

D/VC/1740
3/6/23

SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

Ref. No: - SGTU/FNYS/BNYS/2023- 308

Ref. Govt. letter at H/A.

Date: -03/06/2023

To,

The Registrar,
SGT University, Gurugram

In terms of the letter at H/A, the proposal may be considered for approval, H.

VC
3/6/23

Approved
Registrar
3/6/23

3/6/23

Subject: Requesting Approval to conduct a seminar on the occasion of the 9th International Day of Yoga - 2023

Dean, NYS

3/6/23

Registrar
SGT University
Budhera, Gurugram

Respected Sir,

International Day of Yoga is celebrated every year on 21st June to spread awareness about the importance and effects of yoga on the health of the people.

Ministry of Ayush and Haryana Yog Aayog, Government of Haryana has issued a directive to all the higher education institutions to conduct 3-day Yoga Protocol Training and a 2-days seminar on yoga between 1st June to 21st June 2023.

In this regard, the Faculty of Naturopathy and Yogic Science, wish to conduct a 2-days Seminar on Effect of Yoga on the Health of People. The detail of seminar is as hereunder:

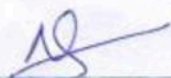
Date	Time	Topic	Speaker
6 th June - 2023	02:00 PM to 04:00 PM	Yoga & Cardiovascular	Dr. AM Chandrasekaran
10 th June - 2023	11:00 AM to 01:00 PM	Therapeutic Evidence & Yoga	Dr. Asha Gandhi
10 th June - 2023	02:00 PM to 04:00 PM	Yoga & Health	Dr. Sriloy Mohanty

The CV of the speaker and proposed budget is enclosed herewith for your reference and perusal.

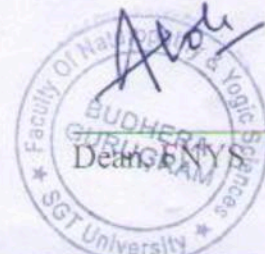
Requesting your approval to conduct the seminar.

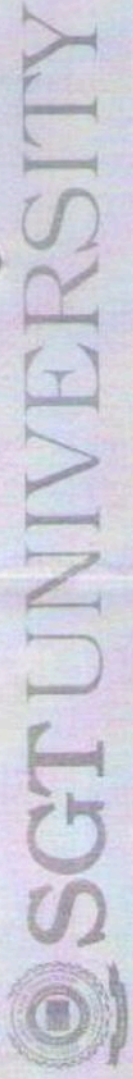
Thanking you,

With warm regards,


Ms. Nitu Sinha
Coordinator

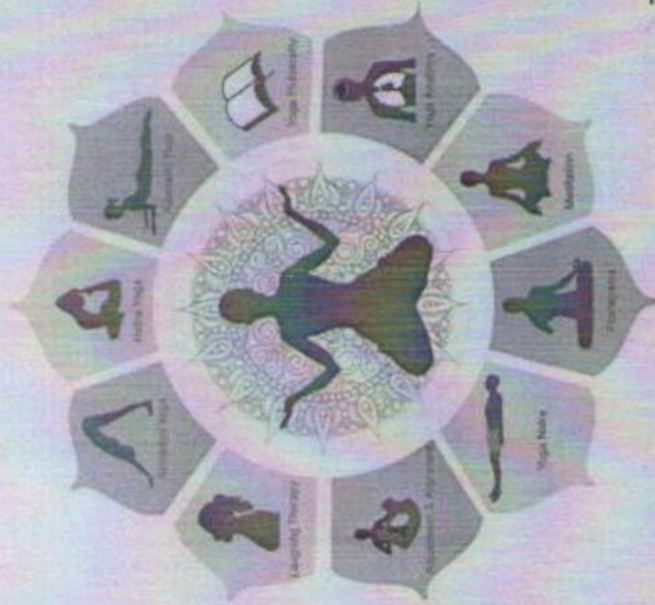

Ms. Arti Sharma
Coordinator





Faculty of Naturopathy and Yogic Sciences

Natura Wellness Association Under aegis of Haryana Yog Ayog



is organising a

3 DAYS YOGA PROTOCOL TRAINING

_____ on the occasion of _____

9th International Day of Yoga

Organisers

Dr. Alok
Dean FNYS
Advisor of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Ms. Arti Sharma
Event Coordinator,
Co-Advisor of Natura Wellness
Association

