulma (chronic dyspepsia) and spleen or other related diseases (H.P 2/58).
- ◆ It is beneficial for skin and eyes.

## **Caution**

- ◆ Those who are suffering from severe cold, cough or tonsillitis should not do this Pranayama.

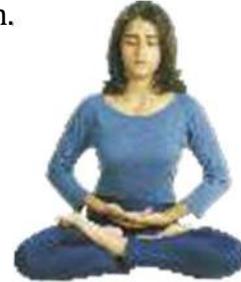
## 6. DHYĀNA

*Dhyāna* or meditation is an act of continuous contemplation.

*Sthiti*: Any comfortable posture.

### Technique

- ◆ Sit in any comfortable posture.
- ◆ Keep your spine comfortably erect.
- ◆ Adopt *Jnāna mudra* or *Dhyana mudra* as in the figure.
- ◆ Touch the tip of the thumb to the tip of the index finger, forming a circle. The other three fingers are straight and relaxed. All three fingers are side-by side and touching.
- ◆ Keep your palms facing upwards upon the thighs.
- ◆ Arms and shoulders should be loose and relaxed.
- ◆ Close your eyes and sit with a slightly upturned face.
- ◆ You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- ◆ Dissolve your thoughts and try to attain single and pure thought.
- ◆ Meditate.



### Benefits

- ◆ Meditation is the most important component of Yoga practice.
- ◆ It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.
- ◆ Keeps the mind calm and quiet.
- ◆ Increases concentration, memory, clarity of thought and willpower.
- ◆ Rejuvenates the whole body and mind giving them proper rest.
- ◆ Meditation leads to self-realisation.

## 7. SANKALPA

*Hame apne man ko hamesha santulit rakhana hai,*

*Isi main hi hamaraa atma vikas samaaya hai.*

*Main apne kartavya khud ke prati, kutumb ki prati,*

*kaam, samaj aur vishwa ke prati, shanti,*

*anand aur swasthya ke prachar ke liye baddh hun*

***SANĀKALPA (End the Yoga Practice Session with a Sankalpa)***

*I commit myself to remain in a balanced state of mind all the time. It is in this state that my development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.*

## 2.7. Sample of Registration Forms

### Yoga and Traditional Medicine Training Camp (Online+Offline):Registration Form/योग और पारंपरिक चिकित्सा प्रशिक्षण शिविर (ऑनलाइन+ऑफ़लाइन):पंजीकरण प्रपत्र

Kindly fill all the required information..

\*Required

1. E-mail/ईमेल \*

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2. Mobile Number/मोबाइल नंबर \*

---

3. Address/पता \*

---

4. Age Group/आयु वर्ग \*

Mark only one oval.

5-15

15-30

30-45

45-60

60-75

75-90

90-105

5. Title/शीर्षक \*

Mark only one oval.

Mr.

Ms.

Dr.

Other

6. Name/नाम \*

---

7. Profession/पेशा \*

Mark only one oval.

Working in an Organization

Still Studying

Own Business

House Work

8. Name of Organization/Name of School-College-Institute/Name of Own Business Unit/Mention NIL if Doing House Work /संगठन का नाम/स्कूल-कॉलेज-संस्थान का नाम/स्वयं के व्यवसाय इकाई का नाम/यदि गृह कार्य कर रहा है तो शून्य का उल्लेख करें \*

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9. Designation /पद \*

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## Yoga And Traditional Medicine Training Camp: Registration Form

1. E-mail/ईमेल

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Required

2. Mobile Number/मोबाइल नंबर

---

Required

3. Address/पता

---

Required

4. Age Group/आयु वर्ग

- 5-15
- 15-30
- 30-45
- 45-60

Answered 0 of 9

## 2.8. Sample of Feedback Form

6/29/22, 2:45 PM

Feed Back Form: Yoga and Traditional Medicine Training Camp

### Feed Back Form: Yoga and Traditional Medicine Training Camp

Organized by Prem Sukh International Charitable Trust, New Delhi in collaboration with Career Point University and supported by Ministry of Ayush and Ekal Yoga Arogya Yojna

\*Required

1. Email \*

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2. Full Name/ पूरा नाम \*

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3. Name of Organization/Name of School-College-Institute/संगठन का नाम/स्कूल-  
कॉलेज-संस्थान का नाम \*

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4. Mobile Number/मोबाइल नंबर \*

---

5. Rate Effectiveness of Camp/शिविर की दर प्रभावशीलता \*

Mark only one oval.

- Excellent/उत्कृष्ट
- Very Good/बहुत अच्छा
- Satisfactory/संतोषजनक
- Fair/निष्पक्ष
- Poor/निरर्थक

## 2.9. Sample of Certification



## **2.10. Outcome of the Yoga and Traditional Medicine Training Camps**

The aim of the program was cover different communities and train the basics of yoga with which each and every person will get the benefits.

Overall, through the camps, workshop, Expert talk and Online/Offline yoga sessions more than 1 Lakh people were benefitted and their humble & polite feedback had assured their acceptance of yoga in their lifestyle.

### **❖ EVIDENCE OF SUCCESS**

The beneficiaries' feedbacks indicate that:

1. A stress free work environment has been created.
2. Concentration and the output of students and staff have been considerably increased.
3. The beneficiaries have requested to continue the practice.
4. All the participants have been benefitted by Certificate Program.

