



**Three-day National Virtual Workshop (20, 21 and 22 June, 2020)
on 'Yoga from Home' Through Heartfulness Meditation'**

ABOUT THE WORKSHOP	<p align="center">Three day National Virtual Workshop (20, 21 and 22 June, 2020)</p> <p align="center">on</p> <p align="center">'YOGA FROM HOME'</p> <p align="center">through Heartfulness Meditation</p> <p align="center">on the occasion of</p> <p align="center">International Yoga Day</p>	<table border="1"> <thead> <tr> <th>PROGRAMME</th> <th>TIME</th> </tr> </thead> <tbody> <tr> <td>Day -1 20.06.2020</td> <td>4.00 to 4.45 pm</td> </tr> <tr> <td>Day -2 21.06.2020</td> <td>4.00 to 4.45 pm</td> </tr> <tr> <td>Day -3 22.06.2020</td> <td>4.00 to 4.45 pm</td> </tr> </tbody> </table>	PROGRAMME	TIME	Day -1 20.06.2020	4.00 to 4.45 pm	Day -2 21.06.2020	4.00 to 4.45 pm	Day -3 22.06.2020	4.00 to 4.45 pm
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<p>The COVID-19 pandemic has disrupted our daily lives. In this context, yoga has become even more relevant for healthy living. This year, we are celebrating the 6th edition of the International Day of Yoga with the theme 'Yoga from Home'.</p>	<p align="center">through Heartfulness Meditation</p> <p align="center">on the occasion of</p> <p align="center">International Yoga Day</p>	<p>PATRON Prof. R.N. Singh Principal</p>								
<p>In the chaotic modern day lifestyle, practicing age old techniques such as Yoga and Meditation has become even more important. Let's meditate and connect within, to get a unique experience that can potentially transform us. As the lockdown comes to an end and life attempts to return to normal, we all feel the need to create an inner balance to deal with the renewed pressures in life!</p>			<p>CONVENER Dr. Padmavati 9425557653 IQAC Coordinator ORGANIZING SECRETARY Dr. S. D. Deshmukh 9329112268</p>							
<p>Heartfulness Meditation is offering this experience in a 3-day virtual workshop.</p>	<p align="center">Organized by</p>	<p>ORGANIZING COMMITTEE Dr. Somali Gupta Dr. J.P. Sao Dr. Tarlochan Kaur Dr. K. Padmavati Dr. Satish Sen Dr. Sanju Sinha Dr. Abhishek Misra ADVISORY COMMITTEE Dr. O.P. Gupta Dr. Anupama Asthana Dr. Anil Kumar</p>								
ABOUT REGISTRATION		<p>Dr. R. K. Choubey Dr. Jagjeet Kaur Saluja Dr. A. K. Singh</p>								
<ul style="list-style-type: none"> No registration fee. Workshop is open for staff and students from all streams. Seats are limited and registration shall be done on first come first serve basis. Certificates will be awarded to all participants after submitting feedback on all sessions. 	<p align="center">Internal Quality Assurance Cell Govt. V.Y.T. PG Autonomous College, Durg (C.G.)</p>	<p>TECHNICAL ASSISTANCE Dr. Vikas Swarnkar 9424145432</p>								
<p>Registration can be done through the link given below</p>										
<p>https://docs.google.com/forms/d/1TRxmonMEVx8nA_CXlncQzAfO-hOR7S4PEU_8RxPwMa4/edit</p>										
<p>Link for attending workshop will be mailed to your email address.</p>										

Invitation Brochure of the National Virtual Workshop on the occasion of International Yoga Day

PREAMBLE

On September 27, 2014, during his speech at the UN General Assembly, Prime Minister Narendra Modi put forth his suggestion for the occasion of a 'Yoga Day'. The draft resolution proposed by India was then endorsed by a record 177 member states. The first International Day of Yoga was observed around the world on June 21, 2015.

PM Modi, during his speech at the UNGA, said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."

Due to COVID-19 pandemic , this year , the theme for International Yoga Day 2020 was "Yoga at Home and Yoga with Family."Therefore , a three day national virtual workshop on Yoga from Home through Heartfulness meditation was organized on 20th, 21st and 22nd June,2020 on 'You tube- live' platform. 257 participants from 9 states of the country registered for this virtual workshop and were benefitted by practical sessions of relaxation, cleaning , prayer and meditation with transmission through Heartfulness system.

On the first day, Prof. R. N. Singh, Principal and patron of the workshop, highlighted the importance of yoga and meditation in the

everyday life and hoped that the participants will derive full benefit from the workshop from the comfort and safety of their homes.

The convener of the workshop, Dr. Padmavati, IQAC Coordinator of the college welcomed the participants and explained about the relevance of the meditation workshop during the pandemic.

Dr. S. D. Deshmukh, the organizing secretary of the workshop explained about Heartfulness system of meditation and walked the participants through practical sessions of relaxation, meditation, cleaning and prayer during the three days.

The participants were requested to share the feedback of each session. List of registered participants and the feedback shared by them in the form of answers to the question is being submitted at the end of this report.