16th to 19th June, 2023 09:00 AM to 10:00 AM

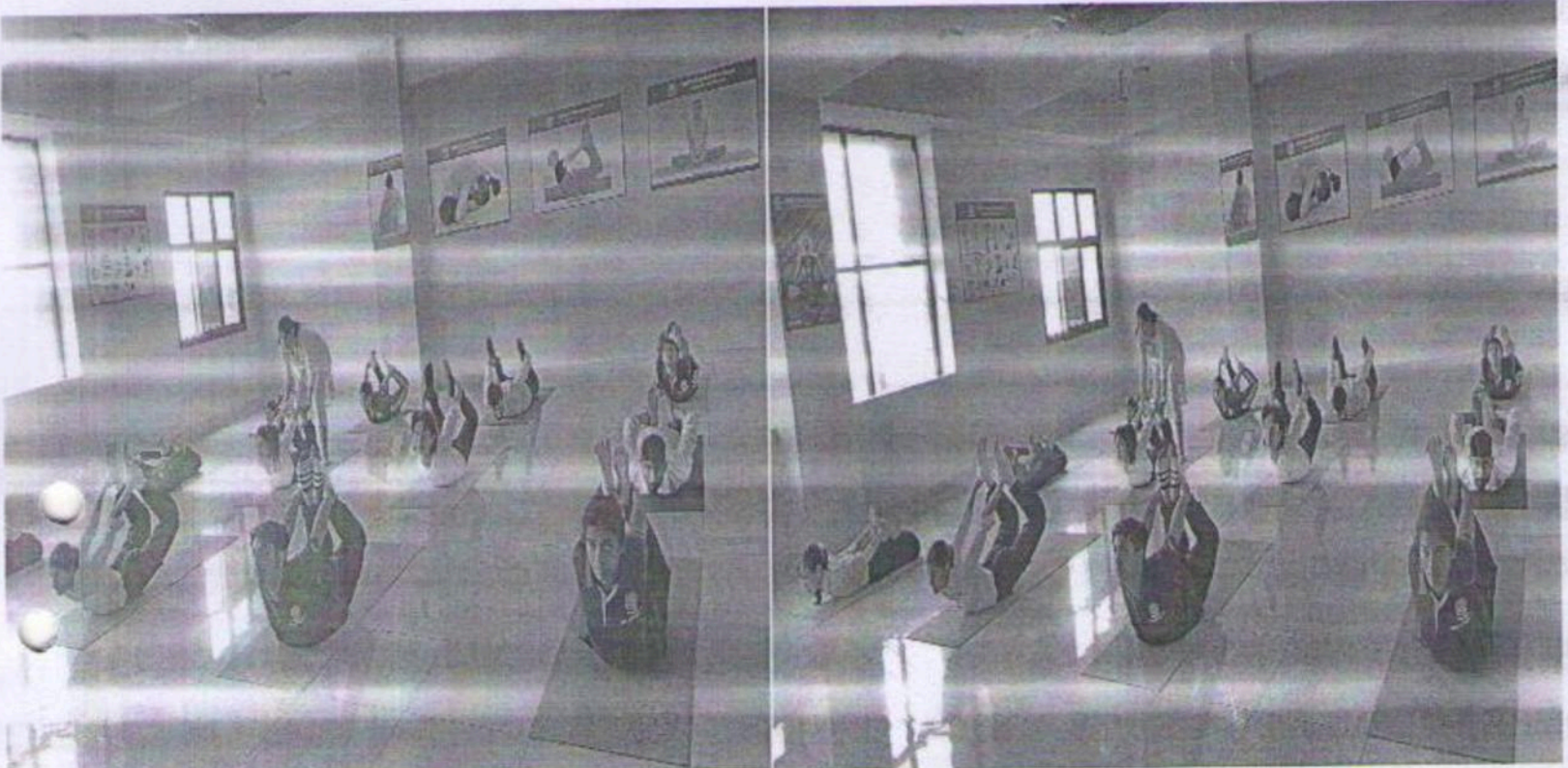
Venue: 'D' -Block, 4th Floor Yoga Hall



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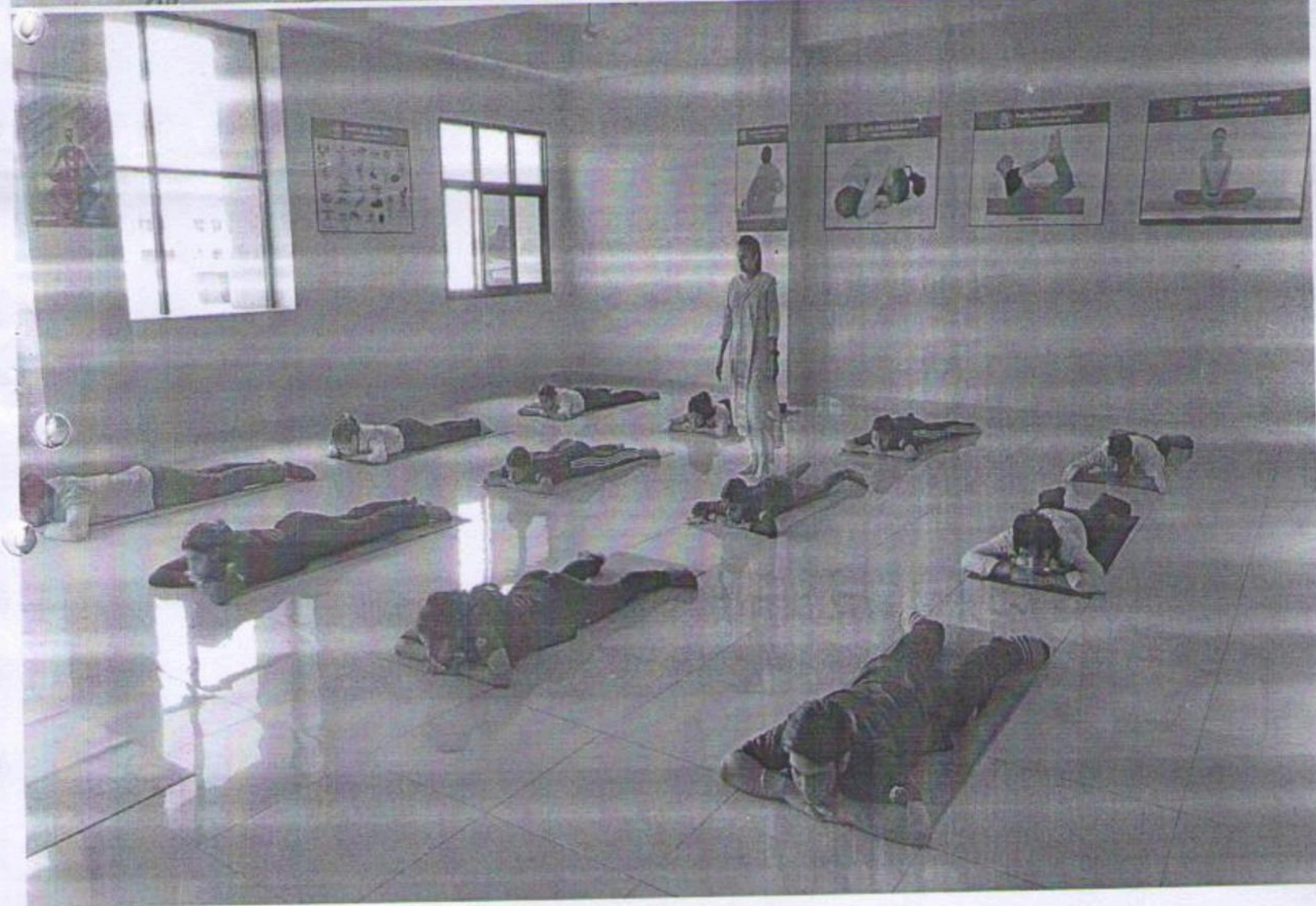
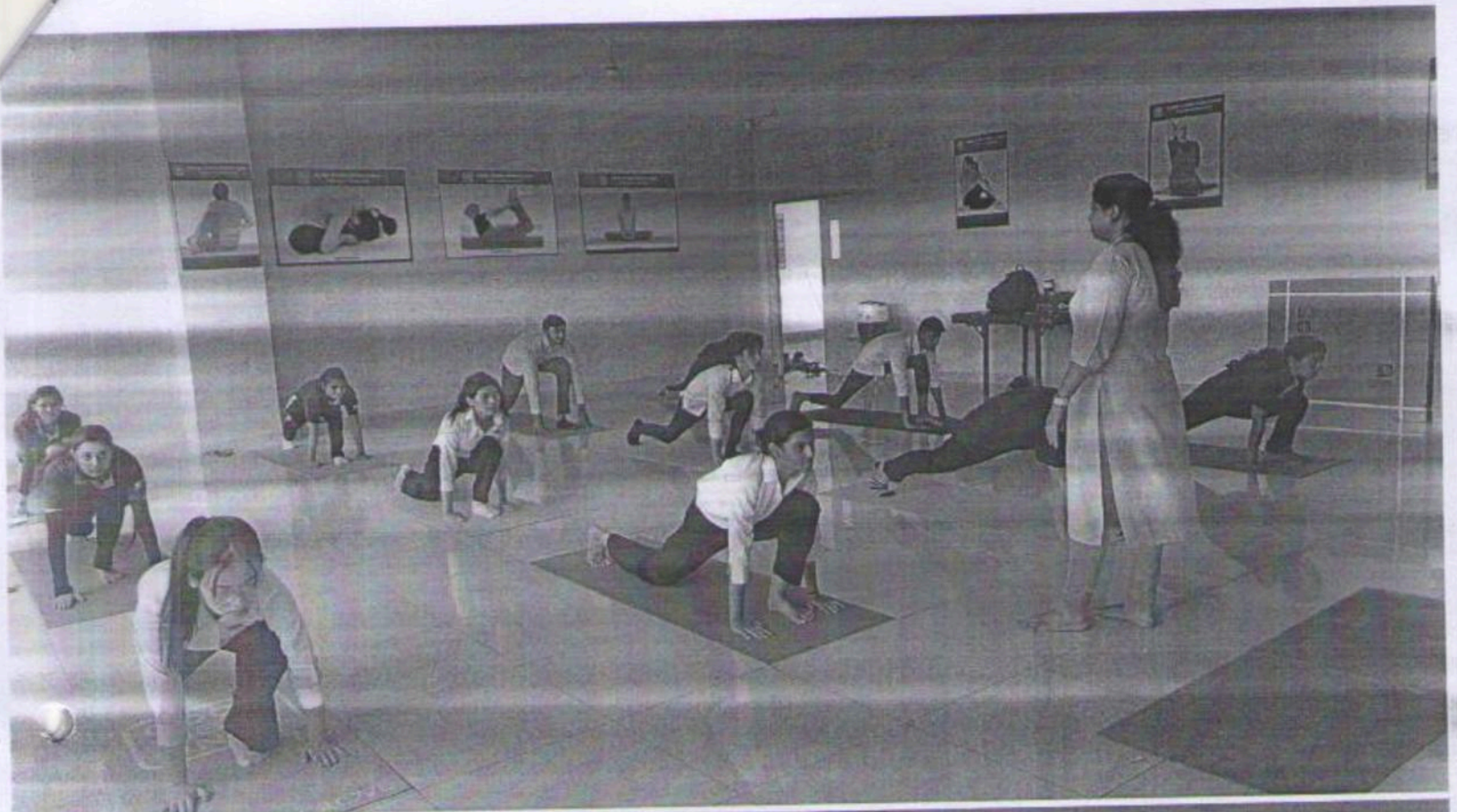
FACULTY OF NATUROPATHY & YOGIC SCIENCE



Students Undergoing Protocol Training



Students Undergoing Protocol Training



Trainers Instructiong Students

Dr. AM Chandrasekaran
chandrasekaran@ccdcindia.org; 8287992563
Curriculum Vitae

Dr. AM Chandrasekaran. B.N.Y.S., MPH., is a Research Fellow, Centre for Chronic Disease Control at the Public Health foundation of India (PHFI). He completed his Master of Public Health (MPH) in 2013 (first class with distinction) from SRM School of Public Health, SRM Deemed University, Chennai and Bachelor of Naturopathy and Yogic Sciences (BNYS), 2003 – 2009 with distinction in philosophy and practice of yoga from JSS Institute of Naturopathy and Yogic sciences, Ootacamund (affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai).

Dr. AM Chandrasekaran skills and expertise is in clinical research of behavioural interventions especially Yoga & Naturopathy, systematic review and meta-analysis, quantitative research, health policy and policy advocacy. His long term goal is to further the interests of evidence informed Yoga & Naturopathy clinical practice.

Academic Qualification

- Master of Public Health (MPH) in 2013 (first class with distinction) from SRM School of Public Health, SRM Deemed University, Chennai
- Bachelor of Naturopathy and Yogic Sciences (BNYS), 2003 – 2009 with distinction in philosophy and practice of yoga from JSS Institute of Naturopathy and Yogic sciences, Ootacamund, affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai.

Professional Experience / positions Held

Position	Period
Research Fellow at Centre for Chronic Disease Control, Gurgaon	June 2013 – April 2020
Junior Naturopath at National Institute of Naturopathy (NIN), Pune	June 2010 - July 2011
Nature cure consultant at SPARSH Holistic Health Foundation, Chennai	July 2009 - May 2010
Internships	
Internship for the MPH program at Center for Chronic Disease Control (CCDC), New Delhi	January 2013 - May 2013
CRRi for the BNYS degree at JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Ooty	August 2009 - May 2010
CRRi for the BNYS degree at National Institute of Naturopathy (NIN), Pune.	May 2008 - July 2009

Lists of workshops and trainings

- Participated in the CME on "Basic & Advanced Acupuncture" conducted by National Institute of Naturopathy, Pune from November 18-19, 2016.
- Participated in the CME on "Current trends in Naturopathy and Yoga" conducted by

Brief Biodata of DR ASHA GANDHI



Brief Biodata of Dr Asha Gandhi

Dr. Asha Gandhi passed her MBBS and MD(Physiology) from Lady Hardinge Medical College, New Delhi, and joined the same Institution on faculty post of Assistant Professor and promoted to the post of Professor in 1995 and then to Director Professor. She continuously served LHMC till her superannuation in September 2017. After retirement from LHMC, she joined as Professor and Head of the Department of Physiology , Faculty of Medicine and Health Sciences at Shree Guru Gobind Singh Tricentenary Medical College, SGT University, Gurugram and superannuated in September 2022.

Dr. Asha Gandhi is a well known academician and outstanding scholar in the field of Physiology. She has been actively involved with teachings of MBBS and MD students. She guided twenty MD thesis, and four PhD thesis to postgraduate students, a number of short term ICMR and KVYP research projects to MBBS students. She has fifty four publications to her credit in various National and International Journals

Dr. Sriloy Mohanty

Research Associate

Center for Integrative Medicine and Research,
AIIMS, New Delhi 110029, India

sriloy21@gmail.com * sriloy21@aiims.edu.in * (+91) 9560540977

Education

- ⇒ Higher Secondary Education from Council of Higher Secondary Education, Odisha - 2010
- ⇒ Yoga Instructors Course from S-VYASA University* - July 2011
- ⇒ Bachelors in yoga and Naturopathic Medicine (BNYS) from S-VYASA University* - January 2016 (Vivekananda Excellence Award, 2016)
- ⇒ Master's in yoga therapy from S-VYASA University* Bangalore, India.
- ⇒ Pursuing PhD from Center for Integrative Medicine and Research, AIIMS, New Delhi since 2017

Professional Experiences

- | | |
|----------------|--|
| 2019-till date | <u>Research Associate, CIMR, AIIMS, New Delhi, India.</u> |
| 2017-2019 | <u>Senior Research Fellow, CIMR, AIIMS, New Delhi, India.</u> |
| 2017-till date | <u>Ph.D. Student, CIMR, AIIMS, New Delhi, India.</u>
<i>Thesis: <u>Efficacy of yoga based cardiac rehabilitation in Post-PCI patients. A prospective randomized, open-label, blinded end-point trial.</u></i>
<i>Supervisor: Dr. Gautam Sharma, Professor In Charge, CIMR, & Professor, Department of Cardiology, AIIMS, New Delhi, India.</i> |
| 2016-2017 | <u>Assistant Professor, S-VYASA University*, Bangalore, India</u> |

Other Work Experience

- ⇒ General Secretary, Society of Young Scientists, All India Institute of Medical Sciences, New Delhi.
- ⇒ General Secretary, Delhi Chapter, Indian Naturopathy & Yoga Graduates Medical Association (INYGMA), an association of centrally registered Yoga and Naturopathy physicians across India.
- ⇒ Visiting Physician at SVYASA, New Delhi Branch.
- ⇒ Former National joint secretary, Indian Naturopathy & Yoga Graduates Medical Association (INYGMA), an association of centrally registered Yoga and Naturopathy physicians across India.
- ⇒ Member of organizing committee for six international conferences and several national Conferences and workshops.



FACULTY OF NATUROPATHY & YOGIC SCIENCE

Ref. No: - SGTU/FNYS/BNYS/2023-309

Date: -09/06/2023

Email: drasha53@yahoo.com

To,

Dr. Asha Gandhi,
Former HOD Physiology Department,
SGT University

Sub:- Invitation to be a Resource person in the Seminar on the occasion of International Yoga Day to be organised on 10.06.2023 by Faculty of Naturopathy and Yogic Science, SGT University, Budhera, Gurugram (Haryana) - reg.