## **3. TOWARDS THE WORLD RECORD DURING CELEBRATION OF 8<sup>th</sup> INTERNATIONAL DAY OF YOGA (21<sup>st</sup> JUNE 2022)**

With a prior communication and directions received from Ministry of AYUSH, File No. M-16011/1/2021-YN; Dated 12-04-2022, the 8<sup>th</sup> International Day of Yoga with the theme 'Yoga for Humanity' was planned to celebrated on 21<sup>st</sup> June 2022 in corroboration with multiple organizations. A huge participation during IDY-2022 was expected.

A series of yoga training session under the event “Yoga and Traditional Medicine Training Camps” during 21<sup>st</sup> May- 20<sup>th</sup> June 2022 was organized prior the celebration of IDY-2022. The Common Yoga protocol was followed during the training session with extended support and collaboration of Career Point University, Hamirpur (H.P) and Prem Sukh International Charitable Trust, New Delhi.

A total sum of more than 75 Lakh enthusiasts from various associated organizations pan India were speculated to celebrated the 8<sup>th</sup> IDY with full interest and enthusiasm. The preparation of grand scale celebration of IDY2022 was done with the deliberation and signiacnt intervention of Prem Sukh International Charitable Trust in association with Career Point University, Hamirpur (H.P) under the aegis of Ekal Yoga Arogya Yojna and other organizations.

### 3.1 Media Coverage towards the World Record and Celebration of 8<sup>th</sup> International Day of Yoga (21<sup>st</sup> June 2022)

हमीरपुर न्यूज नेटवर्क
हमीरपुर
मंगलवार 21 जून 2021

## अंतर्राष्ट्रीय योग दिवस पर 75 लाख लोग एक साथ मिलकर करेंगे योग

हमीरपुर। कॅरिअर प्वाइंट विश्वविद्यालय में एडजेंकट फैकल्टी के तौर पर कार्यरत संस्कारी योग गुरु डॉ. राम अवतार ने जानकारी देते हुए बताया कि 21 जून को अंतर्राष्ट्रीय योग दिवस पर 75 लाख लोगों को योगाभ्यास कराया जाएगा और उन्हें इसके महत्व की जानकारी भी दी जाएगी। इस अभियान के माध्यम से विश्व योग दिवस के उपलक्ष्य पर देश के 1 लाख गांव में योग दिवस का कार्यक्रम मनाने की योजना बनी है। हमारे देश को आजाद हुए 75 वर्ष पूर्ण हो रहे हैं इसलिए 75वीं वर्षगांठ के उपलक्ष्य पर अमृत महोत्सव के रूप में पूरे देश में भिन्न कार्यक्रम किये जा रहे हैं। इस वर्ष एकल अरोग्य योजना द्वारा योग दिवस को भी विशेष रूप में मनाने की योजना बनी है।

हिमाचल प्रदेश में कॅरिअर प्वाइंट विश्वविद्यालय ने सरकारी सीनियर सेकेंडरी स्कूल रिकॉग पियो जीबी पंत मेमोरियल कॉलेज रामपुर, बुशियार,

हिमाचल प्रदेश विश्वविद्यालय शिमला, कुल्लू व बहुत से स्कूलों, कॉलेजों व गांवों में योगा के कार्यक्रम आयोजित किए हैं। संस्कारी योग गुरु डॉ. राम अवतार प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट के अध्यक्ष हैं, पूर्व परियोजना अधिकारी योग, दिल्ली, राष्ट्रीय प्रभारी एकल योग आरोग्य योजना, यूनिट इंचार्ज योग सावन कृपाल रुहानी मिशन, महिला शिक्षा बोर्ड, कालिंदी कॉलेज, शाहीद राजगुरु महिला विश्वविद्यालय दिल्ली व आयुष मंत्रालय के सहयोग से अन्य कई संस्थाओं के साथ मिलकर योगा को बढ़ावा देने के लिए प्रयत्नशील है। 21 जून को हिमाचल चैप्टर के कार्यकर्ता व्यक्तिगत रूप से गांव में जाकर अंतर्राष्ट्रीय योग दिवस को मनाने में अपनी सहभागिता भी देंगे।



## योग दिवस पर 75 लाख लोग एकसाथ करेंगे योग

हिमाचल टाइम्स | भोरंज

करियर प्वाइंट विश्वविद्यालय में एडजेंकट फैकल्टी के तौर पर कार्यरत संस्कारी योग गुरु डॉ. राम अवतार ने जानकारी देते हुए बताया कि 21 जून को अंतर्राष्ट्रीय योग दिवस पर 75 लाख लोगों को योगाभ्यास कराया जाएगा और उन्हें इसके महत्व की जानकारी भी दी जाएगी।

इस अभियान के माध्यम से विश्व योग दिवस के उपलक्ष्य पर देश के 1 लाख गांव में योग दिवस का कार्यक्रम मनाने की योजना बनी है। हमारे देश को आजाद हुए 75 वर्ष पूर्ण हो रहे हैं इसलिए 75वीं वर्षगांठ के उपलक्ष्य पर अमृत महोत्सव के रूप में पूरे देश में विभिन्न कार्यक्रम किए जा रहे हैं। इस वर्ष एकल अरोग्य योजना द्वारा योग दिवस को भी विशेष रूप में मनाने की योजना बनी है। हिमाचल प्रदेश में करियर प्वाइंट