NAME AND ADDRESS OF REGISTERED PARTICIPANTS

1	DR ABHISHEK KUMAR MISRA	GOVT VYTPG AUTONOMOUS COLLEGE DURG
2	DEVENDRA NIRMALKAR	WARD-11 DEOKAR , SAJA BEMETARA
3	UMASHANKAR	KURUD, DHAMTARI
4	DR. SATISH KUMAR SEN	GOVERNMENT V Y T PG AUTONOMOUS COLLEGE DURG CHHATTISGARH
5	DR. PRAGYA KULKARNI	GOVT. V. Y. T. PG AUTONOMOUS COLLEGE DURG
6	LOKENDRA KUMAWAT	UDAIPUR
7	AMITABH KUMAR	P.G.DEPT OF HISTORY LNMU DARBHANGA
8	DHARMENDRA PATEL	WIL. GUGWARA GOURJHAMAR SAGAR MP
9	DR. VINOD KUMAR SAHU	GOVT. NAVEEN COLLEGE KHURSIPAR BHILAI (C.G)
10	DRNIDHI BHATT	BHANUPRATAP DEV GOVERNMENT PG COLLEGE KANKER
11	NIRMAL KUMAR SINGH	BHILAI INSTITUTE OF TECHNOLOGY, DURG, CG - 491001
12	DR.SUCHITRA SHARMA	GOVT.V.Y.T.PG AUTONOMOUS COLLEGE DURG
13	MR. JAYNENDRA SHRIVAS	GOVT.V.Y.T.PG.AUTO.COLLEGE DURG
14	ARUN KUMAR MISHRA	GOVT. D.T. COLLEGE UTAI , DURG
15	SANDEEP KUMAR SONI	GOVERNMENT D T PG COLLEGE UTAI
16	DR.ANUJA CHOUHAN	GOV'T DR.W W PATANKAR PG GIRLS COLLEGE DURG
17	DR.R.K.MISHRA	GOVT. NAVEEN COLLEGE JAMUL, BHILAI (C.G)
18	KAVITA GUPTA	SHUBHAS CHOWK WORD NO .19
19	PRIYANKA BOSE	VARANASI
20	KANTI CHOUBEY	GOVERNMENT VYT PG AUTONOMOUS COLLEGE DURG
21	DR. ANITA SHUKLA	SAI CHHAYA NARSING VIHAR KATUL BOD DURG
22	MANISH KOSRE	VILL AND POST HANODA DURG CHHATTISGARH
23	DILEEP KUMAR SAHU	GOVT VYT PG AUTONOMOUS COLLEGE DURG
24	DR MANJU KAUSHAL	GOVT VYT PG AUTONOMOUS COLLEGE DURG
25	DR PRATIBHA GUMASTA	SAI COLLEGE SEC 6 BHILAI
26	DR. RITA GANAVA	GOVT P.G COLLEGE JHABUA M P
27	DR POONAM SHUKLA	HNB GOVT PG COLLEGE NAINI PRAYAGRAJ

28	DR SUNITA GUPTA	GOVT DR W W PATANKAR GIRLS PG COLLEGE,DURG(CG)
29	DR AWADHESH KUMAR SHRIVASTAVA	GOVT DANVEER TULARAM PG COLLEGE UTAI DURG CHHATTISGARH
30	AROKIYA RAJ	KARAIKAL
31	DR. OMPRAKASH GUPTA	GOVT. V. Y. T. PG. COLLEGE, DURG
32	DR. NEERAJ SHARMA	KRISHNA ENGINEERING COLLEGE, BHILAI, CHHATTISGARH
33	LAKHAPATI PATEL	GOVT.K.L.ARTS, COMMERCE AND SCIENCE COLLEGE BAGBAHRA
34	DR.MEERA GUPTA	GOVT.GIRLS PG.COLLEGE,DURG
35	DR. PRERNA AZAD	GOVT. GEETANJALI GIRLS P.G.(AUTONOMOUS) COLLEGE, BHOPAL
36	BHARAT LAL YADAW	DHAMTARI
37	DEEPESH KUMAR BARSEL	GOVT V Y T PG AUTONOMOUS COLLEGE DURG CHHATTISGARH
38	DR.SHAILENDRA SINGH	T.D.P.G.COLLEGE JAUNPUR ,UTTAR PRADESH 222002
39	DR.SUPRIYA SINGH	UDAI PRATAP AUTONOMOUS COLLEGE VARANASI
40	ANUPAMA ASTHANA	DEPARTMENT OF CHEMISTRY, GOVT. VYT PG AUTONOMOUS COLLEGE, DURG
41	SUNITA BHARTI	DEPARTMENT OF SOCIOLOGY BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY LUCKNOW
42	DR. VEERSINGH MAIDA	202 PROFESSOR COLONY JHABUA(M.P)
43	DR. SUMIT BHATIYA	46-C BEHIND HAWA BANGLA, NEAR VERMAJI KI TANKI
44	SOURABH SINGH SENGAR	H-10, DUSARI PALTAN , PRTS , VIP ROAD , INDORE , MADHYA PRADESH
45	MR. GOKUL RAM NISHAD	GOVT. DIGVIJAY AUTONOMOUS PG COLLEGE RAJNANDGAON, 491441, CHHATTISGARH
46	DR. SHRIRAM KUNJAM	GOVERNMENT V.Y.T. PG AUTONOMOUS COLLEGE, DURG CHHATTISGARH
47	ARUL ANTHONY ROSARIO M	MARAM BAZAR, SENAPATI DR, MANIPUR 795 015
48	GAURAV KUMAR	214, VILL. KAUHI, P.O. RANITARAI, BLOCK PATAN, DIST. DURG (C.G.)
49	DR.SANJAY KUMAR SINGH	D.B.S.(P.G)COLLEGE, GOVIND NAGAR, KANPUR
50	DR ASHUTOSH TRIPATHI	PRATAP BAHADUR P G COLLEGE PRATAPGARH CITY, PRATAPGARH
51	LALIMA RATRE	OLD MARKET WARD NO 19 DALLI RAJHARA (BALOD)
52	DR. SEEMA MALHOTRA	17 MIG VIVEKANANDA NAGAR KAROND BHOPAL
53	DR. KISHOR KUMAR SINGH	9FH3-147, OBRA
54	DR.D.P.SAHU	GOVT.ERR SCIENCE P.G COLLEGE BILASPUR

