

2022

**CENTRAL SANSKRIT UNIVERSITY  
SHRI RAGHUNATH KIRTI CASMPUS  
DEVPRAYAG, UTTARKHAND  
REPORT OF “8TH INTERNATIONAL DAY OF YOGA”**



**Coordinator:**

**Dr. Gautam Kumar Chaudhary,  
Assistant Director, Physical Education  
Central Sanskrit University, Shri  
Raghunath Kirti Campus, Devprayag,  
Uttarakhand**

**6/21/2022**

**CENTRAL SANSKRIT UNIVERSITY**  
**SHRI RAGHUNATH KIRTI CASMPUS**  
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**REPORT OF “8TH INTERNATIONAL DAY OF YOGA”**

Central Sanskrit University, Shri Raghunath Kirti Campus has physically and virtually celebrated “8<sup>th</sup> International Day of Yoga” on 21st June 2022 with great enthusiasm. Director **Prof. M.Chandrashekhar**, CSU, Shri Raghunath Kirti Campus, Devprayag and Hon’ble **Prof. Shrinivasa Varakhedi**, Vice-chancellor, Central Sanskrit University, New Delhi, India also participated in the celebration. Before that our campus National Service Scheme (N.S.S. Unit) has conducted “11 Days Yoga Camp” and spreaded awareness through amongst students, teachers, and other faculty with their family members about the importance of yoga, with the theme “Yoga for Humanity” through digital platforms like Face-book, Tweeter, You-tube and Whatsapp etc.

Schedule of “11 Days Yoga Camp” given Below:

<b>Day One</b> (11.06.2022)	Opening of Yoga Camp and Yoga Practical Session by <b>Dr. Gautam Kumar Choudhary</b> , Assistant Director, Physical Education, CSU, SRKC, Devprayag (Campus Hostel)
<b>Day Two</b> (12.06.2022)	Yoga Practical Session by <b>Dr. Gautam Kumar Choudhary</b> , Assistant Director, Physical Education, CSU, SRKC, Devprayag (Campus Hostel)
<b>Day Three</b> (13.06.2022)	Lecture on Yoga by <b>Prof. Vijaypal Shastri</b> , CSU, SRKC, Devprayag (Conference Hall)
<b>Day Four</b> (14.06.2022)	Awareness Program and Live Demonstration about Yoga around Local area i.e Devprayag City, Under Supervision of <b>Dr. Gautam Kumar Choudhary</b> (Program Officer, N.S.S.)
<b>Day Five</b> (15.06.2022)	Awareness Program and Live Demonstration about Yoga around Local area i.e Sangam Ghat under Supervision of <b>Prof. M.Chandrashekhar</b> , Director, CSU, SRKC, Devprayag Motivational Lecture by <b>I.P.S. Dr.B.K.Upadhyay</b> , Maharashtra Cadre (Conference Hall)
<b>Day Six</b> (16.06.2022)	Online Lecture on Yoga by <b>Prof. Pradeep Kumar</b> from I.G.I.P.E.S.S., University of Delhi, New Delhi
<b>Day Seven</b> (17.06.2022)	Yoga Workshop by <b>Dr.Rahul Vashishtha</b> from I.G.I.P.E.S.S., University of Delhi, New Delhi
<b>Day Eight</b> (18.06.2022)	Yoga Workshop by <b>Dr.Rahul Vashishtha</b> from I.G.I.P.E.S.S., University of Delhi, New Delhi



<b>Day Nine</b> (19.06.2022)	Yoga Competition - Male (Physical Education Laboratory)
<b>Day Ten</b> (20.06.2022)	Yoga Competition - Female (Physical Education Laboratory)
	Yoga Competition - Faculty (Physical Education Laboratory)
	Yoga Quiz Competition (Male & Female)
<b>Day Eleven</b> (21.06.2022)	Closing Ceremony, Common Yoga Protocol and Prize Distribution by Hon'ble <b>Prof. Shrinivasa Varakhedi</b> , Vicechancellor, Central Sanskrit University, New Delhi

Two Lectures in offline mode organised to explain the Importance of Yoga. **Prof. Vijaypal Shastri**, CSU, SRKC, Devprayag, delivered the lecture on "Importance of Yoga in Human Behaviour". And Motivational Lecture delivered by **I.P.S. officer Dr.B.K.Upadhyay**, Maharashtra Cadre on "Importance of Yoga & Sanskrit language in Civil Services".

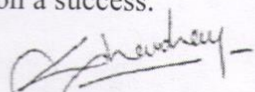
One Lecture in Online mode was delivered by **Prof. Pardeep Kumar**, I.G.I.P.E.S.S., University of Delhi, on "Yog-Ancient Way of Life- From Happiness to Liberation". After that two days "**Yoga Workshop**" also conducted under "**11 Days Yoga Camp**" by **Dr.Rahul Vashishtha**, I.G.I.P.E.S.S., University of Delhi, on "Jal Neti, Sutra Neti, Kunjal and Asanas(Practical Session)".

Our campus has further organised Virtual Live Telecasted on CSU, Shri Raghunath Kirti Campus, Devprayag, Facebook Page under **digital campaign (#IDY2022)** on Closing ceremony of "**11 Days Yoga Camp**" on the occasion of "**8<sup>th</sup> International Day of Yoga**"

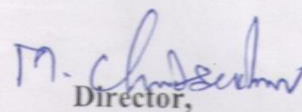
Hon'ble **Prof. Shrinivasa Varakhedi**, told the students that the International Yoga Day is a gift to the world by PM Modi sir, who Put forward a proposal on 11<sup>th</sup> December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 nations. 21<sup>st</sup> June is since been celebrated as "International Day of Yoga" and encouraged to the students for adapting Yoga in Daily routine .