विश्वविद्यालय ने सरकारी सीनियर सेकेंडरी स्कूल रिकॉगपियो जीबी पंत मेमोरियल कॉलेज रामपुर, बुशियार, हिमाचल प्रदेश विश्वविद्यालय शिमला, कुल्लू व बहुत से स्कूलों, कॉलेजों व गांवों में योगा के कार्यक्रम आयोजित किए हैं। संस्कारी योग गुरु डॉ. राम अवतार प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट के अध्यक्ष हैं, पूर्व परियोजना अधिकारी योग, दिल्ली, राष्ट्रीय प्रभारी एकल योग आरोग्य योजना, यूनिट इंचार्ज योग सावन कृपाल रुहानी मिशन, महिला शिक्षा बोर्ड, कालिंदी कॉलेज, शाहीद राजगुरु महिला विश्वविद्यालय दिल्ली व आयुष मंत्रालय के सहयोग से अन्य कई संस्थाओं के साथ मिलकर योगा को बढ़ावा देने के लिए प्रयत्नशील है। 21 जून को हिमाचल चैप्टर के कार्यकर्ता व्यक्तिगत रूप से गांव में जाकर अंतर्राष्ट्रीय योग दिवस को मनाने में अपनी सहभागिता भी देंगे।

## 75 लाख लोग एकसाथ करेंगे योग

**भोरंज :** करियर प्वाइंट

विश्वविद्यालय में एडजेंकट फैकल्टी के तौर पर कार्यरत योग गुरु डॉ. राम अवतार ने बताया कि 21 जून को अंतर्राष्ट्रीय योग दिवस पर 75 लाख लोगों को योग अभ्यास कराया

जाएगा और उन्हें इसके महत्व की जानकारी भी दी जाएगी। इस अभियान के माध्यम से विश्व योग दिवस के उपलक्ष्य पर देश के एक लाख गांव में योग दिवस का कार्यक्रम मनाने की योजना है। (संसा)

#### 4. CELEBRATION OF 8<sup>th</sup> INTERNATIONAL DAY OF YOGA (21<sup>st</sup> JUNE 2022)



1. **Name of the Event Venue:** MP Hall, Career Point University, Hamirpur
  2. **Name of Chief Guest:** Hon'ble Pro Chancellor- Prof. P.L Gautam, Hon'ble Vice Chancellor-Prof. K.S Verma, Career Point University, Hamirpur
  3. **Name of Guest of Honour:** Smt. Kamlesh Kumari (MLA Bhoranj, Hamirpur HP)
  3. **Organizer:** Career Point University, Hamirpur
  4. **Time of starting of event:** 7.30 am
  5. **Time of end of the event:** 8.30 am
  6. **No. of people participated in the event:** More than 100 in campus (75 Lakh Pan India)
  7. **Co-Organizer:** Prem Sukh International Cahritable Trust, New Delhi
  8. **Aegis:** Ekal Yoga Arogya Yojna
  9. **Support:** Ministry of Ayush, Government of India
  10. **Observer:** Ayush Department, Hamirpur (Govt. of Himachal Pradesh)
- Name of trainers deputed on the behalf of Ayush Department, Hamirpur (Govt. of Himachal Pradesh):
1. Dr. Vishal Kumar
  2. Dr. Vandana Kumari
  3. Dr. Surendera
  4. Dr. Anju

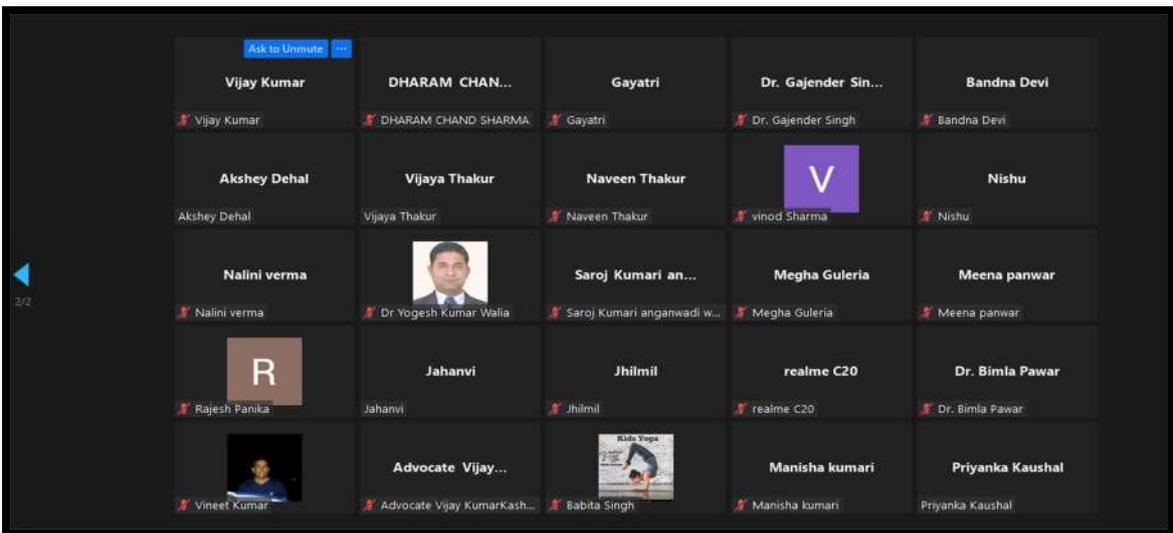
8th International Day of Yoga, 2022 was celebrated at Career Point University campus. The theme of IDY this year was ‘Yoga for Humanity’. The day opened with a bright and sunny morning with the number of participants at the venue for yoga practice. The presence of hon’ble Pro –Chancellor, Vice Chancellor, Smt. Kamlesh Kumari (MLA Boranj, Hamirpur), Registrar, Dean, Head of Departemnts, Depty Registrar and other university officials have made it more enthusiastic. This event was open for all in which people from outside the university has also participated and found themselves relaxed after the session.