55	DR.SUMITRA SALAM	NAMBOL L. SANOI COLLEGE
56	ANJU KUMARI VERMA	DURG
57	DR. BHAGWAN SWAROOP GUPTA	GOVT. MADHAV SCIENCE P. G. COLLEGE UJJAIN M.P.
58	RITIK JAT	DEPALPUR, INDORE
59	DR.HARI MOHAN PAL	DDU GOVERNMENT POSTGRADUATE COLLEGE SAIDABAD PRAYAGRAJ
60	DR MERCY GEORGE	GOVT VYT PG AUTONOMOUS COLLEGE DURG
61	MR. ISHVARLAL	VILLAGE- BAPCHA, BLOCK-BARODE , DISTRICT - AGAR MALWA
62	DR. PREETI LATA MINZ	SETH PHOOL CHAND AGARWAL SMRITI COLLEGE NAWAPARA RAJIM, RAIPUR CHHATTISGARH
63	SUSHMA SHARMA	RAJIM
64	DR PRERNA KATHANE	GOVT VYT PG AUTONOMOUS COLLEGE DURG CHHATTISGARH
65	NEETA GUPTA	BEHIND CONGRESS BHAVAN, TILAKNAGARBILASPUR
66	SHWETA GOYAL	AVANTI VIHAR RAIPUR
67	DR. GOVIND PRASAD GUPTA	GOVT. V. Y. T. PG AUTO. COLLEGE, DURG
68	DR. SANDHYA PATRE	SANT SHIROMANI GURU RAVIDAS GOVT. COLLEGE SARGAON, DIST - MUNGELI, C. G.
69	SIDDHARTH SHARMA	27-A GREATER TIRUPATI COLONY SANCHI APPT , NEAR ST PAUL HIGHER SECONDARY SCHOOL BOUNDRY ROAD , INDORE
70	DR. SHAKUNTLA RAJ	GOVT. KRANTIKUMAR BHARTIYA COLLEGE SAKTI, JANJGIR CHAMPA, CG
71	RASHI CHOUBEY	BHAGAT SINGH WARD GARHAKOTA SAGAR, M.P
72	MRS. LATIKA TAMRAKAR	GOVT.KAKTIYA PG COLLEGE JAGDALPUR
73	GAYATRI PANDEY	GOVERNMENT VYT PG AUTONOMOUS COLLEGE DURG
74	YASHWANT KUMAR	VILL+POST.-BHATHAGAON (R),DISTT.-BALOD (C.G.)
75	SURYA PRAKASH	PATNA
76	DR. SUNITA JHA	A 103,STREET-1,VIDYA VIHAR,NEHRU NAGAR WEST,BHILAI
77	RAKSHA DUBEY	SMRITI NAGAR, PLOT NO.-226, STREET NO.- 19, BHILAI, DURG, CHHATTISGARH.
78	MRS. CHARUSHRI SHARMA	G.S.A.KANYA MAHAVIDYALAYA, DURG. C.G.
79	MS NANDITA KHANRA	BHILAI
80	LOKESHWAR SAHU	VIKAS VIHAR RUDRA CHAUK RAIPURA RAIPUR CHHATTISGARH

81	BHOOMIKA DESHMUKH	VILLAGE-JUNJGIRI, POST-ANDA, DIST-DURG (CG)
82	PRABHA KOSRE	VILLEGE+POST-RAJOLI,BLOCK-GUNDERDEHI,DISTRICT-BALOD(C.G.)
83	PRAGATI AGRAWAL	GAYANAGAR DURG
84	MRS.SARIKA SAHU	SETH PHOOLCHAND AGRWAL SMRITI MAHAVIDYALAYA NAWAPARA-RAJIM
85	DR.E.V.REVATY	DONGARGARH C.G.
86	DR SHAILENDRA SINGH	GOVT DIGVIJAY AUTONOMOUS COLLEGE RAJNANDGAON
87	MR. SANTRAM VERMA	KILLA PARA DIGVIJAY COLLEGE CAMPUS RAJNANDGAON
88	SATYAM THAPA	GAYAN VIHAR COLONEY SAHARANPUR
89	SMT.RAJESHWARI VERMA	GOVT.NAVEEN COLLEGE KHURSIPAR BHILAI DURG
90	RAKESH MINJ	AT.NO.3,STREETNO.12 PANCHSHEEL HOUSING SOCIETY SECTOR A,BORSI DURG
91	DR. BHARTI SAHU	SETH PHOOL CHAND AGRAWAL SMRITI COLLEGE NAVAPARA, RAJIM
92	NISHA	VILLAGE & POST - KASOUNDA , BLOCK - GUNDERDEHI , DIST - BALOD (C.G.)
93	DIGESHWAR PRASAD SAHU	SETH PHOOLCHAND AGRAWAL SMRITI, COLLEGE, NAWAPARA-RAJIM, RAIPUR(CG)
94	DR RAVI PRAKASH	B S A COLLEGE, MATHURA.
95	DOMENDRA KUMAR DEWANGAN	KILLA PARA WORD NO. 38 RAJNANDGAON
96	DR. VARSHA SHARMA	606, DUTT NAGAR, RAJENDRA NAGAR INDORE
97	DR. RAKESH KUMAR KURRE	THAKUR SHOBHA SINGH GOVT. COLLEGE PATHALGAON, JASHPUR C.G
98	NEELAM MRICHANDAY	VILLAGE+POST - HARDI, THANA+TEH. - NAWAGARH, DISTRICT - BEMETARA (C.G.) PIN NO - 491337
99	DHARMESH DESHMUKH	VILLAGE TIKRI POST ARJUNDA
100	SUDHIR VERMA	VILL AND POST-NAWAPARA, BLOCK-SIMGA, DISTT. - BALODABAZAR BHATAPARA, PINCODE -493113,STATE-CHHATTISGARH
101	DR. ADITYA TIWARY	INDORE
102	SURBHI LILHARE	PLOT NO. 2D/5, MANSAROVAR COLONY BHILAI-3, DIST.- DURG(CG)
103	MR.SURYAKANT VERMA	GOVT.COLLEGE LALBAHADUR NAGAR
104	DR. OM PRAKASH SAHU	GOVT. MODEL COLLEGE SHAHPURA DISTRICT DINDORI MADHYA PRADESH
105	ANAND KUMAR AGRAHARI	WARD NO. 9, SAIYADRAJA-CHANDAULI
106	RAJESH KUMAR KHAIRWAR	VILLAGE HARETHI, POST OFFICE PORTHA, TAH. SAKTI, DISTRICT JANJGIR CHAMPA, CG

