

Shri Lal Bahadur Shastri Degree College, Gonda

Affiliated to

Dr. Rammanohar Lohia Avadh University, Ayodhya

Department of Physical Education



One Day Seminar

On

“Use of Yoga in Daily Life”

Organize on

12 October 2023

Shri Lal Bahadur Shastri Degree College, Gonda

Affiliated to

Dr. Rammanohar Lohia Avadh University, Ayodhya

**Venue: Sand Model Room,
SLBSDC, Gonda**

**No Registration
Fee**

**The Internal Quality Assurance Cell
and**

Department of Physical Education

are jointly organizing

One Day Seminar on

12 October 2023

Topic: Use of Yoga in Daily Life

Target Audience: Undergraduate students of all subjects

Speakers

Dr. Hari Nath Singh, Shri Raghukul Mahila Vidyapeeth, Civil lines- Gonda

Prof. Ravindra Kumar, Principal, SLBSDC, Gonda

Prof. R.B.S.Baghel, Dept. of Defense & Strategic Studies, SLBSDC, Gonda

Dr. D. K. Shukla, Dept. of Defense & Strategic Studies, SLBSDC, Gonda

Dr. Amit Kumar Shukla, Dept. of Defense & Strategic Studies

Schedule

10:00-10:15 am Inaugural Session

Lecture 01 (10:15-11:30) Prof. Ravindra Kumar

Lecture 02 (11:30 am -12:30 pm) Dr. Hari Nath Singh

Lecture 03 (12:30-1:15pm) Prof. R.B.S.Baghel

1:15-1:45 Lunch

Lecture 04 (1:45-2:30) Dr. D.K.Shukla

Lecture 05 (2:30-3:30 pm) Dr. Amit Kumar Shukla

4:15-4:30 Tea Time

4:30 - Closing session

Organizers

Patron

Prof. Ravindra Kumar, Principal, SLBSDC, Gonda

Convener

Prof. Ram Samujh Singh, IQAC Coordinator

Co-convener

Prof. R.B.S.Baghel, Head, Dept. of Defense & Strategic
Studies

Organizing Secretary

Dr. A.K.Verma, Head, Department of Physical
education

Joint organizing Secretary

Dr. D. K. Shukla, Dept. of Defense & Strategic Studies

Department of Physical education, Shri Lal Bahadur Shastri Degree College, Gonda has organized a one-day seminar on “Use of Yoga in Daily Life” on 12, October 2023.

Invited Speakers

Dr. Hari Nath Singh, Shri Raghukul Mahila Vidyapeeth, Civil lines- Gonda

Prof. Ravindra Kumar, Principal, SLBSDC, Gonda

Prof. R.B.S. Baghel, Dept. of Defense & Strategic Studies, SLBSDC, Gonda

Dr. D. K. Shukla, Dept. of Defense & Strategic Studies, SLBSDC, Gonda

Dr. Amit Kumar Shukla, Dept. of Defense & Strategic Studies

Objectives of seminar are:

- To discuss the latest trends of yoga and their use in daily life.
- To identify challenges and opportunities in this field.
- To gain strength and flexibility by practicing yoga in daily life.

The inaugural session started by lightening the lamp and Saraswati Vandana on the statue of Goddess Saraswati at 10:00 am. Technical session started with the welcome speech by Dr. Arun Kumar Verma. He introduced the agendas with the schedule and outline of the seminar.

In first session Prof. Ravindra Kumar delivered a lecture on the Scope of yoga. He Focused on use of yoga daily life and field which is concern with yoga.

Second lecture delivered by Dr. Hari Nath Singh. He emphasizes on the importance of yoga in daily life. He said yoga helps in maintaining health by increasing strength and flexibility of the individual.

Third Lecture is delivered by Prof. R. B. Singh Baghel. He said that physical activity and exercise is very important for everyone so he suggested to perform yoga and exercises in daily routine.

After Lunch break Dr. Dharmendra Kumar Shukla gave his lecture on concepts of yoga and its role to achieve goals of individuals so that they can become a responsible and worthy member of the society.

After that Dr. Amit Kumar Shukla has delivered a lecture on discipline and their role to become a healthy member of the society.

In the last, Dr. Arun Kumar Verma, organizing secretary of the seminar, concluded the session by giving vote of thanks to all the speakers, students and other individuals presented in the seminar.



S. No.	Students Name	S. No.	Students Name
1.	Sachin Kumar	2.	Abhishek Tiwari
3.	Shalini	4.	Sneha Singh
5.	Jaid	6.	Praveen Kumar Shukla
7.	Pradeep Kumar	8.	Shivam Shukla
9.	Vinay Kumar Chaturvedi	10.	Shifa Bano
11.	Arun Kumar	12.	Yogesh Pandey
13.	Suraj Chaurasiya	14.	Aman Kasaudhan
15.	Anjali Verma	16.	Aakash Mishra
17.	Divya Mishra	18.	Gunjan Verma
19.	Shivangi Mishra	20.	Kajal Pal
21.	Swami Nath	22.	Ravi Nishad
23.	Ritesh Sharma	24.	Chaudhary Priyansh Kaul
25.	Shiv Ram Goswami	26.	Mini Sharma
27.	Kishore Kumar Sonkar	28.	Mohit Sharma
29.	Sudhir Kumar	30.	Abhishek Tiwari
31.	Sparsh Verma	32.	Sneha Singh
33.	Firdaus Bano	34.	Praveen Kumar Shukla
35.	Atul Kumar Shukla	36.	Shivam Shukla
37.	Neeraj Kumar Tiwari	38.	Shifa Bano
39.	Goldi Mishra	40.	Yogesh Pandey
41.	Arushi Tripathi	42.	Aman Kasaudhan
43.	Mukesh Kumar	44.	Aakash Mishra
45.	Vishal Sonkar	46.	Gunjan Verma
47.	Chandan Pathak	48.	Kajal Pal
49.	Jitendra Yadav	50.	Ravi Nishad
51.	Ariba Siddiqui	52.	Chaudhary Priyansh Kaul
53.	Shardha Sharma	54.	Mini Sharma
55.	Komal Yadav	56.	Mohit Sharma
57.	Janki	58.	Abhishek Tiwari
59.	Mukesh Kumar Arya	60.	Sneha Singh
61.	Juli Shukla	62.	Praveen Kumar Shukla
63.	Yogesh Pratap Singh	64.	Astha Singh
65.	Aditi Parashar	66.	Ayush Singh
67.	Aditya Nath	68.	Eram Parveen
69.	Aditya Singh	70.	Himanshu Tiwari
71.	Afsana Bano	72.	Jatin Kumar Singh
73.	Aman Pratap Singh	74.	Kajal Tiwari
75.	Anamika Devedi	76.	Kalpana Chauhan
77.	Anjali Gautam	78.	Khushi Tiwari
79.	Ankit Maurya	80.	Laki Pandey
81.	Anshika Kushwaha	82.	Mahi Yadav
83.	Archana Gupta	84.	Mausam Singh
85.	Aseem Srivastava	86.	Medha Mishra

Dr. Arun Kumar Verma
Head, Department of Physical education
Shri Lal Bahadur Shastri Degree College, Gonda