In his brief speech, the Hon. Vice Chancellor Sir, Prof. K.S. Verma urged the audience to include yoga into their everyday lives as a way to support good physical, mental, emotional, and spiritual health. Dr. Sanjeev Sharma, the Registrar, praised the Department of Pharmacy for holding the International Day of Yoga in such a big manner in his speech. In addition to discussing the advantages of yoga, he requested that the department look into the possibility of gradually bringing yoga into UG and PG courses at the university.

#### 4.1. Glimpses of Celebration of 8th International Day of Yoga on 21st June 2022









### **4.3. Report Submitted to Ministry of Ayush, GoI, Regarding Celebration of 8<sup>th</sup> International Day of Yoga (21<sup>st</sup> June 2022)**

In pursuance of communication and directions received from Ministry of AYUSH, File No. M-16011/1/2021-YN; Dated 12-04-2022, the 8<sup>th</sup> International Day of Yoga with the theme 'Yoga for Humanity' was celebrated on 21<sup>st</sup> June 2022 in corroboration with multiple organizations. It is matter of immense pleasure that a huge participation during IDY-2022 was observed. A one month training session under the event “Yoga and Traditional Medicine Training Camp” of one hour each day (during 21<sup>st</sup> May- 21<sup>st</sup> June 2022) was organized prior the celebration of IDY-2022. The Common Yoga protocol was followed during the training session with extended support and collaboration of Career Point University, Hamirpur (H.P) and Prem Sukh International Charitable Trust, New Delhi.

A total sum of more than 69 Lakh enthusiasts from various associated organizations pan India celebrated the 8<sup>th</sup> IDY with full interest and enthusiasm.

The grand scale celebration of IDY2022 was observed with the deliberation and active participation of Prem Sukh International Charitable Trust in association with Career Point University, Hamirpur (H.P) and other organizations as per the ANNEXURE-I.

A concise report of the celebration and participation was submitted to the ministry of Ayush, Government of India in due time.

Since May 2022 the programs committee was constituted related to the Yoga and traditional medicine training camp and thereafter celebration of International Day of Yoga. Promotional material and plan was rolled out immediately to encourage the students and staff to come in action at work place and at home. Not only staff and students were encouraged to participate in online/offline activities but family members and neighbors were also brought to connect with common platform to learn and practice yoga.

A regular visit to the all villages adopted by Career Point University, Hamirpur was a milestone and its own kind of initiative taken by the esteemed university to make awareness door to door. Almost all departments of the CPUH has participated in hosting, organizing and practicing yoga under noble campaign. All events were based on common yoga protocol and also all activities were performed in mass. Online Yoga class's especially class of 7:30-8:30 am daily was a state of art format and observed with a resounding success.

#### 4.4. Report Submitted To Ministry of Aysuh, Government of India



## प्रेम-सुख इंटरनैशनल चेरीटेबल ट्रस्ट (पंजी.)

### PREM SUKH INTERNATIONAL CHARITABLE TRUST (PSICT)

HEAD OFFICE 82 TRIVENI APARTMENT WEST ENCLAVE PITAMPURA DELHI-110034  
IN ASSOCIATION WITH  
CAREER POINT UNIVERSITY, HAMIRPUR (H.P) INDIA-176041

(INDIA) MOBILE: +91-8882516444, +91-8076562942, PH 011-47557441  
Website:-www.sanskariyogguru.com  
Email i.d:- premsukhinternational@gmail.com



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Ref. no. PSICT/22/10 DATE: 30-06-2022

To  
Minister of Ayush,  
Government of India,  
Ayush Bhawn, B-Block  
New Delhi-110023  
**Subject: Reg. Celebration of International Day of Yoga (IDY) 2022- Consolidated Participations Pan India.**

Sir

In pursuance of communication and directions received from Ministry of AYUSH, File No. M-16011/1/2021-YN; Dated 12-04-2022, the 8<sup>th</sup> International Day of Yoga with the theme 'Yoga for Humanity' was celebrated on 21<sup>st</sup> June 2022 in corroboration with multiple organizations. It is matter of immense pleasure that a huge participation during IDY-2022 was observed.

A one month training session under the event “Yoga and Traditional Medicine Training Camp” of one hour each day (during 21<sup>st</sup> May- 21<sup>st</sup> June 2022) was organized prior the celebration of IDY-2022. The Common Yoga protocol was followed during the training session with extended support and collaboration of Career Point University, Hamirpur (H.P) and Prem Sukh International Charitable Trust, New Delhi.

A total sum of more than 69 Lakh enthusiasts from various associated organizations pan India celebrated the 8<sup>th</sup> IDY with full interest and enthusiasm.