107	DEVDHAR	VILL-PIRID POST-CHAWREL DIST-BALOD
108	ABHIRAJ SANDHU	C/O KULDEEP SINGH SANDHU KHANPUR MUDIA OPP DHOLPUR RUDRAPUR UTTARAKHAND
109	TAMESHWAR BANJARE	DATTAN (P.) TEH.PALLARI DIST. B.B
110	NISHA SINHA	HB, G-20 ANNPURNAPARA KANKER(C.G)
111	PREMLATA GAURE	STREET - 1 DEEPAK NAGAR DURG
112	DR. PRATIMA CHANDRAKAR	GOVERNMENT J. Y. CHHATTISGARH COLLEGE RAIPUR CG
113	DR. ANUPAM SHARMA	GOVT. HOLKAR SCIENCE COLLEGE INDORE
114	DURGESH KUMAR KOTANGLE	GOVT. VYT PG COLLEGE DURG CG
115	KUSH KUMAR MAHANT	VILL. SARAIPALI, PO. NAUNDAUR KALA, DISTT.JANJGIR CHAMPA (C.G.)
116	VIKAS SWARNKAR	PLOT-76, ZONE-1, STREET-4 B, NEW ADARSH NAGAR, DURG, C.G. INDIA
117	SANTOSH KUMAR PATRE	GMS SINGHRI
118	DR. ASTHA TIWARI	GOVT NAVEEN COLLEGE BERLA, DIST BEMETARA
119	MUKESH KUMAR	VILL-KARIGAON, POST-BANDORA, TEH-MALKHARODA DISTT-JANJGIR CHAMPA C.G.
120	DR K PADMAWATI	GOVT V Y T PG AUTONOMOUS COLLEGE DURG CG
121	MONIKA CHANDRAKAR	GOVT V Y T PG AUTONOMOUS COLLEGE DURG CG
122	MANJUSHA PAL	VILLAGE - KANDARAKA, POST - LIMTARA, DISTRICT - DURG (C.G.)
123	PRAVIN CHANDRA SAHU	BHILAI NAGAR ,DURG CHHATTISGARH
124	MUKTI VARMA	SHANKAR NAGAR DURG
125	PRATIKSHA TAMRAKAR	NEAR DAYASAGAR PRESS,DURG ,CG
126	PAYAL MANHAR	DONDKI
127	ARCHANA KUMARI PRASAD	SWAMI VIVEKANAND GOVT. COLLEGE, LAKHNADON
128	DR. ANIL KUMAR SHARMA	KAWARDHA
129	RAJSUDHA GAUTAM	37/45, BEHIND BHAGAT SINGH SCHOOL, SINDHIYA NAGAR, DURG, 491001
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131	DR. SANTOSH KUMAR PANDEY	S. D. S. GOVERNMENT COLLEGE JAMGAON -R, BHARAR, DURG, C. G.
132	VINOD KUMAR KOMA	GOVT. KANGLA MANJHI COLLEGE DONDI
133	RAJ KUMAR LAHARE	GOVT P D COMM & ART'S COLLEGE RAIGARH CHHATTISGARH

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138	DR. SAPANA SHARMA SARASWAT	H. I. G. - - 1 /392 BORSI COLONY DURG 491001
139	RUPALI DESHMUKH	Q. NO. 470 BALMIKI AWAS JAWAHAR NAGS BHILAI
140	PRASHANT KUMAR KANOJE	GOVT. N. K. M. NANDINI NAGAR AHIWARA DURG C.G.
141	DR RASHMI DUBEY	NEAR SWASTIK NURSING HOME SHYAMNAGAR RAIPUR
142	VEDIKA RANI VERMA	GANESH NAGER JAMUL WARD NO 5 BHILAI CG POST ACC JAMUL
143	DR MERILY ROY	.,C2 FIRST FLOOR.GREEN BETEL RESIDENCY.DEEPAK NAGAR DURG
144	AMITABH SHARMA	MUNICIPAL CORPORATION BHILAI
145	DR RAHUL MENE	SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI BHILAI
146	TANYA VERMA	WARD NO.5 GANESH NAGAR JAMUL
147	SANJU SINHA	GOVT. V.Y.T. PG. AUTONOMOUS COLLEGE, DURG
148	DR.SUNIL SHRIVASTAVA	SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI.BHILAI
149	NIRVINDHYA VAISHNAV	WARD NO.-7 BUS STAND DHAMDHA DURG (CG)
150	ONKAR RAM	NEHRU NAGAR BHOPAL
151	DR. SUDESHNA SENGUPTA	H.I.G. 93, HUDCO, BHILAI-490009
152	ONKAR PRASAD SAHU	GOVT COLLEGE KESHKAL
153	SEEMA JAYSI	GOVT.DR.I.S.COLLEGE, AKALTARA DIST-JANJGIR CHAMPA
154	DR.ARCHANA SHUKLA	LCIT COLLEGE OF COMMERCE AND SCIENCE,BODRI,BILASPUR(C.G.)
155	RASHMI BHELWA	GOVT. NAGRIK KALYAN COLLEGE NANDINI NAGAR
156	DR RUBY MILHOUTRA	GOVT BILASA GIRLS PG COLLEGE BILASPUR
157	DR. MRS. SNEHAL MOGHE	GOVT. BILASA GIRLS P. G. (AUTO) COLLEGE BILASPUR (C.G.)
158	ANAND KUMAR KURRE	VILLAGE AND POST MANDIRHASAUD DIST RAIPUR C G
159	GAJENDRA PRATAP BANAJ	KIRODIMAL GOVT. ARTS & SCIENCE COLLEGE RAIGARH
160	MEENAKSHI DEWANGAN	DIPAK NAGAR DURG
161	DR. DIVYA KUMUDINI MINJ	GOVT. V. Y. T. P. G. AUTO. COLLEGE DURG C. G.
162	ASHISH DEWANGAN	5 BUILDING DURG

163	PRIYA JAISWAL	BALOD
164	DR. MAHENDRA KUMAR MAURYA	DEPARTMENT OF PHYSICS, RAJEEV GANDHI GOVT. P. G. COLLEGE, AMBIKAPUR-497001 (C.G.)
165	KOMAL SINGH VERMA	KASARIDIH DURG
166	TRILOKCHAND SAHU	VILLAGE DHANELI, DISTRICT KABIRDHAM
167	DR GOVERDHAN SINGH THAKUR	GOVT VYT PG AUTONOMOUS COLLEGE DURG
168	MRS. SITESHWARI CHANDRAKER	GOVT.V.Y.T.PG AUTONOMOUS COLLEGE DURG
169	EWRAJ JANGHEL	LIG-266 HUDKO, BHILAI
170	PUSHPENDRA KUMAR KANWAR	CHOURABARPALI POST. SENDRI DIST. JANJGIR CHAMPA C.G.495689
171	REENA KORETI	VIGYAN VIKAS KENDRA DURG
172	BHOJRAJ	VILLAGE- NAWAGAON, POST- KUNWA, BLOCK- NAWAGARH, DIST- BEMETARA (C.G)
173	DR.ROHIT KUMAR BARGAH	GOVT.S.P.M.COLLEGE SITAPUR ,SURGUJA
174	NEERA SINGH	6/B,STREET -2,SECTOR-1,BHILAI
175	DR.KAVITA DAS	GOVT.NPG COLLEGE OF SCIENCE RAIPUR C.G.
176	DR. NEHA JAIN	GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
177	SURESH KUMAR	SARASWATI MAHAVIDALAYA AMBIKAPUR
178	KIRAN TAMBOLI	AT POST SAKRELI BARADWAR BLOCK SAKTI DIST JANJGIR CHAMPA
179	RAJENDRA PRASAD PRADHAN	PALADI KALA BARADWAR
180	MOHAMMAD WASEEM SHEIKH	BILASPUR
181	DR. SMITA KARMANKAR	SCH. NO. 97, S-4, 443-C, VIP PARASPER NAGAR INDORE
182	DR GURPREET KAUR	SRI GURU TEG BAHADUR KHALSA COLLEGE ANANDPUR SAHIB
183	DR DEVI SINGH RAGHUWANSHI	DEPT. OF APPLIED PHYSICS, SHRI SHANKARACHARYA GROUP OF INSTITUTIONS BHILAI
184	DEVNARAYAN	RAIGARH
185	NITESH KUMAR	VILLAGE BHANSULI,PATAN DURG (CG)
186	DR. PREETI TANNA TAUNK	HIMALIYA RESIDENCE BORADIPA CHUCK,PUSOUR,RAIGARH
187	JUHI PETER	AGRASEN COLLEGE DHANORA