Respected Madam,

I am indeed happy to inform you that the SGT University under the aegis of Faculty of Naturopathy and Yogic Science is organising a Seminar on the occasion of 9th International Day of Yoga on 10.06.2023 (Saturday) from 11:00 a.m. to 12:00 p.m.

As requested on telephone and consented by your good self, on behalf of FNYS and SGT University, I am extending you a formal invitation to be a Resource person in the said Seminar as per the details given below:

Topic: Therapeutic Evidence & Yoga

Date and Time: 10.06.2023; 11:00 a.m. to 12:00 p.m.

Venue: TV Studio; 3rd Floor, 'B' Block, SGT University, Budhera, Gurugram (Haryana)

Entry through Gate No. 1; Parking: Near Dental Block

It is requested to kindly confirm the same.

With regards,

Yours Sincerely,





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

Email: sriloy21@gmail.com

Date: 09.06.2023

To,

Dr. Sriloy Mohanty,
Research Associate,
Center for Integrative Medicine
And Research, AIIMS, New Delhi

Sub: Invitation to be a Resource person in the Seminar on 'Yoga and Health' to be organised on 10.06.2023 by Faculty of Naturopathy and Yogic Science, SGT University, Budhera, Gurugram (Haryana) - reg.

Sir,

I am indeed happy to inform you that the SGT University under the aegis of Faculty of Naturopathy and Yogic Science is organising a Seminar on the occasion of 9th International Day of Yoga on 10.06.2023 (Saturday) from 2.00 p.m. to 4:00 p.m.

As requested on telephone and consented by your good self, on behalf of FNYS and SGT University; I am extending you a formal invitation to be a Resource person in the said Seminar as per the details given below:

Topic: Yoga and Health

Date and Time: 10.06.2023; 2:00 p.m. to 4:00 p.m.

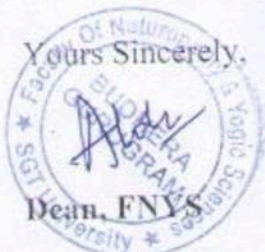
Venue: TV Studio; 3rd Floor, 'B' Block, SGT University, Budhera, Gurugram (Haryana)

Entry through Gate No. 1; Parking: Near Dental Block

It is requested to kindly confirm the same.

With regards,

Yours Sincerely,





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SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

Email: chandrasedkaran@ccdcindia.org

Date: 05.06.2023

To,

Dr. AM Chandrasekaran,
B.N.Y.S, MPH, Research Fellow,
Centre for Chronic Disease Control,
Public Health Foundation of India

Sub: Invitation to be a Resource person in the Seminar on the occasion of International Yoga Day to be organised on 06.06.2023 by Faculty of Naturopathy and Yogic Science, SGT University, Budhera, Gurugram (Haryana) - reg.

Sir,

I am indeed happy to inform you that the SGT University under the aegis of Faculty of Naturopathy and Yogic Science is organising a Seminar on the occasion of 9th International Day of Yoga on 06.06.2023 (Tuesday) from 2:00 p.m. to 4:00 p.m.

As requested on telephone and consented by your good self, on behalf of FNYS and SGT University, I am extending you a formal invitation to be a Resource person in the said Seminar as per the details given below:

Topic: Yoga & Cardiovascular Health

Date and Time: 06.06.2023; 2:00 p.m. to 4:00 p.m.

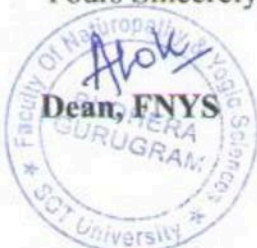
Venue: TV Studio; 3rd Floor, 'B' Block, SGT University, Budhera, Gurugram (Haryana)

Entry through Gate No. 1; Parking: Near Dental Block

It is requested to kindly confirm the same .

With regards,

Yours Sincerely,



SGT UNIVERSITY

Faculty of Naturopathy and Yogic Sciences
Natura Wellness Association
Under aegis of Haryana Yog Ayog

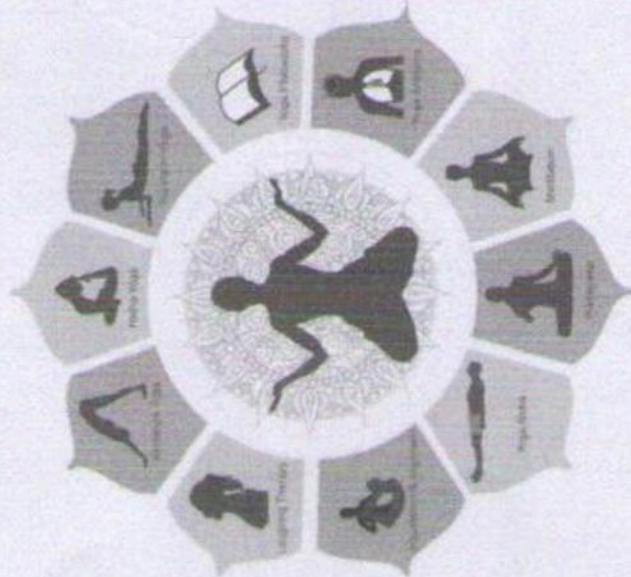
is organising a

YOGA SEMINAR

on the occasion of

9th International Day of Yoga

Yoga & Cardiovascular Health



Organisers

Dr. Sangeeth Somanadharpai
(Convener)

Dr. Alok
Dean FNYS
Adviser of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Ms. Arti Sharma
Event Coordinator,
Co-Advisor of Natura Wellness
Association

06th June, 2023 **2:00 PM to 4.00 PM**

Venue: B – Block, 3rd Floor, TV Studio

Speaker



Dr. AM Chandrasekaran
B.N.Y.S.MPH,
Research Fellow,
Centre for Chronic Disease Control,
Public Health Foundation of India.



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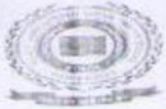
FACULTY OF NATUROPATHY & YOGIC SCIENCE

NATURA WELLNESS ASSOCIATION UNDER AEGIS OF YARYANA YOG AYOG

9th INTERNATIONAL DAY OF YOGA

SEMINAR ON YOGA & CARDIOVASCULAR HEALTH -06.06.2023

Sr. NO.	Roll No.	Name	Signature
1			
2	221601015	ANSHIKA	Anshika
3	221601028	SHALU YADAV	Shalu
4	221601044	Shashi Singh	Shashi
5	221601023	Kartik Mahajan	Kartik
6	221601006	Nikhil Gupta	Nikhil
7	221601040	AKSHAT PATEL	Akshat
8	221601008	Khushboo Garg	Khushboo Garg
9	221601021	Nikita	Nikita
10	221601002	Nikesh	Nikesh
11	221601029	Sonali	Sonali
12	221601017	Vaibhav Sharma	Vaibhav
13	221601002	Aditya Raj Rai	Aditya
14	221601014	Sobuj Nath Bhowmik	Sobuj
15	221601036	Rukul Patel	Rukul
16	221601009	SAMEER AHMED	Sameer
17	221601030	Vikash kumar	Vikash
18	221601020	Khushi Garg	Khushi
19	221601032	Nilakshi Saxena	Nilakshi
20	221601042	Ankit K. Gupta	Ankit
21	221601010	Dikshita	Dikshita
22	221601037	VISHAL KUMAR	Vishal
23	221601001	HARIOM SHARAN	Hariom
24	221601033	Khushi Panwar	Khushi



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NATURA WELLNESS ASSOCIATION UNDER AEGIS OF YARYANA YOG AYOG
9th INTERNATIONAL DAY OF YOGA

SEMINAR ON YOGA & CARDIOVASCULAR HEALTH -06.06.2023

Sr. NO.	Roll No.	Name	Signature
25	221601024	Akshita	Akshita
26	221601022	Shivani	Shivani
27	221601011	Ashyan	Ashyan
28	221601026	Harshit	Harshit
29	221601018	Tushor Singh	Tushor Singh
30	221601041	Sagar	Sagar
31	221601007	Yogeshwar	Yogeshwar
32	221601016	Sheetal	Sheetal
33	221601013	Sonam Sharma	Sonam



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NATURA WELLNESS ASSOCIATION UNDER AEGIS OF YARYANA YOG AYOG

9th INTERNATIONAL DAY OF YOGA

SEMINAR ON YOGA & CARDIOVASCULAR HEALTH -06.06.2023

Sr. NO.	Roll No.	Name	Signature
1	192001001	PADI OBING	- <i>Obing</i>
2	192001002	PRIYADARSHINI WAHENGBAM	-
3	192001003	YASHPAL SINGH	-
4	192001004	RAUNAQ JAIN	-
5	192001005	SHWETA	-
6	192001006	SPARSHI SAXENA	-
7	192001007	KASH SINGH	-
8	192001008	PREETI SABHARWAL	-
9	192001009	SAPNA	-
10	192001010	HARSH KUMAR	- <i>Harsh Kumar</i>
11	192001011	ADITI RAWAT	-
12	192001012	PRIYANKA YADAV	-
13	192001013	MUSKAN DHANKAR	-
14	192001014	NISHA	-
15	192001015	NIHARIKA	-
16	202001001	RITU AHIRWAL	- <i>Ritu</i>
17	202001002	PARSHANT	- <i>Parshant</i>
18	202001003	VIKAS KAUSHIK	- <i>Vikas</i>
19	202001004	BINDU	-
20	202001006	TANU KUMARI	- <i>Tanu</i>
21	202001007	KANIKAA GUPTA	- <i>Kanika</i>
22	202001008	SAHIL	- <i>Sahil</i> X Ab.
23	202001009	SAKSHI	- <i>Sakshi</i>
24	202001010	ANMOL KHAJURIA	- <i>Anmol</i>
25	202001011	TANYANG DANYI	- <i>Dany</i>



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FACULTY OF NATUROPATHY & YOGIC SCIENCE