The grand scale celebration of IDY2022 was observed with the deliberation and active participation of Prem Sukh International Charitable Trust in association with Career Point University, Hamirpur (H.P) and other organizations as per the ANNEXURE-I. In continuation we are organizing this series of events namely “Yoga and Traditional Medicine Training Camp” till 15<sup>th</sup> August and looking forward for your continuous support and guidance in this regard.

Kindly consider the participations for compliance and reporting and acknowledge for the same.

Enclosed: ANNEXURE-I  
CC:  
1. Secretary- Ministry of AYUSH  
2. Director-Ministry of AYUSH

Yours Faithfully,



Dr. Ram Avtar (Sanskari Yoga Guru)  
Chairman, Prem Sukh International Charitable Trust  
New Delhi.

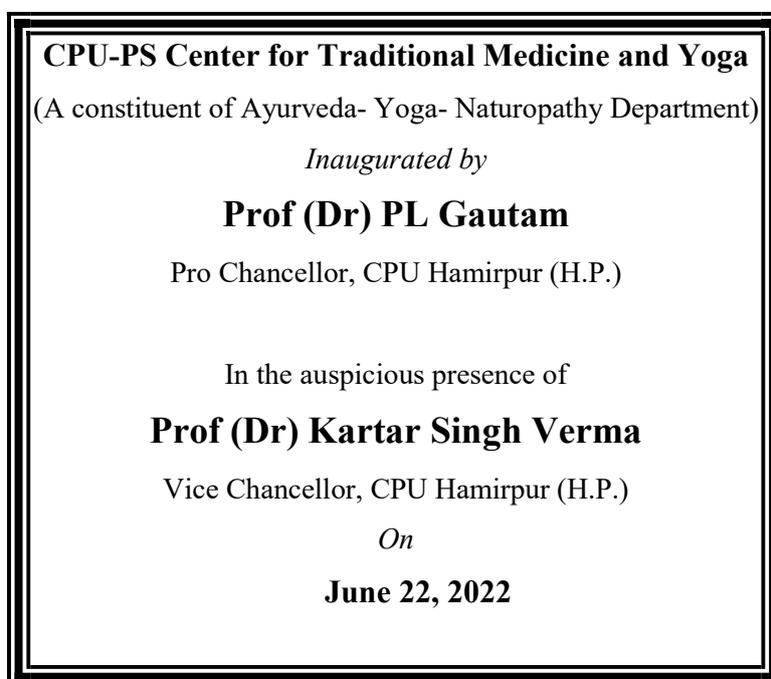
**ANNEXURE-I**

<b>S No</b>	<b>List of Participants in (IYD-2022) 21 June 2022</b>	<b>Strength</b>
1	Participation from 72000 Ekal Villages	6500000
2	Career Point University, Hamirpur (H.P) (Staff)	135
3	Career Point University, Hamirpur (H.P) (Students)	1538
4	Vijay Coolege, Nerchowk	100
5	Govt. Degree College, Bangana	305
6	Studnts from Mandi Schools (H.P)	2671
7	Studnst of CBSE Board (H.P) (2021-22 Batch)	15280
8	Students from Hamirpur Schools, (H.P)	1460
9	Students of CBSE Board (H.P) (2020-21 Batch)	8835
10	CP Star (2020-21 Batch)	5786
11	Student of School (H.P) (2020-21 Batch)	10790
15	Lok Pahal UP Govt Manch	125000
16	Non Collegiate Women's Education Board, Delhi University	30000
17	Himalyan Mahila Evom Jan Kalyan Sansthan, Bassi, Hamirpur, H.P	6000
18	Shaheed Rajguru College of Applied Sciences for Women, Delhi University	3000
19	Mother Divine Public School, Rohini, Delhi	2150
20	Hindustan Scout & Guide Association	60975
21	Mount Abu Public School Rohini, Delhi	1240
22	Sawan Kirpal Ruhani Mission, Delhi	700
23	Vishvas Alternative Treatment & Training Center, Ganga Nagar (Raj)	500
24	SKS Prakritik Chikitsa Kendra & Institute Delhi	450
25	Parkash Inter College Dadon Distt. -Aligarh, UP	940
26	Sharda Sarvagya Peeth Kashmir (J & K)	750
27	Central University of Himachal Pradesh, Kangra, Himachal Pradesh	260
28	University Institute of legal studies, Himacal Pradesh University, Shimla	250
29	International Vishwa Karma Mahashakti Peeth Priyagraj (UP)	200
30	Arya Samaj Panchdeep Pitampura, Delhi	84
31	Lovely Public School P.D. Bihar, Delhi	550
32	Lovely Public School Geeta Colony, Delhi	227
33	Lovely Public School, old Geeta Colony, Delhi	177
34	Globle Yoga Alliance, Delhi	80
35	Kalindi College, Patel Nagar, Delhi (DU)	200
36	Yuva Shakti Model School, Rohini, Delhi	300
37	Rama Convent School, Babrala, Distt. Sambhal (UP)	275
38	St. Prayag Public School, Pitampura, Delhi	319
39	Aarogyam clinic, Budh Vihar, Delhi	40
40	Rotary Club Delhi University, Delhi	36
41	Gyandeep Sec. School, Anah Gate, Bharatpur (Raj)	478