188	NOHARI PRASAD PATEL	SAKARELI KALA
189	DR. BHAWANA MAHULE	GOVT.V.Y.T. P.G. AUTO. COLLEGE DURG (C.G.)
190	BHUNESHWAR KUMAR	SANDUR
191	DR GUNJAN	NATIONAL UNIVERSITY OF STUDY AND RESEARCH IN LAW , AT- NAGRI, P.O BUKRU, KANKE-PITHORIA ROAD, KANKE, RANCHI, JHARKHAND 834006
192	DR JYOTI DHARKAR	GOVT VYTPG AUTONOMOUS COLLEGE DURG
193	DR.SHABNAM KHAN	GOVT. DIGVIJAYCOLLEGE RAJNANDGAON 9926
194	MAHEEDHAR DUBEY	VISHWAVIDYALAYA ENGINEERING COLLEGE, LAKHANPUR
195	DR. RAJBIR KAUR	SRI GURU TEG BAHADUR KHALSA COLLEGE, SRI ANANDPUR SAHIB
196	DR P B DESHMUKH	BHILAI
197	SATYA CHAUHAN	NAWAPARA KHURD CHERKABHATA POST NANDOUR KHURD
198	HARISH VERMA	VILL TULSI POST BATHENA
199	VINOD AGRAWAL	204, NATIONAL CORPORATE PARK , G.E. ROAD, OPP. ANUPAM GARDEN
200	MADHUR UPADHYAY	D-528,SURYA COLONY SEHATPUR
201	A V S VARADARAJ	HYDERABAD
202	DR. SHAVETA KAUSHAL	SRIGURUTEGBAHADURKHALSA COLLEGE SRIANANDPUR SAHIB, ROPAR(PUNJAB)
203	DR. ASHOK KUMAR PATEL	DEPARTMENT OF BOTANY, JAI NARAIN VYAS UNIVERSITY, JODHPUR - 342005 (RAJASTHAN)
204	DR. SHANKER LAL NAMA	DEPARTMENT OF ZOOLOGY, JAI NARAIN VYAS UNIVERSITY, JODHPUR
205	SAHIL CHOUDHURY	GUWAHATI
206	ASHOK KUMAR	SGTB KHALSA COLLEGE SRI ANANDPUR SAHIB
207	SUMIT MALIK	FLAT -A-4/ A-21, HARSWAROOP COLONY, FATEHPUR BERI, NEW DELHI- 110074
208	DR JAGJEET KAUR SALUJA	GOVT.VYTPG AUTONOMOUS COLLEGE DURG CHHATTISGARH
209	SANJAY KUMAR DUBEY	WARD NO.13 OLD COURT ROAD KAWARDHA.
210	AJAY KUMAR	VILL- DIDGA, POST-RANITARI, BLOCK-PATAN, DISTRICT-DURG, CG.
211	RITURAJ KAKATI	GUWAHATI,KAMRUP,ASSAM
212	NAFISA AZIZ	65D, 3RD FLOOR, DDA LÍG FLATS, POCKET 10B , JASOLA, NEW DELHI
213	CHANDRIKA PRASAD CHANDRAWANSHI	GOVT.HIGHER SECONDARY SCHOOL SARANGPURKALA,BLOCK-BODLA,DIST-KABIRDHAM,CHHATTISGARH,PINCODE-491995

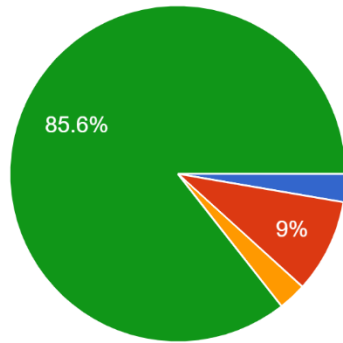
214	SHACHI SHAH	NEW DELHI
215	VIKASH KUMAR SINGH	INDIRA GANDHI NATIONAL OPEN UNIVERSITY
216	ABHILASH BARUAH	JONALI PATH , R G BARUAH ROAD
217	ANSU KUMAR	LEGAL CELL, AIR FORCE STATION JALAHALLI WEST BANGALORE -560015
218	SUNUMONI KUMARI	ARUNACHAL PRADESH
219	PAVAN KUMAR NAYAK	POST. GUJRA , TAH. PATAN, DIST. DURG, CG
220	SHILPI KUMARI	MOHALLA-MADARPUR,(INFRONT OF HOLY CROSS PRE-PRIMARY SCHOOL)
221	RENU DRUVE	DURG
222	TARUN KUMAR BARETH	VILL+POST - TEMAR, TEH- SAKTI, DIST-JANJGIR CHAMPA (C.G),PIN- 495689
223	POOJA BARETH	VILLAGE - BARRA, POST-OFFICE - JHALROUNDA, DISTRICT - JANJGIR-CHAMPA (C. G.)
224	ANIRUDH KUMAR	R 1706 SG GRAND RAJNAGAR EXTENSION GHAZIABAD UP 201017
225	PINKI	VILLAGE-BARRA, POST-JHALRAUNDA, TAHSIL-JAIJAIPUR, DISTT-JANJGIR-CHAMPA(C.G) , PINCODE-495690
226	REEMA SAHU	GOVT DIGVIJAY AUTO.PG COLLEGE RAJNANDGAON
227	DR. ALKA SHUKLA	GOVERNMENT NAVEEN COLLEGE KHURSIPAR BHILAI
228	PRAKASH CHANDRA CHOUDHURY	B.C.S.GOVT.P.G.COLLEGE, DHAMTARI (CG)
229	SMT. SHASHI THAKUR	GOVT. C. L. C. ARTS AND COMMERCE COLLEGE DHAMDHA DURG C.G.
230	DR.SEEMA MANISHA NATH	GOVT.JMP COLLEGE TAKHATPUR
231	NITIN SAGARWAL	H.NO-17, MAIN SHIV MANDIR GALI, MAUJPUR, DELHI-110053
232	URSHLA KANT	DELHI
233	GOPAL PRASAD NETAM	STILL COLONY DURG (C.G.)
234	SHEETAL SINGH YADAV	VILL.ASOUNDA PO.NANDOURKHURD
235	CHITRANI	VILLAGE_ASOGA ,POST _RANITARAI ,DIST _DURG,CG
236	B YOGESHWAR	LIG-1-3014, MPH, INDUSTRIAL AREA
237	RENU UPADHYAY	H NO 20 YUV RAJ CLUB LANE SHERPURA VIDISHA
238	ANITA DUBEY	56/1 MANEKSHAW ENCLAVE AMBALA CANTT
239	DEEPTI PRABHAKAR	ARMY PUBLIC SCHOOL, AMBALA CANTT
240	DR. PATHAN MAHEBUBKHAN DULEKHAN	SANJEEVANEE MAHAVIDYALAYA CHAPOLI

