



**CENTRAL UNIVERSITY OF JAMMU**  
**SCHOOL OF EDUCATION**  
(Pandit Madan Mohan Malviya National Mission on Teachers & Teaching)  
(Department of Higher Education, MHRD, GOI)



**ONE DAY WEBINAR**  
**ON**  
**YOGA FOR HOLISTIC HEALTH OF CHILDREN**  
**30<sup>th</sup> JUNE, 2020**

**PROGRAMME SCHEDULE**

Timings	Session/Activity	Details of Speakers / Resource Persons	Moderators
<b>1:00-1:45 P.M.</b>	<b>INAUGURAL SESSION</b>		
	<ul style="list-style-type: none"> <li>• <b>Formal Welcome Address</b></li> <li>• <b>Brief Overview of the Event</b></li> <li>• <b>Keynote Address</b></li> <li>• <b>Presidential Remarks</b></li> <li>• <b>Vote of Thanks</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dr. J. N. Baliya</b>, Program Coordinator, SoE (PMMMNMTT), CUJammu</li> <li>• <b>Dr. Kiran</b>, Event Convener and Coordinator of Centre for Learning and Pedagogic Studies, SoE (PMMMNMTT), CUJammu</li> <li>• <b>Sh. Chand Kiran Saluja</b>, Eminent Sanskrit Scholar and Former Associate Professor, Faculty of Education, University of Delhi</li> <li>• <b>Prof. Ashok Aima</b>, VC, Central University of Jammu</li> <li>• <b>Dr. Asit Mantry</b>, Co-Coordinator of Centre for Teacher Resource &amp; Academic Support, SoE (PMMMNMTT), CUJammu</li> </ul>	<b>Dr. Kiran</b>
<b>1:45 – 2.30 P.M.</b>	<b>Session – I</b> <b>Yoga: A proficient Art to Nurture and Skill a Kid’s Lifestyle in COVID 19 Era</b>	<b>Ms. Harsimran Kour</b> , Parent, Yoga Practitioner & Environmental Researcher, School of Planning and Architecture.	<b>Dr. Kiran</b>
<b>2:30 – 3.15P.M.</b>	<b>Session – II</b> <b>Yoga for Holistic Health and Well-Being of Children</b>	<b>Mr. L. S. Singh</b> , Parent, Yoga & Naturopathy Practitioner, and Swimming Coach, Birla SR. Secondary School, Pilani (Rajasthan)	<b>Dr. Ravi Vanguri</b>
<b>3:15-3:45 P.M.</b>	<b>VALEDICTORY SESSION</b>		
	<ul style="list-style-type: none"> <li>• <b>Formal Welcome Address</b></li> <li>• <b>Presentation of Seminar Proceedings</b></li> <li>• <b>Participants’ Feedback</b></li> <li>• <b>Valedictory Remarks</b></li> <li>• <b>Vote of Thanks</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dr. J. N. Baliya</b>, Program Coordinator, SoE (PMMMNMTT), CUJammu</li> <li>• <b>Dr. Kiran</b>, Event Convener and Coordinator of Centre for Learning and Pedagogic Studies, SoE (PMMMNMTT), CUJammu</li> <li>• <b>Participant Volunteers</b></li> <li>• <b>Prof. Ashok Aima</b>, VC, Central University of Jammu</li> <li>• <b>Dr. Ritu Bakshi</b>, Coordinator of Centre for Teacher Resource &amp; Academic Support, SoE (PMMMNMTT), CUJammu</li> </ul>	<b>Dr. Aman</b>

**Event Convener**  
**Dr. Kiran**  
Coordinator  
Centre for Learning & Pedagogic Studies,  
SoE (PMMMNMTT), CUJammu

**Programme Co-Patron**  
**Dr. J. N. Baliya**  
Program Coordinator  
SoE (PMMMNMTT), CUJammu