42	G.S.S. School, Banjar, Kullu, H.P	625
43	Self Defence Girls/ Female Through Delhi Police at Kirpal Bagh Delhi	1400
44	Heera Lal Sn. Sec. Public School, Madanpur Dabas, Delhi	2100
45	Luv Kush International Public School, Bawana Delhi	1710
46	Govt. Degree College, Rampur, (H.P)	350
47	Lovely Public School Geeta Colony, Delhi (Primary Section)	125
48	Federation of MSME vendors of Defence and Aeroplane, Delhi	160
49	Himachal Pradesh University, Deptt. of Yoga Studies), Shimla	200
50	Nov Lok Welfare Society, Uttm Nagar Delhi	1800
51	Nov Lok Welfare Society, Uttm Nagar Delhi, Speical Yoga Program for 3 Months	150
52	Department of Journalism and Mass Communication, Swami Vivekanand Govt. College, Ghumarwin, Bilaspur (H.P)	10
53	New Arya Public School, Kakrola, dwarka, New Delhi	113
54	Govt Sr. Sec. School, Reckongpeo, Kinnaur, (H.P)	350
55	National Yogasna Sports Federation	124000
56	Career Point University, Kota , Rajasthan	4100
57	Participants from Canada	75
58	Diamond International Public School, Hmirpur (H.P)	235
59	DDM College of Pharmacy, Una, H.P	139
60	Minerva College of Pharmacy, Indora, Pathankot (H.P)	108
61	Vinayaka College of Pharmacy, Kullu, (H.P)	139
62	Abhilashi College of Pharmacy, Mandi (H.P)	204
63	Laurette College of Pharmacy-Kathog, Jawalaji, (H.P)	210
64	Himachal College of Pharmacy, Ponta Sahib (H.P)	250
65	GSSS. Hatwar, (H.P)	190
66	Sisu Niketan Public School Ladraur, (H.P)	210
67	Swami Vivekanand Senior Secondary School, Tarakwari (H.P)	162
68	Govt. High School Leda, (H.P)	110
69	Prem Sukh International Charitable Trust, New Delhi	9000
70	Prem Sukh Global Yogasna, Sports & Cultural Federation	1500
71	World Yoga Federation (92 centre globally e.g India, European Union, America, Canada etc.)	12000
	<b>Participation form Villages Adopted by Career Point University, Hamirpur (H.P) [Note: All Villages belongs to District Hamirpur (H.P)]</b>	
72	Baloh	400
73	Lathwan	300
74	Baasi	300
75	Bagh	350
76	Kotlu	400
77	Kashyana	300
78	Dungri	500

79	Takota	400
80	Chandraud	500
81	Tooh	400
82	Maliyan	500
83	Tikker	400
84	Charchedi	350
85	Kotlu	500
86	Kot Jyuri	250
87	Neri	350
88	Bhiar-1	400
89	Bhiar-2	450
90	Mehal	500
91	Bindali	400
92	Samirpur	500
93	Dalda	500
94	Anukalan	500
95	Manwin	450
<b>Total</b>		<b>6953706</b>

#### 5. NEW INITIATIVES BY UNIVERSITY-(CPU-PS CENTER FOR TRADITIONAL MEDICINE AND YOGA)



CPU-PS Center for Traditional Medicine & Yoga is a constituent of the Ayurveda- Yoga- Naturopathy Department of CPUH. This center was inaugurated by the Honorable Pro-

Chancellor, Prof. (Dr.) PL Gautam Sir, in the presence of Vice Chancellor-Prof. (Dr.) K.S Verma (Honorable Vice Chancellor), Dr. Ramavtar and Registrar-Sir Dr. Sanjeev Sharma.

### **Aim**

CPU-PS Centre for Traditional Medicine & Yoga aimed to step up education and research in Ayurveda – Yoga & Naturopathy and to preserve and expand the reach of traditional medicine system to the public.

The aim of CPU-PS Center for Traditional Medicine & Yoga to create benchmarks for training in Yoga, Ayurveda & Naturopathy for traditional medicine practitioners. The center now comes as a big boost to Himachal's/ India's traditional medicine therapies.

### **Future Planning**

CPU-PS Centre for Traditional Medicine & Yoga center focus on evidence- based research, innovation and data analysis to optimize the contribution of traditional medicine to global health.

We will plan for TKDL (Traditional Knowledge Digital Library) in future. TKDL is an electronic database which provides information on traditional knowledge in the country. It is collaborative project between CSIR, Ministry of Science & Technology and Department of AYUSH (Ayurveda, Yoga, & Naturopathy, Unani, Siddha, and Homeopathy), Ministry of Health & Family Welfare and is being implemented at CSIR.

We will also apply funding for traditional medicine in the future.

### ***5.1. Glimpses of Inaugural Day of CPU-PS Center for Traditional Medicine***





### 5.2 Media Coverage of Inaugural Day of CPU-PS Center for Traditional Medicine

#### करियर प्वाइंट विवि में सीपीयू पीएस केंद्र स्थापित



सीपीयू पीएस केंद्र का उद्घाटन करियर प्वाइंट विवि में। प्रतिकूल प्रतिष्ठान के अध्यक्ष डॉ. अरवि शर्मा के अध्यक्षता में।