241	DR. AMBIKA BHALLA	DOABA COLLEGE JALANDHAR
242	SACHIN KURMI	VILL- MOHAN GAON, P.O. MON MOHAN GAON, DIST-CHARAIDEO(ASSAM), P.S.-SONARI
243	PROTIBHA MUKHERJEE SAHUKAR	DURGA MAHAVIDHYALAYA RAIPUR
244	MS. KASHISH ARORA	Q - 14 SRINIWASPURI , NEW DELHI 110065
245	DR. SONITA SATSANGI	GOVT RAJEEV LOCHAN P.G. COLLEGE RAJIM(C.G.)
246	GANESH MURLIDHAR NALINDE	AT POST SULTANPUR TALUKA LONAR DIST BULDANA
247	REENU MISHRA	K.G.ARTS&SCIENCE COLLEGE, RAIGARH
248	KUNIKA SAHU	VILLAGE-JARWAY DIS-DURG CG.
249	NIDHI KASHYAP	H.NO.88/2,NEW COLLEGE COLONY, UTAI, DURG, C.G
250	DR.PRAKASH KAUR SALUJA	GOVT.D.B.GIRLS P.G.COLLEGE RAIPUR (C.G.)
251	DR. PREETI MISHRA	GOVT.NPG COLLEGE OF SCIENCE,RAIPUR
252	DR. PALLAVI SINHA	GOVT. PG COLLEGE OF SCIENCES RAIPUR
253	DR. RENU MAHESHWARI	GOVT.N. P. G. COLLEGE OF SCIENCE, RAIPUR
254	SMT. TARA PATEL	LT. RAJA VIRENDRA BAHADUR SING GOVT. COLLEGE SARAIPALI
255	MRS. SOMLATA	GOVT. NAVEEN COLLEGE, KHURSIPAR, BHILAI, DIST-DURG,(CG)
256	DR. SEEMA GUPTA	GOVT. N. P. G. COLLEGE OF SCIENCE RAIPUR
257	VISHNU PRASAD	VILLAGE -TEDHI, DISTRICT- BEMETARA (CHHATISGARH)

FEEDBACK BY THE PARTICIPANTS

1. आप इस वर्कशॉप के कितने सत्रों में सम्मिलित हुए

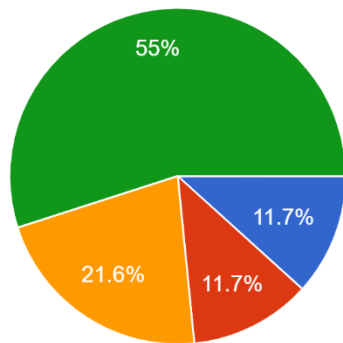
111 responses



- तीसरे दिन के सत्र में
- प्रथम दिन एवं तीसरे दिन के सत्र में
- दूसरे दिन एवं तीसरे दिन के सत्र में
- तीनों दिनों के सत्र में

2. वर्कशॉप के तीन दिनों के सत्र में क्या फर्क महसूस हुआ

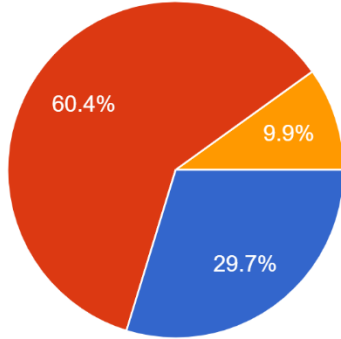
111 responses



- कोई अंतर नहीं लगा
- पहले दिन ज्यादा बेहतर महसूस हुआ
- दूसरे दिन ज्यादा बेहतर महसूस हुआ
- तीसरे दिन पहले दो दिनों के सत्र से ज्यादा बेहतर महसूस हुआ

3. ध्यान के दौरान हमें क्या करना है

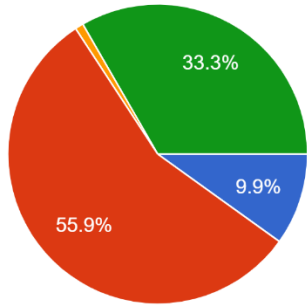
111 responses



- हृदय में दिव्य प्रकाश को ज्योति के रूप में देखना है
- एक सुझाव अपने मन को देना है कि हमारे हृदय में दिव्य प्रकाश विद्यमान है और वह हमें अपनी ओर आकर्षित कर रहा है
- हमें मन पर जोर देकर उसे एकाग्र करने का प्रयास करना है