NATURA WELLNESS ASSOCIATION UNDER AEGIS OF YARYANA YOG AYOG

9th INTERNATIONAL DAY OF YOGA

SEMINAR ON YOGA & CARDIOVASCULAR HEALTH -06.06.2023

Sr. NO.	Roll No.	Name	Signature
26	202001012	RASHIKA V	—
27	202001013	MANSI	<i>Mansi</i>
28	202001014	KANISHKA	—
29	202001015	VIKAS PAL	—
30	212001001	MANISHA DAGAR	<i>Manisha</i>
31	212001002	SAPNA YADAV	<i>Sapna</i>
32	212001003	DIMPY YADAV	<i>Dyadav</i>
33	212001004	LALIT YADAV	<i>kalit.</i>
34	212001005	RANJEET KAUR	<i>Ranjeet</i>
35	212001007	NEHA YADAV	<i>Neha</i>
36	212001008	LAKSHYA BHARDWAJ	—
37	212001011	NADAR NIHAL KAUR	<i>Navya</i>
38	212001012	SHEKHAR	—
39	212001013	NIKITA	<i>Nikita</i>
40	212001014	RIYA	<i>Riya</i>
41	212001016	KALPANA CHOUDHARY	<i>Kalpna</i>
42	212001018	OMKAR NATH SINGH	<i>Omkar</i>
43	212001020	VARTIKA CHAUHAN	—
44	212001021	MANVI TYAGI	<i>Manvi</i>
45	212001023	TANISHQ SOOD	<i>Tanishq</i>
46	212001024	JASMINE	<i>Jasmine</i>
47	212001027	NAVYA SHARMA	<i>Navya</i>
48	212001029	ARSHPREET KAUR	<i>Arshpreet</i>
49	222001001	CHEटना JALWAL	<i>Chetna Jalwal</i>
50	222001003	ADITYA KUMAR RANGA	<i>Aditya</i>



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FACULTY OF NATUROPATHY & YOGIC SCIENCE

NATURA WELLNESS ASSOCIATION UNDER AEGIS OF YARYANA YOG AYOG

9th INTERNATIONAL DAY OF YOGA

SEMINAR ON YOGA & CARDIOVASCULAR HEALTH -06.06.2023

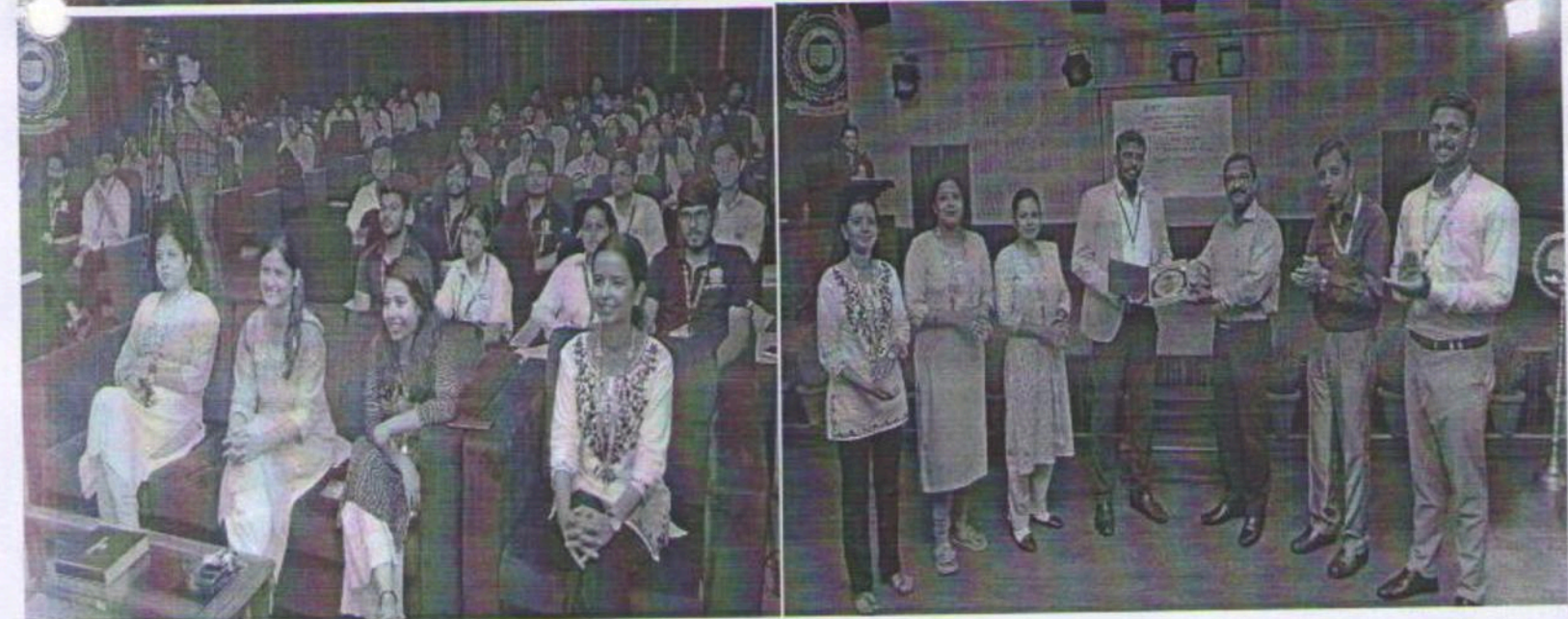
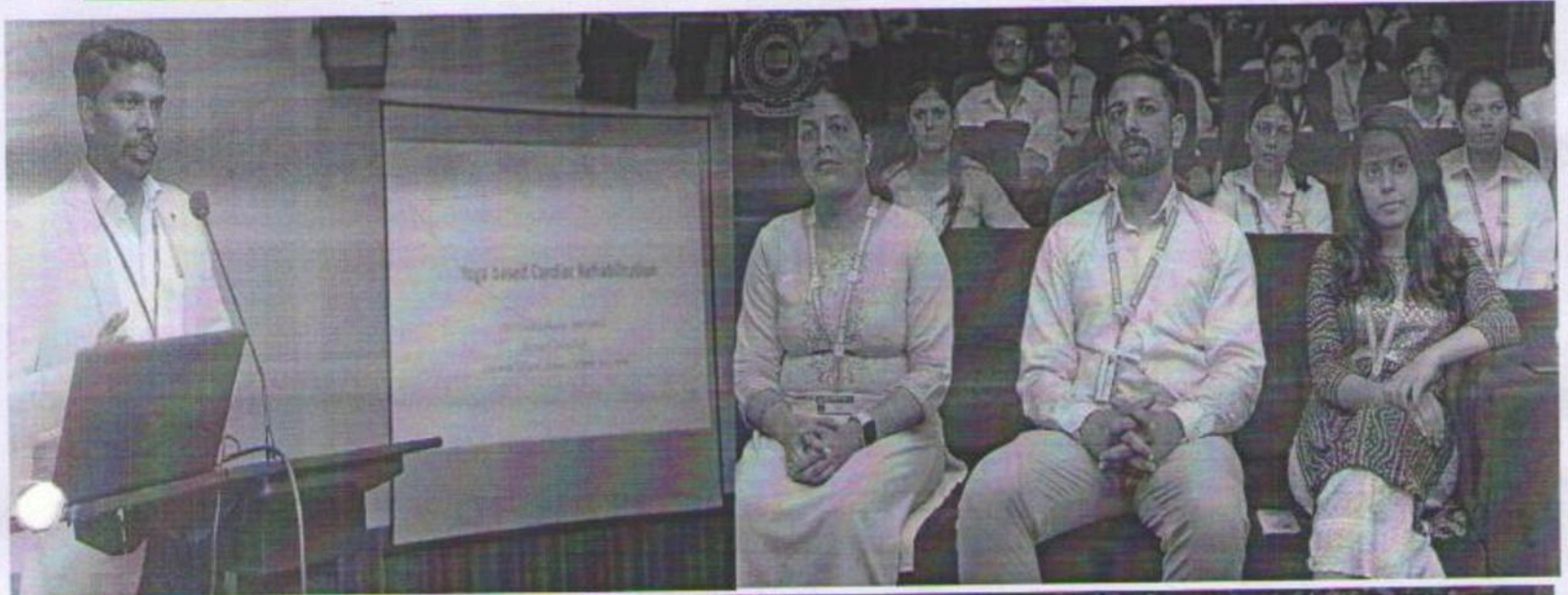
Sr. NO.	Roll No.	Name	Signature
51	222001004	PRIYANKA YADAV	
52	222001005	HARSH UPMANYU	
53	222001006	YASHBARDHAN SINGH CHAUHAN	—
54	222001007	BIRLA LAISHRAM	—
55	222001008	KARIYA CHIPEMLA KASHUNG	
56	222001009	TUSHAR YADAV	
57	222001010	JASHMEET	—
58	222001011	PIYUSH SHRIDHER	—
59	222001012	SAHIL SHARMA	
60	222001013	INDERJEET SINGH	
61	222001015	KUSHAL RAO	
62	222001016	PRATHAM RANGA	
63	222001017	SWEETY SHARMA	
64	222001018	OMANSHU MANAV	—
65	222001019	DEVANSHI	—
66	222001020	SANJANA	
67	222001021	VIPUL KUMAR SHARMA	
68	222001022	AMINUL ISLAM	
69	222001024	YUVRAJ KUMAR	
70	222001025	KRISHAN JAKHAD	—
71	222001026	PRIYANKA SHARMA	—
72	212001006	SOURAV YADAV	—
73	212001010	DIKSHIT KADIAN	—
74	212001015	RINKAL LOHIA	—
75	212001019	VASHNAVI DIXIT	—



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(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE



Students and Faculty members attending the events



Faculty of Naturopathy and Yogic Sciences
 Natara Wellness Association
 Under aegis of Haryana Yog Ayog

is organising a

YOGA SEMINAR

_____ on the occasion of
9th International Day of Yoga

Therapeutic Evidence & Yoga



Organisers

Dr. Sangeeth Somanadhapai
 (Convener)

Dr. Alok
 Dean FNYS
 Advisor of
 Natara wellness Association

Ms. Nitu Sinha
 Event Coordinator

Ms. Arti Sharma
 Event Coordinator,
 Co-Advisor of Natara Wellness
 Association

10th June, 2023 **11:00 AM to 1:00 PM**

Venue: B – Block, 3rd Floor, TV Studio

Speaker



Dr. Asha Gandhi
 Former HOD
 Physiology Department
 SGT University

1st half

SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM
FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023 10/06/23

S. No.	Roll No.	Name	Department	Signature
1	16	Vandana Gughani	FIMS	[Signature]
2	39	Komal	FIMS	[Signature]
3	35	Anita	FIMS	[Signature]
4	31	Sachin Sharma	FIMS	[Signature]
5	46	Rohit Kumar	FIMS	[Signature]
6	45	Norman Dixit	FIMS	[Signature]
7	18	Bhawana	FIMS	[Signature]
8	19	Akanksha	FIMS	[Signature]
9	28	Prachi Verma	FIMS	[Signature]
10	50	Jyoti	FIMS	[Signature]
11	3	Mansi Sharma	FIMS	[Signature]
12	53	Jyagriti	FIMS	[Signature]
13	54	Shakshi Hooda	FIMS	[Signature]
14	42	Smriti	FIMS	[Signature]
15	52	Angali Gupta	FIMS	[Signature]
16	1	Sourav Yadav	FIMS	[Signature]
17	17	Riya Jyoti	FIMS	[Signature]
18	24	Akash	FIMS	[Signature]
19	36	Rahul	FIMS	[Signature]
20	15	Himanshu	FIMS	[Signature]
21	11	Kunal	FIMS	[Signature]
22	47	Yash	FIMS	[Signature]
23	23	Shivam	FIMS	[Signature]
24	09	Balvinder Kaushik	FIMS	[Signature]
25	43	Satyam	FIMS	[Signature]
26	04	Bindu	BNYS	[Signature]
27	14	Kanishka	FNYS	[Signature]
28	24	Turraj Kumar	FNYS	[Signature]

SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM

FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023

10/6/23

S. No.	Roll No.	Name	Department	Signature
29	212001004	LALIT YADAV	BNYS	Lalit Yadav
30	212001023	Tanishq Sood	BNYS	Tanishq
31	212001001	Manisha	BNYS	Manisha
32	212001021	Manvi	BNYS	Manvi
33	212001018	Omika	BNYS	Omika
34	192001003	Yashraj Singh	BNYS 4th year	Yashraj
35	192001014	Nisha	BNYS 4th year	Nisha
36	201601048	Divy Sharma	BAMS 3rd year	Divy
37	201601001	Bhikhi Kaur	BAMS	Bhikhi
38	201601049	Rupal Sharma	BAMS 3rd yr	Rupal
39	201601032	Himanshu Jangir	BAMS 3rd yr	Himanshu
40	201601022	Simran Yadav	BAMS 3rd yr	Simran
41	201601001	Saizal Sharma	BAMS 3rd year	Saizal Sharma
42	222001010	Jashmeet	BNYS 1st year	Jashmeet
43	222001017	Sweetie Sharma	BNYS 1st year	Sweetie
44	222001026	Niyanka Sharma	BNYS 2nd year	Niyanka
45	222001022	Aminul Islam	BNYS 1st yr	Aminul Islam
46	222001009	Tushar Yadav	BNYS 1st yr	Tushar
47	222001013	Jnderjeet Singh	BNYS 1st year	Jnderjeet
48	222001014	Sahil Sharma	BNYS 1st year	Sahil
49	222001006	Yashbandhan	BNYS 2nd year	Yash
50	202001010	Anmol	BNYS-3rd year	AK
51	202001006	Tanu	BNYS-3rd year	Tanu
52	202001007	Kanikaa	BNYS-3rd year	Kanika
53	202001009	Sakshi	BNYS-3rd year	Sakshi
54	202001011	Danyii	BNYS-3rd year	Danyii
55	202001001	Ritu	BNYS-3rd yr.	Ritu
56	202001002	Parshant	BNYS-3rd yr	Parshant
57.	202001005	Ranjeet	B.NYS-2nd year	Ranjeet

SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM
 FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023

10/6/23

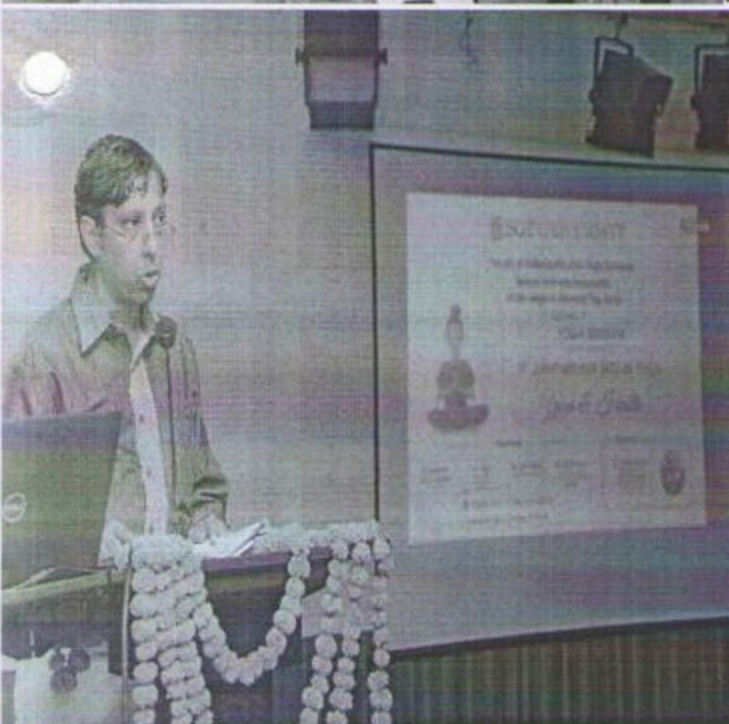
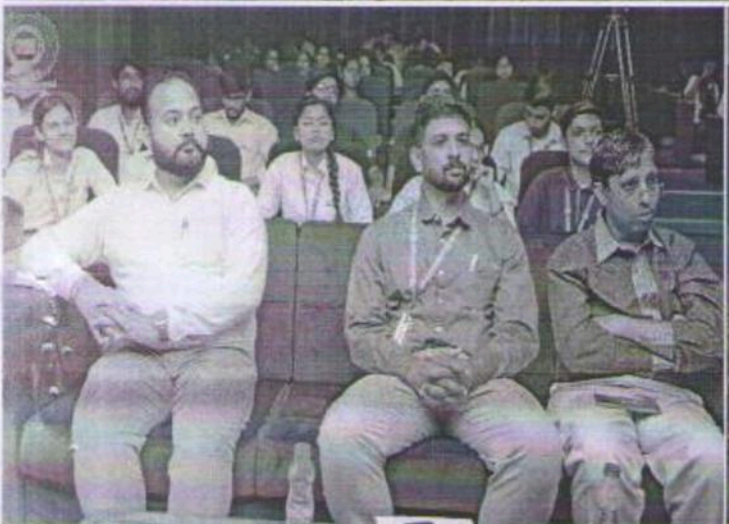
S. No.	Roll No.	Name	Department	Signature
57	202001003	Vikas Kausik	BNYS 3 rd year	Vikas
58	212001013	Nikita	BNYS 2 nd year	Nikita
59	212001014	Riya	BNYS 2 nd year	Riya
60	212001020	Vantika Chauhan	BNYS 2 nd yr	Vantika
61	212001029	Anshpreet Kaur	BNYS 2 nd year	Anshpreet
62	212001002	Sapna Yadav	BNYS 2 nd year	Sapna
63	212001003	Pimpy Yadav	BNYS 2 nd year	Pimpy
64	221601011	Aryan	BAMS 1 st yr.	Aryan
65	221601083	Muskan Gupta	BAMS 1 st yr.	Muskan
66	192001010	Harsh	BNYS 4 th year	Harsh
67	192001004	Ramraj	BNYS 4 th year	Ramraj
68	192001008	Pareeti	BNYS 4 th year	Pareeti
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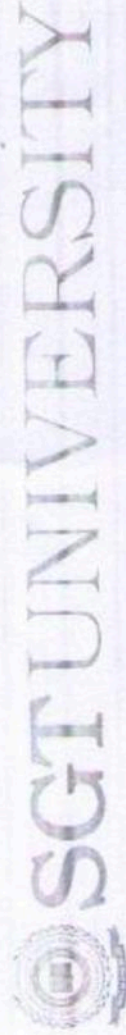


SGT UNIVERSITY

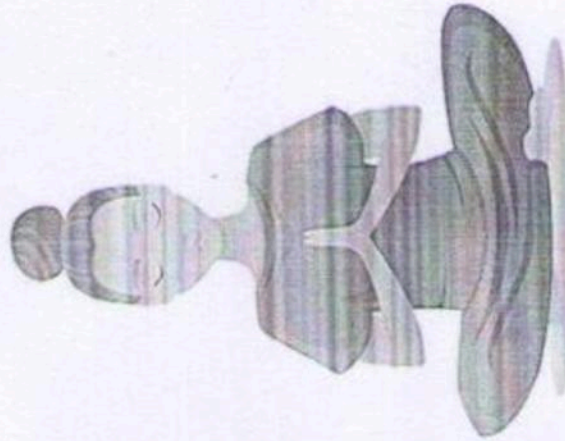
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE





Faculty of Naturopathy and Yogic Sciences
Natura Wellness Association
Under aegis of Haryana Yog Ayog



is organising a

YOGA SEMINAR

_____ on the occasion of _____

9th International Day of Yoga

Yoga & Health

Organisers

Dr. Sangeeth Somanadhapaal
(Convener)

Dr. Alok
Dean FNYS
Advisor of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Ms. Arti Sharma
Event Coordinator,
Co-Advisor of Natura Wellness
Association

10th June, 2023 **2:00 PM to 4:00 PM**

Venue: B – Block, 3 rd Floor, TV Studio

Speaker



Dr. Srijoy Mohanty
Research Associate,
Center for Integrative
Medicine and Research,
AIIMS, New Delhi

2nd half.

SIREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM

FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023

10/6/23

S. No.	Roll No.	Name	Department	Signature
1	202001001	Manisha	BNYS	Manisha
2	202001001	Ritu	B.N.Y.S. 3rd yr	Ritu
3	202001002	Poojant	"	Poojant
4	202001003	Vikas.	"	Vikas
5	212001006	Soumal Yadav	BNYS 2nd year	Soumal
6	212001013	Nikita Saini	" "	Nikita
7	212001003	Dimpal Yadav	BNYS 2 nd year	Dimpal
8	212001020	Vartika Chauhan	BNYS 2 nd year	Vartika
9	212001005	Ranjeet Kaur	BNYS 2 nd yr	Ranjeet
10	212001014	Riya Saini	BNYS 2 nd yr	Riya
11	202001009	Sakshi	BNYS 3 rd yr	Sakshi
12	202001010	Anmol Khajuria	BNYS 3 rd year	AK
13	222001006	Yashbandhan Singh Chauhan	BNYS 1 st year	Yash
14	222001013	Inderjeet Singh	BNYS 1 st year	Inderjeet
15	222001014	Sohil Sharma	BNYS 1 st year	Sohil
16	202001006	Tanu	BNYS 3 rd year	Tanu
17	202001011	Somyi Tanyang	BNYS 3 rd year	Somyi
18	222001003	Aditya Kumar Ranga	BNYS 1 st yr	Aditya
19	202001007	Kannika Gupta	BNYS 3 rd year	Kannika
20	202001008	Sahil	BNYS 3 rd year	Sahil
21	202001015	Vikas pal	BNYS 3 rd year	Vikas
22	212001024	Jasmine Sharma	BNYS 2 nd yr	Jasmine
23	212001029	Ashmit Kaur	BNYS 2 nd yr	Ashmit
24	212001002	Sapna Yadav	"	Sapna
25	201601046	Rohit Kumar	BAMS 3 rd yr	Rohit
26	201601051	Sachin	BAMS 3 rd yr	Sachin
27	201601017	Riya Tyagi	BAMS 3 rd yr	Riya
28	201601003	Mansi	BAMS 3 rd yr	Mansi

2nd

SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM
FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023