**भोरज** - करियर प्वाइंट विवि हमीरपुर में पारंपरिक चिकित्सा एवं योग के लिए सीपीयू-पीएस केंद्र की स्थापना की गई। यह केंद्र विश्वविद्यालय के आयुर्वेद नेचरोपैथी व योग विभाग के अंतर्गत चलेगा। इसका उद्घाटन करियर प्वाइंट विवि के प्रतिकूल प्रतिष्ठान के अध्यक्ष डॉ. अरवि शर्मा ने किया। इस अवसर पर विश्वविद्यालय के कुलपति प्रो. (डा.) कैएस वर्मा, डॉ. राम अवतार, कुती अवतार, कुलसचिव डॉ. संजीव शर्मा व अन्य प्रोफेसर उपस्थित रहे। करियर प्वाइंट विश्वविद्यालय हमीरपुर ने हिमाचल प्रदेश राज्य में योग और पारंपरिक चिकित्सा को बढ़ावा देने के लिए प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट नई दिल्ली के साथ एक समझौता ज्ञापन पर हस्ताक्षर किए हैं। विश्वविद्यालय ने पारंपरिक चिकित्सा और योग के लिए सीपीयू-पीएस केंद्र की स्थापना की है। यह केंद्र शिक्षण, प्रशिक्षण प्रदान करेगा और अनुसंधान करेगा और यह केंद्र बीमारियों के निदान और इलाज के लिए योग और आध्यात्मिक उपचार को बढ़ावा देगा। नई शिक्षा नीति में भी छात्रों को योग, आयुर्वेद, और नेचरोपैथी की पढ़ाई करवाने का प्रावधान किया जा रहा है, जो सभी तरह के चिकित्सा से जुड़े छात्रों के लिए भी यह नियम लागू होगा। आयुर्वेद नेचरोपैथी व योग की महत्ता को ध्यान में रखते हुए करियर प्वाइंट विश्वविद्यालय ने भी विद्यार्थियों के लिए आयुर्वेद, नेचरोपैथी व योग में डिग्री व डिप्लोमा में कोर्स शुरू किए हैं, जो इसी सत्र से शुरू किया जाएगा। यह केंद्र डॉ. राम अवतार की देखरेख में चलेगा। डॉ. राम अवतार जिन्होंने योगा, प्रणायाम, नाडी विज्ञान, हर्बल उपचार, रैकी, सिद्ध विज्ञान में उपलब्धियां प्राप्त कर रखी हैं। डॉ. राम अवतार ने योगा व ध्यान में कई उपलब्धियां हासिल की हैं।

विवि के प्रतिकूल प्रतिष्ठान के अध्यक्ष डॉ. अरवि शर्मा ने किया। इस अवसर पर विश्वविद्यालय के कुलपति प्रो. (डा.) कैएस वर्मा, डॉ. राम अवतार, कुती अवतार, कुलसचिव डॉ. संजीव शर्मा व अन्य प्रोफेसर उपस्थित रहे।

#### योग के लिए सीपीयू-पीएस केंद्र की स्थापना

**भोरज**। करियर प्वाइंट विवि हमीरपुर में पारंपरिक चिकित्सा एवं योग के लिए सीपीयू-पीएस केंद्र की स्थापना की गई। यह केंद्र विश्वविद्यालय के आयुर्वेद नेचरोपैथी व योग विभाग के अंतर्गत चलेगा। इसका उद्घाटन करियर प्वाइंट विवि के प्रतिकूल प्रतिष्ठान के अध्यक्ष डॉ. अरवि शर्मा ने किया। इस अवसर पर विश्वविद्यालय के कुलपति प्रो. (डा.) कैएस वर्मा, डॉ. राम अवतार, कुती अवतार, कुलसचिव डॉ. संजीव शर्मा व अन्य प्रोफेसर उपस्थित रहे। करियर प्वाइंट विश्वविद्यालय हमीरपुर ने हिमाचल प्रदेश राज्य में योग और पारंपरिक चिकित्सा को बढ़ावा देने के लिए प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट नई दिल्ली के साथ एक समझौता ज्ञापन पर हस्ताक्षर किए हैं। विश्वविद्यालय ने पारंपरिक चिकित्सा और योग के लिए सीपीयू-पीएस केंद्र की स्थापना की है। यह केंद्र शिक्षण, प्रशिक्षण प्रदान करेगा और अनुसंधान करेगा और यह केंद्र बीमारियों के निदान और इलाज के लिए योग और आध्यात्मिक उपचार को बढ़ावा देगा। नई शिक्षा नीति में भी छात्रों को योग, आयुर्वेद, और नेचरोपैथी की पढ़ाई करवाने का प्रावधान किया जा रहा है, जो सभी तरह के चिकित्सा से जुड़े छात्रों के लिए भी यह नियम लागू होगा। आयुर्वेद नेचरोपैथी व योग की महत्ता को ध्यान में रखते हुए करियर प्वाइंट विश्वविद्यालय ने भी विद्यार्थियों के लिए आयुर्वेद, नेचरोपैथी व योग में डिग्री व डिप्लोमा में कोर्स शुरू किए हैं, जो इसी सत्र से शुरू किया जाएगा। यह केंद्र डॉ. राम अवतार की देखरेख में चलेगा। डॉ. राम अवतार जिन्होंने योगा, प्रणायाम, नाडी विज्ञान, हर्बल उपचार, रैकी, सिद्ध विज्ञान में उपलब्धियां प्राप्त कर रखी हैं। डॉ. राम अवतार ने योगा व ध्यान में कई उपलब्धियां हासिल की हैं।