4. मेरी समझ में ध्यान लगने का अर्थ है

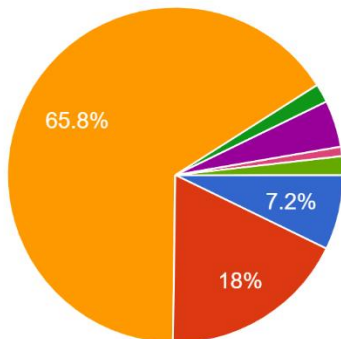
111 responses



- निर्विचार हो जाना
- मन को केन्द्रित करने का प्रयास करना
- मन का किसी एक वस्तु पर न बने रहना
- बिना प्रयास के मन का स्वाभाविक रूप से एक वस्तु पर बने रहना

5. ध्यान के पूर्व की स्थिति :

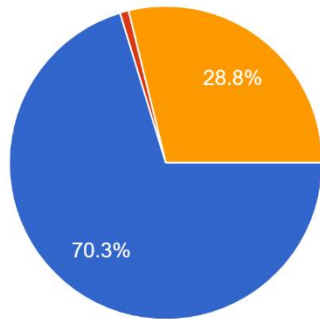
111 responses



- बेचैन
- शांत
- सामान्य
- उदास
- प्रसन्न
- क्रोधित
- निराशा भरी
- हड़बड़ी वाली

6. ध्यान के दौरान शारीरिक स्थिति :

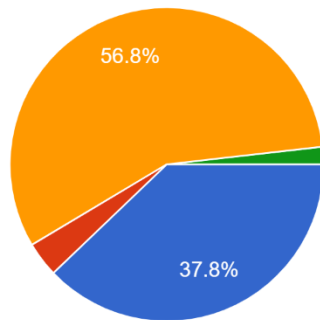
111 responses



- आरामदायक
- कष्टप्रद
- सामान्य
- बेचैनी
- शारीरिक दर्द

7. ध्यान के दौरान विचार :

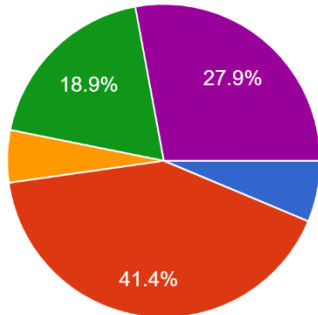
111 responses



- बहुत कम
- बहुत ज्यादा
- विचार आ जा रहे थे परंतु मैं उन में उलझ नहीं रहा था
- विचारों में उलझ रहा था

8. विचारों की विषय वस्तु :

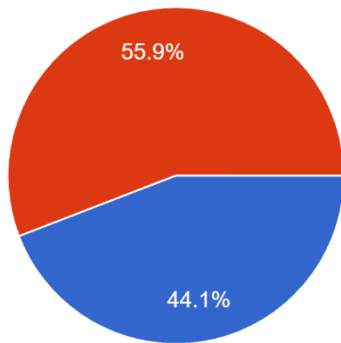
111 responses



- बहुत पुरानी घटनाओं से संबंधित
- वर्तमान की घटनाओं से संबंधित
- भविष्य से संबंधित
- बिना किसी संदर्भ के
- ध्यान के बाद याद नहीं रही

9. आसपास की परिस्थिति के प्रति जागरूकता :

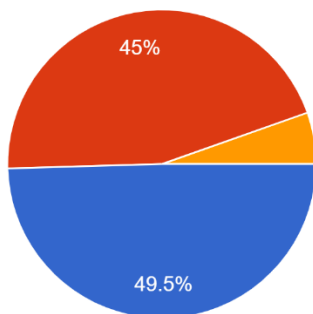
111 responses



- जैसे इर्द-गिर्द होने वाली आवाजों/ हलचलों के प्रति जागरूकता बनी रही
- पता ही नहीं चला , ऐसा लगा कि नींद लग गई

10. समय का भान:

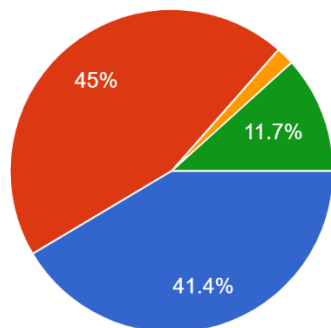
111 responses



- नहीं रहा
- लगा कि थोड़ा सा ही समय हुआ
- लगा कि बहुत समय हो गया

11. शरीर में सिमटाव / फैलाव महसूस हुआ/ झटके महसूस हुए

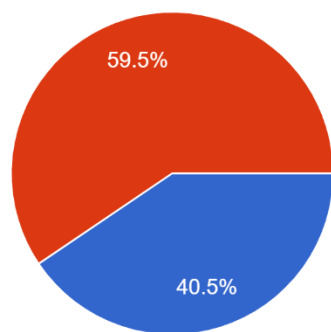
111 responses



- शरीर में सिमटाव महसूस हुआ
- शरीर में फैलाव महसूस हुआ
- झटके महसूस हुए
- ऐसा लगा कि शरीर बांध कर रख दिया गया है

12. शरीर के किसी बिंदु विशेष या किसी क्षेत्र विशेष में दबाव या कुछ अनुभूति हुई

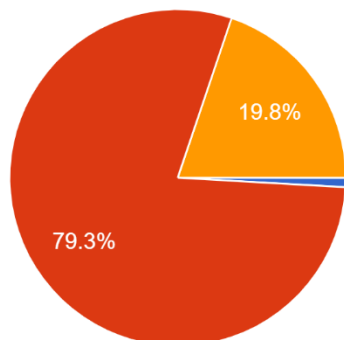
111 responses



- हां
- नहीं

13. शरीर में भारीपन / हल्कापन लगा.

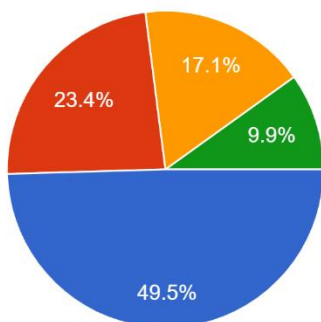
111 responses



- भारीपन लगा.
- हल्कापन लगा.
- सामान्य लगा .