10/6/23

S. No.	Roll No.	Name	Department	Signature
29	192001014	Nisha	BNYS 4th year	Nisha
30	192001003	Yashpal Singh	BNYS 4th year	Yashpal Singh
31	192001010	Harsh Kumar	BNYS 4th year	Harsh Kumar
32	192001004	Rachna	BNYS 4th year	Rachna
33	212001021	Manvi Tyagi	BNYS 2nd year	Manvi
34	212001001	Manisha	BNYS 2nd year	Manisha
35	212001018	omkar	BNYS 2nd year	omkar
36	222001010	Tashmeet	BNYS 1st year	Tashmeet
37	222001025	Priyanka Khanna	BNYS 1st year	Priyanka
38	222001017	Sweetie Sharma	BNYS 1st year	Sweetie
39	202001004	Bindu	BNYS 3rd year	Bindu
40	202001014	Kanishka	BNYS 3rd year	Kanishka
41	201601001	Sajal	BAMS 3rd year	Sajal
42	201601022	Simran	BAMS 3rd year	Simran
43	222001022	Aminul Islam	BNYS 1st year	Aminul Islam
44	222001009	Tushar Yadav	BNYS 1st year	Tushar Yadav
45	222001024	Yuvraj Kumar	BNYS 1st year	Yuvraj
46	201601050	Jyoti Singh	BAMS 3rd year	Jyoti
47	201601016	Vartika Gughani	BAMS 3rd yr.	Vartika
48	201601039	Komal.	BAMS 3rd yr.	Komal
49	201601045	Naman Dixit	BAMS 3rd yr.	Naman
50	201601018	Bhawna.	BAMS 3rd yr.	Bhawna
51	201601028	Prachi.	BAMS 3rd yr.	Prachi
52	201601052	Arijal	BAMS 3rd yr.	Arijal
53	210210033	Saaksha Swain	BDS 2nd year	Saaksha
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2nd

SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM
FACULTY OF NATUROPATHY & YOGIC SCIENCE

9th International Day of Yoga - 2023 10/6/23

S. No.	Roll No.	Name	Department	Signature
57	212001027	Navya Sharma	BNYS	Navya Sharma
58	212001023	Tanisha Sood	BNYS	Tanisha Sood
59	212001004	LALIT YADAV	BNYS	Lalit Yadav
60				
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SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

Ref. No: - SGTU/FNYS/BNYS/2023-295

Date: 09/05/2023

To,

The Registrar
SGT University Gurugram

Subject: Proposal to conduct E- poster, E- Videos, Essay writing, Yoga Quiz, Nukkad Natak in regarding to celebrate 9th edition of International Day of Yoga in SGT university.

Respected Sir,

I want to bring this into your notice that this year; we are going to celebrate the 9th edition of International Day of Yoga on 21st June 2023. This year "The Ministry of Ayush" and MDNIY jointly organized the three-day Yoga Mahotsav 2023 in the capital's Talkatora Stadium on 13-14 March 2023 to commemorate 100 days countdown to the 9th edition of IDY.

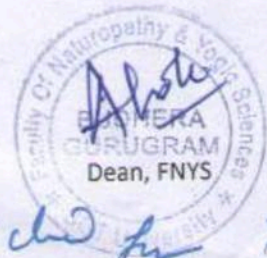
In this regard, we, the Faculty of Naturopathy & Yogic Science, SGT University, propose to organize events i.e., E-posters, E- Videos, Essay writing, Yoga Quiz & Nukkad Natak to give a more comprehensive promotion and publicity to various dimensions of Yoga and its utility and to kindle a mass movement to promote health and wellbeing among SGTians. In this regard, we would like your kind perusal and approval to mark our contribution in 100 days countdown to the 9th edition of IDY.

List of proposed programs enclosed with the document.

Sr. No	Name of the Event	Theme	Mode of Program	Date
1	Essay Writing	Traditional values of Yoga	Online	22/5/2023
2	E- Poster	Yoga For Wellbeing	Online	27/5/2023
3	E-Videos	Yoga for all	Online	27/5/2023
4	Yoga Quiz	Basics of Yoga	Offline	1/6/2023
5	Nukkad Natak	Aao Yog Karen	Offline	19/06/2023
6	International Yoga Day		Offline	21/06/2023

Program Coordinator-

1. Miss. Arti Sharma
2. Mrs. Nitu Sinha



Dean FNYS

Registrar
SGT University
Gurugram

Altrami

Request may be considered for approval

Approved

11/5/23

Recd
Duo
31/5/23
F.M.M.T.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

Materials and Budget required for the Events(Essay Writing,E-Poster,E-video,Yoga Quiz, Nukkad Natak)

Sr.No	Requirement	Quantity	Amount	Associate budget
1	Banner (6*4)	5	-	-
2	Certificate	37	8	296 ✓
3	Video Editing for Social media	1 ✓	-	-
4	Trophy	9	500	4500
5	Medals	8 (4Gold+4Silver)	100	800
6	Hi-Tea	40	40	1600
			Total	7196

Trophy & Medals have checked in store.

Program Organiser

Ms. Arti Sharma

Ms. Nitu Sinha



SHREE GURU GOVIND SINGH TRICENTENARY UNIVERSITY, BUDHERA, GURUGRAM
FACULTY OF NATUROPATHY AND YOGIC SCIENCES

9th International Day of Yoga - 2023


Sr.No	Event	Winner Name	Position	TYPE OF CERTIFICATE
1	e-Essay	Ms. Vandana Kumari	First	Merit
2		Shweta	Second	Merit
3		Samiksha	Third	Merit
4		Anmol Khajuria	Fourth	Merit
5		Tanu	Participation	Participation
6		Aditi Rawat	Participation	Participation
7	e-Poster	Aryan Tyagi	First	Merit
8		Sakshi Kaushik	Second	Merit
9		Muskan Gupta	Third	Merit
10		Nisha	Fourth	Merit
11		Ritu Ahirwal	Participation	Participation
12		Kalpana Choudhary	Participation	Participation
13	e-Video	Tanishq Sood	First	Merit
14		Shweta	Second	Merit
15		Shekhar	Third	Merit
16		Sakshi Kaushik	Fourth	Merit
17	e-Quiz	Anmol	First	Merit
18		Sakshi		Merit
19		Manvi Tyagi		Merit
20		Yashbardhan		Merit
21	e-Quiz	Tanishq Sood	Second	Merit
22		Chetna		Merit
23		Rashika		Merit
24		Ranjeet		Merit
25	Nukkad Natak	Lalit	Participation	Participation
26		Tanishq Sood	Participation	Participation
27		Manisha	Participation	Participation
28		Dimpy	Participation	Participation
29		Nadar	Participation	Participation
30		Arshpreet	Participation	Participation
31		MS. NITU SINHA		ORGANISER
32		MS. ARTI SHARMA		ORGANISER
33		DR. DRISHTI SAINI		ORGANISER
34		DR. KANCHAN CHOUDHARY		ORGANISER
35		DR. ANUJA ANAND		ORGANISER

Handwritten: 16/23

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 **SGT UNIVERSITY**



INTERNATIONAL

YOGA



DAY

21st JUNE 2023

INTERNATIONAL DAY OF YOGA
'Yoga for Vasudhaivakutumbkam'

Organized By

DEPARTMENT OF SWASTHAVRITTA & YOGA,
FACULTY OF INDIAN MEDICAL SYSTEM & FACULTY OF NATUROPATHY & YOGIC SCIENCE

In Association with

THE OFFICE OF STUDENTS' WELFARE

9



5:45 am to 7:00 am | Venue – Medical college ground

. International Yoga Day 2023

Theme: Yoga for Vasudhaiva kutumbkam

Organized by

FACULTY OF NATUROPATHY AND YOGIC SCIENCES

Under aegis of Haryana Yog Ayog

Venue : SGT University Gurgaon, Haryana

Yoga is the journey of the self. Through the self. To the self. – Bhagvat Gita

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from the Sanskrit root 'Yuj', meaning, 'to join' or 'to unite'. It symbolizes the union of body and consciousness. Today, it is practice in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. Since then, International Yoga Day is commemorated every year on 21 June with an aim to raise awareness worldwide of the many benefits of practicing yoga.

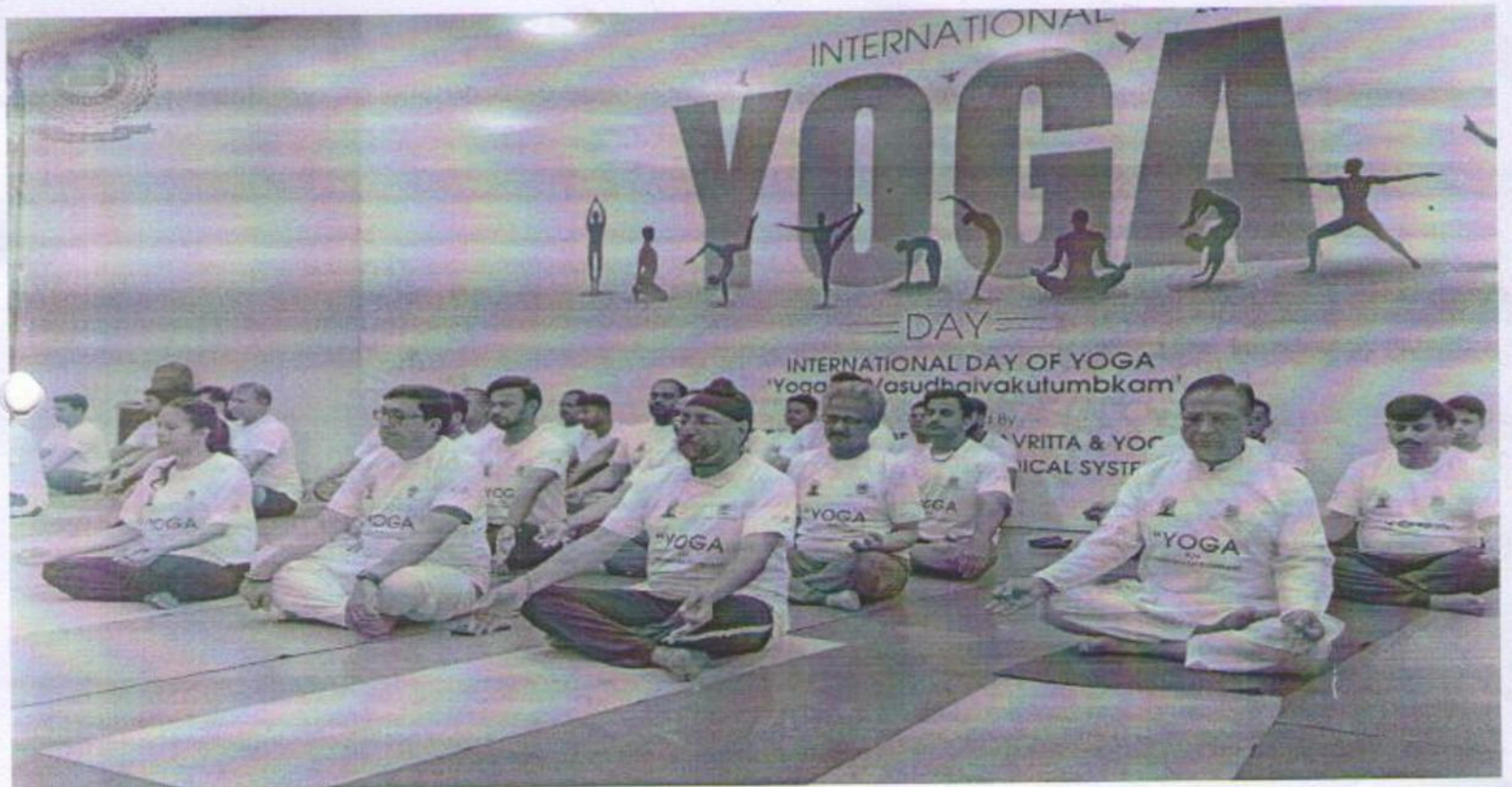
This year International Yoga Day celebrated worldwide with the theme "Yoga for Vasudhaivakutumbhakam"