# करियर प्वाइंट में होगी योग व प्राकृतिक चिकित्सा की पढ़ाई

## विश्वविद्यालय में पारंपरिक चिकित्सा एवं योग के लिए सी.पी.यू.-पी.एस. केंद्र स्थापित

हमीरपुर, 26 जून (राजीव): करियर प्वाइंट वि.वि. हमीरपुर में पारंपरिक चिकित्सा एवं योग के लिए सी.पी.यू.-पी.एस. केंद्र की स्थापना की गई। यह केन्द्र विश्वविद्यालय के आयुर्वेद नेचुरोपैथी व योग विभाग के अन्तर्गत चलेगा जिसका उद्घाटन वि.वि. के कुलाधिपति प्रोफेसर (डा.) पी.एल. गौतम ने किया।

इस अवसर पर विश्वविद्यालय के कुलपति प्रोफेसर (डा.) के.एस. वर्मा, डा. राम अवतार, कुन्ती अवतार,

कुलसचिव डा. संजीव शर्मा व अन्य प्रोफेसर उपस्थित रहे। वहीं इस मौके पर कुलाधिपति प्रोफेसर (डा.) पी.एल. गौतम ने कहा कि करियर प्वाइंट विश्वविद्यालय हमीरपुर ने हिमाचल प्रदेश में योग और पारंपरिक चिकित्सा को बढ़ावा देने के लिए प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट, नई दिल्ली के साथ एक समझौता ज्ञापन पर हस्ताक्षर किए हैं।

विश्वविद्यालय ने पारंपरिक चिकित्सा और योग के लिए सी.पी.यू.-पी.एस. केंद्र की स्थापना की है। यह केन्द्र शिक्षण, प्रशिक्षण प्रदान करेगा और अनुसंधान करेगा और यह केन्द्र बीमारियों के निदान और इलाज के लिए योग और आध्यात्मिक उपचार को बढ़ावा देगा।

नई शिक्षा नीति में भी छात्रों को

योग, आयुर्वेद और नेचुरोपैथी की पढ़ाई करवाने का प्रावधान किया जा रहा है।

सभी तरह के चिकित्सा से जुड़े छात्रों के लिए भी यह नियम लागू होगा। आयुर्वेद नेचुरोपैथी व योग के महत्व को ध्यान में रखते हुए करियर प्वाइंट विश्वविद्यालय ने भी विद्यार्थियों के लिए आयुर्वेद, नेचुरोपैथी व योग में डिग्री व डिप्लोमा में कोर्स शुरू किए हैं जो इसी सत्र से शुरू किए जाएंगे।

## नौकरियों को ध्यान में रखते हुए तैयार किया है कोर्स

यह कोर्स आने वाले समय में देश-प्रदेश व विदेश में नौकरियों को ध्यान में रखते हुए तैयार किया है। मनुष्य शरीर को स्वस्थ रखने के लिए

व्यायाम की आवश्यकता होती है और व्यायाम यदि किसी व्यक्ति द्वारा गलत तरीके से किया जाता है तो यह उसे फायदा देने की बजाय नुकसान दे सकता है।

इसी कारण लोगों को सही तरीके से योग सिखाने के लिए योग शिक्षक की आवश्यकता होती है।

योग टीचर बनने के लिए सर्वप्रथम व्यक्ति को सर्टीफिकेट, डिप्लोमा या योग में डिग्री कोर्स करना पड़ता है।

प्रदेश सरकार भी स्कूलों में योग टीचर की नियुक्तियों के लिए प्रावधान कर रही है। उन्होंने कहा कि यह केन्द्र डा. राम अवतार की देखरेख में चलेगा। डा. राम अवतार ने योग, प्राणायाम, नाड़ी विज्ञान, हर्बल उपचार, रैकी, सिदा विज्ञान में उपलब्धियां प्राप्त कर रखी हैं।

## करियर प्वाइंट वि.वि. हमीरपुर में पारंपरिक चिकित्सा एवं योग के लिए सीपीयू-पीएस केंद्र की स्थापना

### करियर प्वाइंट विवि में सीपीयू-पीएस केंद्र की स्थापना

हमीरपुर। करियर प्वाइंट विवि हमीरपुर में पारंपरिक चिकित्सा एवं योग के लिए



सीपीयू-पीएस केंद्र की स्थापना की गई है। यह केंद्र विवि के आयुर्वेद नेचुरोपैथी व योग विभाग के अंतर्गत चलेगा। इसका उद्घाटन विवि के

प्रति कुलाधिपति प्रो. पीएल गौतम ने किया। इस मौके पर कुलपति प्रो. डा. के.एस. वर्मा, डा. राम अवतार, कुन्ती अवतार, कुलसचिव डा. संजीव शर्मा व अन्य प्रोफेसर मौजूद थे। विश्वविद्यालय ने राज्य में योग और पारंपरिक चिकित्सा को बढ़ावा देने के लिए प्रेम सुख इंटरनेशनल चैरिटेबल ट्रस्ट नई दिल्ली के साथ एक समझौते पर हस्ताक्षर किए। (व्यावसायिक गतिविधि)

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- B.Pharmacy (Allopathy)
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### YOGA SCIENCE

- BA / B.Sc (Yoga Science)

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- M.Com
- MBA
- Ph.D
- B.Com (Hons.)

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- Diploma in Food Production
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- Bachelor of Education (B.Ed)
- Master of Education (M.Ed)
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