14. ध्यान के बाद की स्थिति :

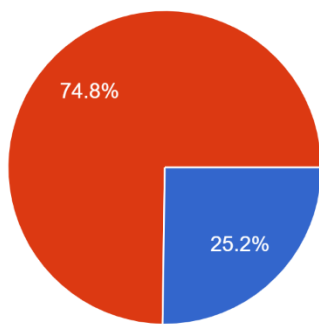
111 responses



- उल्लास या आनंदपूर्ण/ ऊर्जा भरी
- हल्के पन से परिपूर्ण
| संतोषजनक | 17.1% |
- सामान्य
- कुछ समझ में नहीं आया ध्यान के दौरान क्या हुआ
- सर दर्द हो रहा है/ सिर में भारीपन है
- बेचैनी बनी हुई है

15. ध्यान और सफाई की प्रक्रिया में क्या अंतर है -

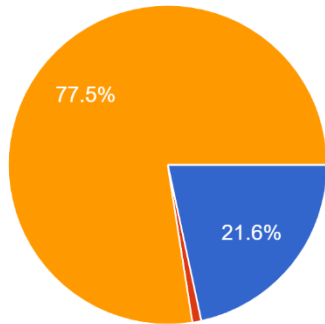
111 responses



- ध्यान में इच्छाशक्ति का प्रयोग करना होता है , सफाई में ऐसा नहीं है
- सफाई में इच्छाशक्ति का प्रयोग करना होता है , ध्यान में शांत भाव से बैठकर जो हो रहा है उसका अवलोकन करना है

16. हार्टफुलनेस ध्यान पद्धति में प्रार्थना कब की जाती है

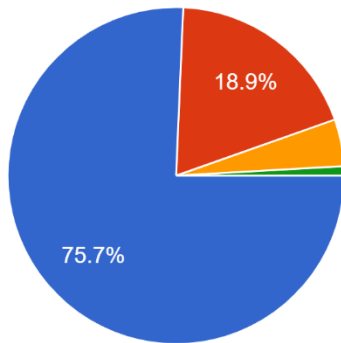
111 responses



- सुबह ध्यान करने के पूर्व
- शाम की सफाई के पूर्व
- सुबह ध्यान करने के पूर्व एवं रात्रि में सोने के पूर्व

17. यह वर्कशॉप आपको कैसा लगा

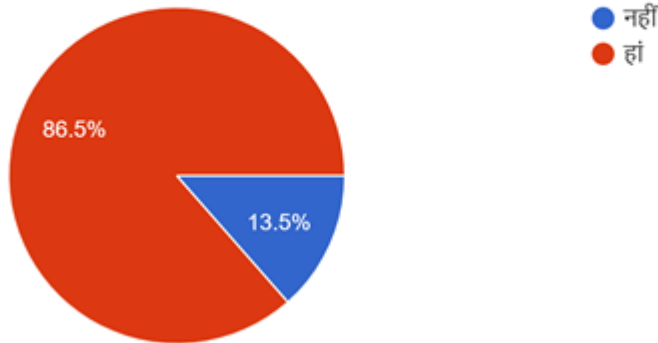
111 responses



- बहुत अच्छा
- अच्छा
- संतोषजनक
- सामान्य
- बेकार

18. क्या आप इस वर्कशॉप के पश्चात भी हार्टफुलनेस ध्यान करना जारी रखना चाहेंगे

111 responses



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28	29	30					

◀ May Jul ▶

साईस कालेज में योग दिवस पर योगा फ्राम होम थ्रु हार्टफुलनेस मेडिटेशन नेशनल वर्चुअल योग कार्यशाला

June 27, 2020 | [Education](#) | [No comments](#)



दुर्गा, श्रीम ज्योतिष दुर्गा की केन्द्र प्रवक्ता प्रिया बदनकर को भारतीय छात्री विभाजन परिषद की एक्जीक्यूटिव कमेटी का सदस्य मननीत किया गया है। परिषद छात्री को [Read More](#)

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दुर्गा, 21 जून 2020 अंतर्राष्ट्रीय योग दिवस के अवसर पर शासकीय विभूषण पाठन लानसकर स्वतंत्रता सभासी महाविद्यालय दुर्गा में 20 से 22 जून को योग प्रारंभ होम थ्रु हार्टफुलनेस मेडिटेशन पर 3 दिवसीय राष्ट्रीय वर्चुअल वर्कशॉप का आयोजन किया गया। इस अग्रगण्य वर्चुअल योग वर्कशॉप का आयोजन आईक्यूएसी एवं भूषण विज्ञान विभाग के संयुक्त तत्वावधान में किया गया। कार्यक्रम के पिढान डॉ. आर.एन.सिंह, कन्वेनर डॉ.पद्मावती (आईक्यूएसी कर्जिनेटर) तथा अर्चनाशुक्ति सेक्रेटरी डॉ.एस.डी. देवाशुभ विभागाध्यक्ष भूषण विज्ञान विभाग थे। वर्कशॉप के प्रथम दिन डॉ.पद्मावती आईक्यूएसी संयोजक ने वर्तमान जीवन में योग और ध्यान के महत्व को समझाया और इस कार्यक्रम को कोविड-19 संक्रमण काल के वर्तमान परिदृश्य में विशेष रूप से समसामयिक बताया। डॉ.एन.डी. देवाशुभ, अर्चनाशुक्ति सेक्रेटरी एवं विभागाध्यक्ष, भूषण विज्ञान विभाग ने प्रतिभागियों को योग के शारीरिक एवं मनसिक लाभ से अवगत कराया एवं इस कोविड-19 के नकारात्मक परिस्थितियों से निकलकर सकरात्मक दिशा में योग के नियमित अभ्यास पर जोर दिया। इसके पश्चात् प्रतिभागियों को विचिन्ता एवं ध्यान, अहिकर्म विजुअल के माध्यम से कराया गया। कार्यक्रम के दूसरे दिन प्रतिभागियों को विचिन्ता एवं ध्यान का अभ्यास कराया गया। तीसरे और अंतिम दिन प्रायः और ध्यान का अभ्यास प्रतिभागियों ने किया। कार्यक्रम के अंत में धन्यवाद ज्ञापन आईक्यूएसी सदस्य डॉ.संतु सिन्हा ने दिया। तीन दिनों के इस वर्चुअल कार्यक्रम में जरापाताल प्रदेश, असम, बिहार, दिल्ली, पंजाब, कर्नाटक, तेलंगना, महाराष्ट्र एवं छत्तीसगढ़ के 250 प्रतिभागियों ने भाग लिया तथा अहिकर्म विजुअल प्रस्तुतीकरण के द्वारा योग एवं ध्यान की विभिन्न अवस्थाओं को विस्तृत रूप से समझते हुए इससे लाभान्वित हुए।