Yoga Session on the International Day of Yoga (Morning 5:45 to 07:00)

Approximately 210 participants, including the faculty members, staff and students & the DSW Team of SGT University Gurgaon performed yoga practices under the guidance of Faculty of Naturopathy and Yogic Sciences in the Medical college ground. The session started with the lighting of lamp by Honorable Pro Vice Chancellor Prof. Vinod Kumar, Pro. Vikas Dhawan, Col. Sukhpal Singh, Dean Dr. Alok FNYS, Dean Dr. Prasanna V Savanur FAMS, SGT University Gurgaon. And briefed the participants about the impact of yoga on health and wellness and the importance of celebrating International Yoga Day. The session served to create interest and excited the participants into pledging regular participation in future.



Lamp Lightining by Hon`ble PVC



Yoga Day Celebration



SGT UNIVERSITY

Faculty of Naturopathy and Yogic Sciences
Natura Wellness Association



is organising a

NUKKAD NATAK

on the occasion of

9th International Day of Yoga

Aaa Yog Karen

Organisers

Dr. Alok
Dean FNYS
Advisor of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Ms. Arti Sharma
Event Coordinator,
Co-Advisor of Natura Wellness
Association

Dr. Anuja Anand
Co-Advisor of Natura Wellness
Association

Dr. Kanchan
Co-Advisor of Natura Wellness
Association

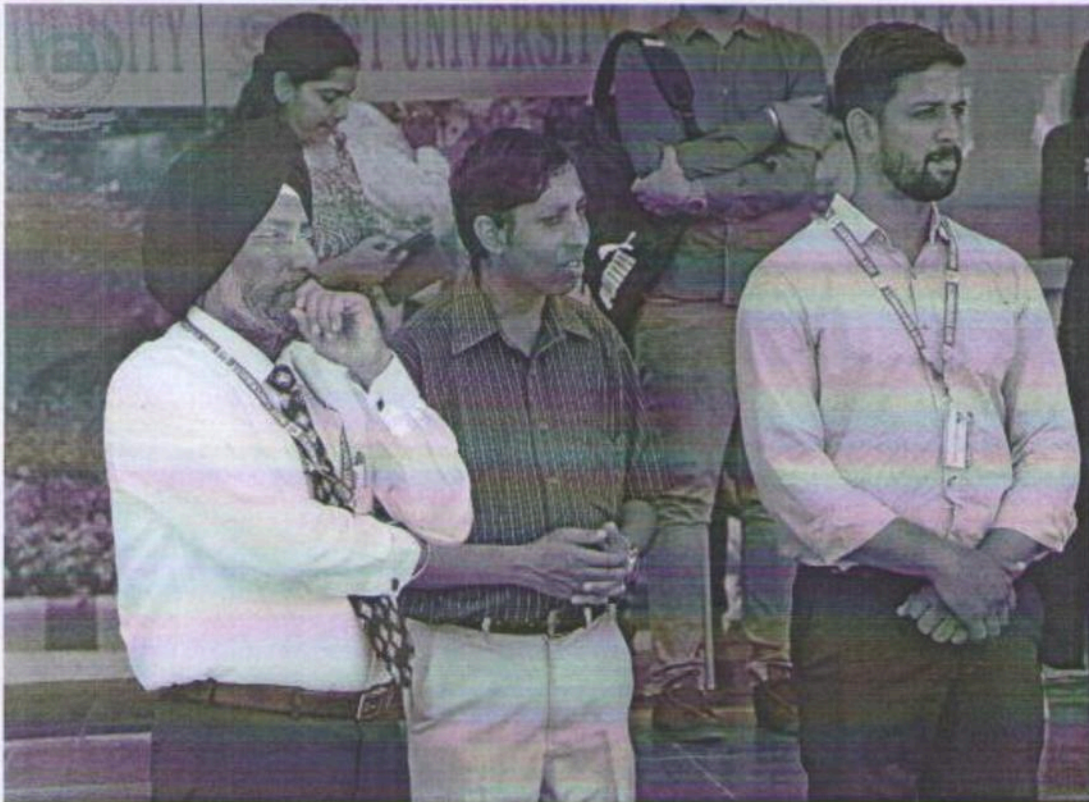
📅 14th June, 2023 ⌚ 11:00 AM to 1:00 PM



SGT UNIVERSITY


SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE



Nukkad Naatak byeing performed by FNYS Students




 GPS Map Camera



Gurugram, Haryana, India
FWH3+4XX, Budhera, Gurugram, Haryana 122505, India
Lat 28.477953°
Long 76.904442°
14/06/23 03:13 PM GMT +05:30



 GPS Map Camera



Gurugram, Haryana, India
FWH3+4XX, Budhera, Gurugram, Haryana 122505, India
Lat 28.477953°
Long 76.904442°
14/06/23 03:13 PM GMT +05:30



GPS Map Camera

Gurugram, Haryana, India

FWH3+85C, Budhera, Gurugram, Haryana 122505, India

Lat 28.478337°

Long 76.903091°

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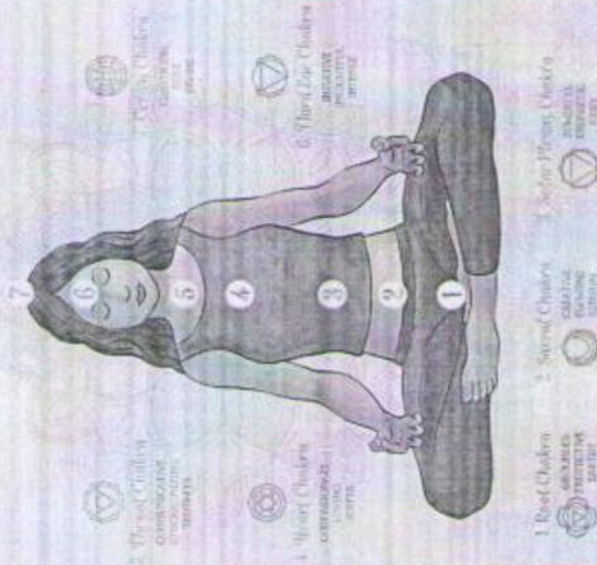
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SGT UNIVERSITY

FACULTY OF NATUROPATHY AND YOGIC SCIENCES
NATURA WELLNESS ASSOCIATION
is organising a



YOGA QUIZ

_____ on the occasion of _____

9th International Day of Yoga

Basics of Yoga

Organised by

Ms. Atri Sharma
Event Coordinator,
Co-Adviser of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Dr. Alok
Adviser of
Natura wellness Association

Dr. Anuja Anand
Co-Adviser of
Natura wellness Association

Dr. Kanchan
Co-Adviser of
Natura wellness Association

📅 01st June, 2023

🕒 10:00 AM to 12:00 PM

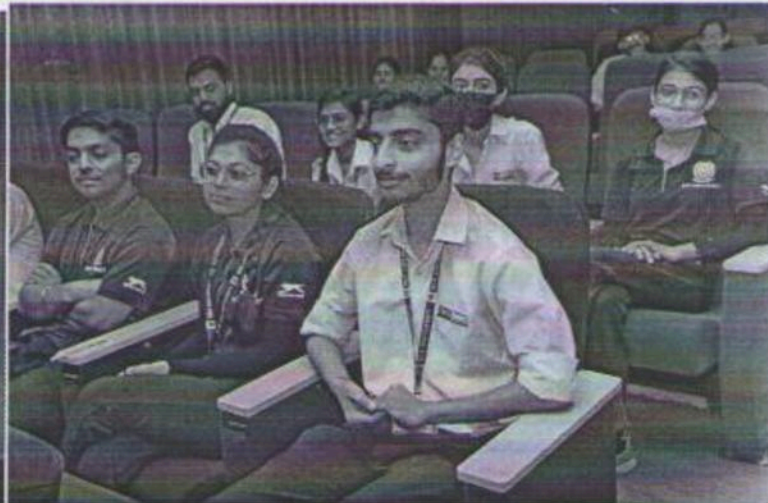
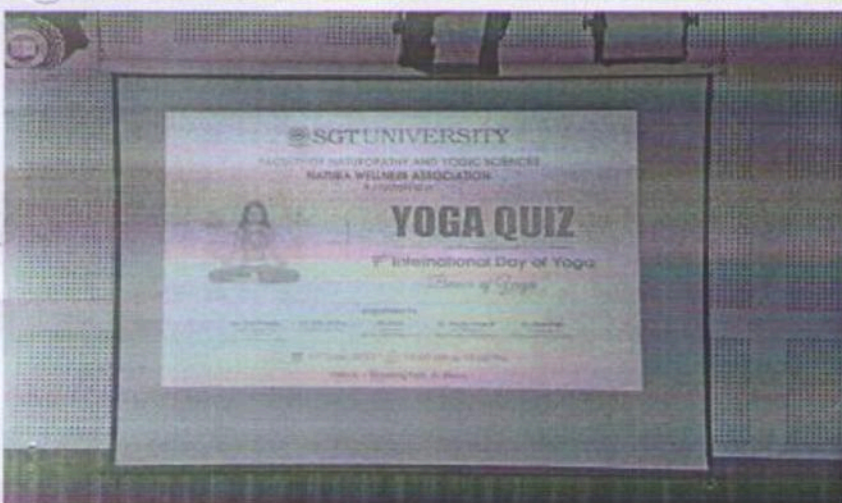
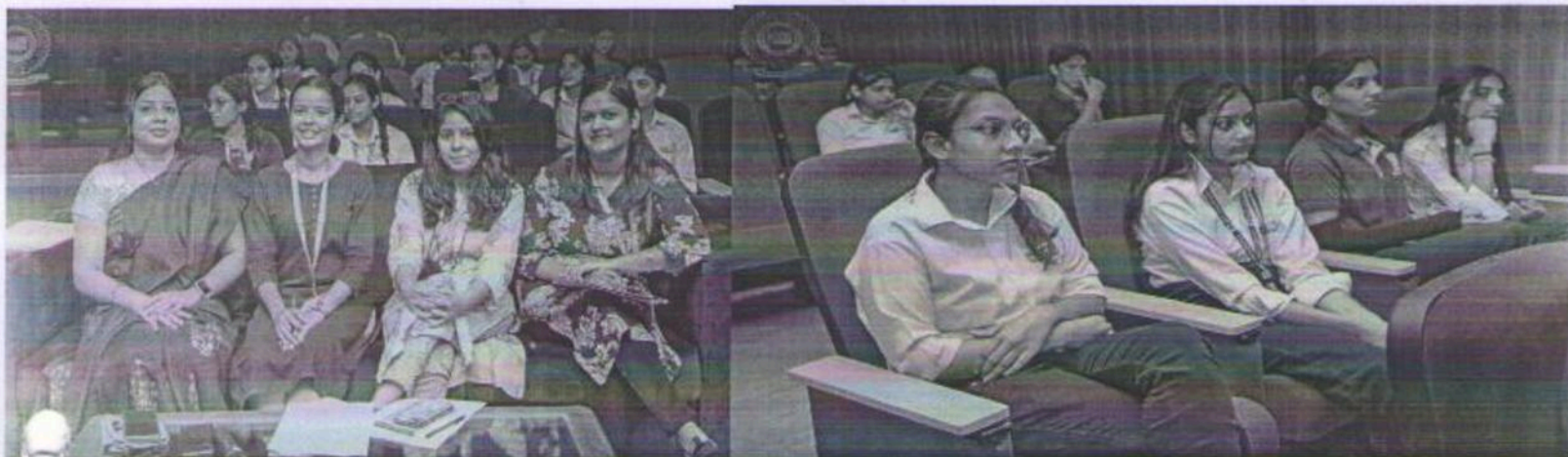
Venue :- Shooting hall, A - Block



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

FACULTY OF NATUROPATHY & YOGIC SCIENCE

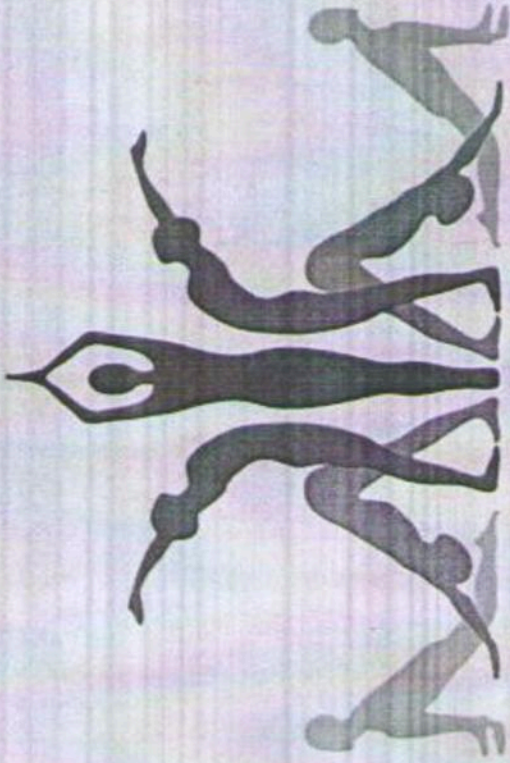


Students & Faculty Members attending the quiz competition



FACULTY OF NATUROPATHY AND YOGIC SCIENCES
NATURA WELLNESS ASSOCIATION

is organising an



E-VIDEO COMPETITION

_____ on the occasion of _____

9th International Day of Yoga

Yoga For All

Organised by

Ms. Arti Sharma
Event Coordinator,
Co-Adviser of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Dr. Alok
Adviser of
Natura wellness Association

Dr. Anuja Anand
Co-Adviser of
Natura wellness Association

Dr. Kanchan
Co-Adviser of
Natura wellness Association

Last date for online submission:- 27th May, 2023

E-Mail ID :- consultant_fnys@sgtuniversity.org

E-Video

Theme -: Yoga for All

Prize -: The 3 best E-Videos will be selected for the prize.

Criteria -:

- The short video/reels shall be based on theme 'Yoga for All' only.
- The short video/reels shall not be more than 3 minutes, exceeding this time limit are liable to be rejected.
- The short video/reels should be in Hindi or English.
- The short video/reels should be an original content/work.
- All the entries maybe subjected to screening/Censorship first (vulgarity, spread of hatred and violence etc).

JUDGING CRITERIA:

Short Videos/Reels will be assessed for their:

- Originality
- Composition (technical excellence and quality)
- Artistic merit (wow factor)
- Content (relevance to theme)

Terms and Conditions-:

- The contest is open to all faculty and students.
- The submission of entry is free.
- The participants must ensure that his/her all details are accurate.
(Name, ID, Department and contact no.)

E-Mail ID -: consultant_fnys@sgtuniversity.org

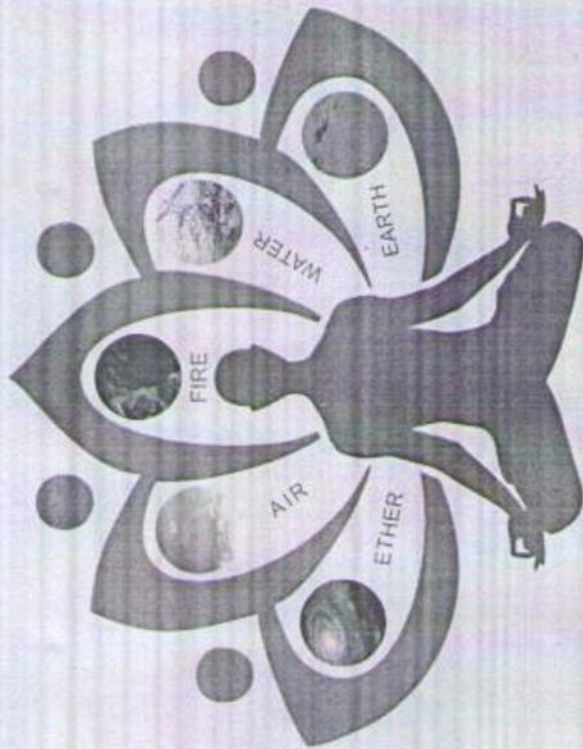
For any queries, please contact Extension no.2088



SGT UNIVERSITY

FACULTY OF NATUROPATHY AND YOGIC SCIENCES
NATURA WELLNESS ASSOCIATION

is organising an



E-POSTER COMPETITION

_____ on the occasion of _____

9th International Day of Yoga

Yoga for Wellbeing

Organised by

Ms. Arti Sharma
Event Coordinator,
Co-Adviser of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Dr. Alok
Adviser of
Natura wellness Association

Dr. Anuja Anand
Co-Adviser of
Natura wellness Association

Dr. Kanchan
Co-Adviser of
Natura wellness Association

Last date for online submission:- 27th May, 2023

E-Mail ID :- consultant_fnys@sgtuniversity.org

Essay Writing

Theme- Traditional values of Yoga

Prize- The 3 best Essays will be selected for the Prize.

Criteria-

- The essay should have a maximum of 1000 words.
- The essay should be typed or handwritten (Font types Times new roman, size 12)
- The evaluation will be made on the basis of content, coverage, facts, writing spirit inclined towards the topic.
- The printout of the Essay as per above specification should be taken and signed on all pages by the participating student. Further, the scanned copy of the same should be sent at the designated email id.

Term and Conditions-

- The contest is open to all faculty and students.
- The submission of entry is free.
- The essay should be in English/Hindi.
- The participants must ensure that his/her all details are accurate.
(Name, ID, Department and contact no.)

E-Mail ID Darti_fyns@sgtuniversity.org

For any queries, please contact Extension no.2088

E-Poster

Theme -: Yoga for Wellbeing

Prize -: The 3 best E-Posters will be selected for the prize.

Criteria -:

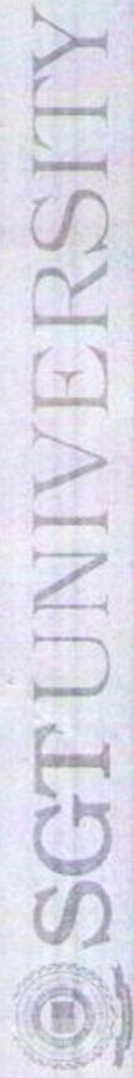
- Please create your document in PowerPoint in landscape layout 16x9 and save it as a PDF file. Or Poster can be draw and scanned.

Terms and Conditions-

- The contest is open to all faculty and students.
- The submission of entry is free.
- The participants must ensure that his/her all details are accurate.
(Name, ID, Department and contact no.)

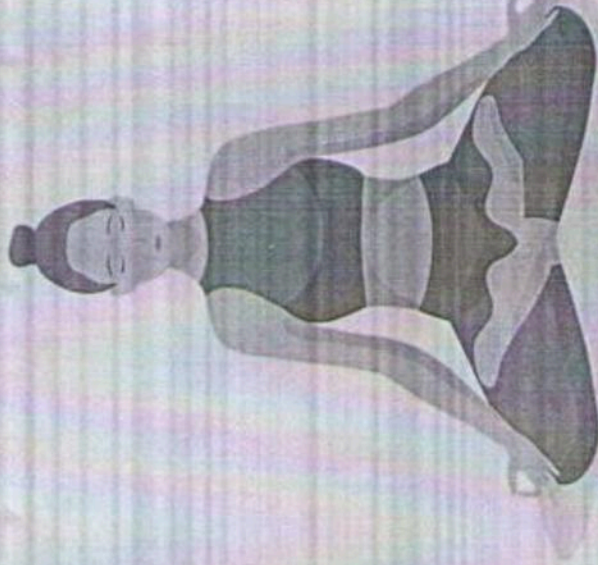
E-Mail ID -: consultant_fyns@sgtuniversity.org

For any queries, please contact Extension no.2088



FACULTY OF NATUROPATHY AND YOGIC SCIENCES
NATURA WELLNESS ASSOCIATION

is organising an



ESSAY COMPETITION

_____ on the occasion of _____

9th International Day of Yoga

Traditional values of Yoga

Organised by

Ms. Arti Sharma
Event Coordinator,
Co-Adviser of
Natura wellness Association

Ms. Nitu Sinha
Event Coordinator

Dr. Alok
Adviser of
Natura wellness Association

Dr. Anuja Anand
Co-Adviser of
Natura wellness Association

Dr. Kanchan
Co-Adviser of
Natura wellness Association

Last date for online submission:- 22nd May, 2023

E-Mail ID :- arti_fyns@sgtuniversity.org