Director, **Prof. M.Chandrashekhar** explained the importance of breath in meditation. He told the students they should read ancient Indian texts like Patanjali Maharishi's "Astang Yog" along with personality development books on a regular basis for a healthy body and mind.

The function ended with a vote of thanks by **Dr.Sachidanand Snehi**. The function is anchored by **Dr.Shailendra Prasad Uniyal**. The function was organised by **Dr.Gautam Kumar Choudhary**, Dr.Anil Kumar, Dr. Arvind Gaur, Mr. Naveen Dobiral, Mr. Pankaj Kothiyal along with all the Professors and office Staff who put in a lot of effort to make the function a success.



**Coordinator**  
**Dr.Gautam Kumar Chaudhary**  
Assistant Director, Physical Education,  
CSU, Shri Raghunath Kirti Campus



**Director,**  
**Professor M.Chandrashekhar**  
Central Sanskrit University  
Shri Raghunath Kirti Campus

## Result of “11 Days Yoga Camp Competition”

**Table 1:** Yoga Competition (Men’s) Result

<b>Result</b>		
Position	Name	Class
I	Sagar Nautiyal	Shastri 2yr
II	Trilokesh Acharya	Acharya 1yr
III	Bhaskar Khankriyal	Shastri 1yr

**Table 2:** Yoga Competition (Women’s) Result

<b>Result</b>		
Position	Name	Class
I	Madhuri	Prak Shastri 1yr
II	Madhu	Shastri 1yr
III	Shruti Sharma	Shastri 2yr

**Table 3:** Yoga Competition (Faculty) Result

<b>Result</b>		
Position	Name	Department
I	Dr. Shriom Sharma	Viyakrana
II	Dr. Virender Bartwal	Hindi
III	Dr. Anil Kumar	Sahitya

**Table 4:** Yoga Quiz Competition Result

<b>Result</b>		
Position	Name	Class
I	Ayush Raturi	Shastri 1yr
II	Piyush Tiwari	Shastri 1yr
III	Anil Bhatt	Shastri 1yr

**All the Competition were Judged by members of Judges Committee:**

1. Dr. Gautam Chaudhary, Assistant Director, Physical Education
2. Dr. Arvind Gaur, Assistant Professor, Modern Department
3. Dr.Suresh Sharma, Jyotish Department



# Glimpse of “8<sup>th</sup> International Day of Yoga-2022”

Central Sanskrit University, Shri Raghunath Kirti Campus, Devprayag, Uttarakhand







**Teachers, Students and other faculty Members**







### "11 Days Yoga Day" Poster



**केंद्रीय संस्कृत विश्वविद्यालय**  
**श्रीरघुनाथकीर्ति-परिसर**  
**देवप्रयाग, पौड़ीगढ़वाल (उत्तराखण्ड)**  
**DAY 06 (16.06.2022)**  
**#IDY2022**  
**"8 वें अंतर्राष्ट्रीय योग दिवस"**  
 के उपलक्ष में विशेष व्याख्यान



संरक्षक:  
 प्रो. श्रीनिवासवरखंडी  
 कुलपति:  
 केंद्रीयसंस्कृतविश्वविद्यालय



मुख्य वक्ता  
 प्रो. प्रदीप कुमार  
 IGIPSS, दिल्ली विश्वविद्यालय



निदेशक:  
 प्रो. एम. चंद्रशेखर  
 केंद्रीयसंस्कृतविश्वविद्यालय:  
 देवप्रयाग





Time: 04.00 PM  
 Join Zoom Meeting  
<https://us02web.zoom.us/j/84512069938>



**केंद्रीय संस्कृत विश्वविद्यालय**  
**श्री रघुनाथ कीर्ति परिसर**  
**देवप्रयाग, उत्तराखण्ड**  
**"8 वें अंतर्राष्ट्रीय योग दिवस"**  
 के उपलक्ष्य में ग्यारह दिवसीय योग शिबिर आयोजित करता है  
 (11 जून से 21 जून 2022 तक)




**#IDY2022** Contact: 08800708007  
 Dr. Gautam Kumar Choudhary  
 Assistant Director, Physical Education



केंद्रीय संस्कृत विश्वविद्यालय  
श्रीरघुनाथकीर्ति परिसर  
देवप्रयाग, पौड़ीगढ़वाल (उत्तराखण्ड)  
DAY 10 (20.06.2022)  
#IDY2022

"8 वें अंतर्राष्ट्रीय योग दिवस"  
के उपलक्ष में योग प्रतियोगिता (महिला)

संयोजक :  
डॉ. गौतम कुमार चौधरी  
सहायक निदेशक, शारीरिक शिक्षा  
(8800708007)

निदेशक  
प्रो.एम.चंद्रशेखर  
केंद्रीय संस्कृत विश्वविद्यालय  
देवप्रयाग

संयोजक :  
डॉ. गौतम कुमार चौधरी  
सहायक निदेशक, शारीरिक शिक्षा  
(8800708007)

Time: 04.00 PM  
Venue: Physical Education Laboratory,  
Academic Building, Top Floor

@CentralSanskrit  
@CsuDevprayag  
@srivarakhedi  
@moayush

केंद्रीय संस्कृत विश्वविद्यालय,  
श्री रघुनाथ कीर्ति परिसर,  
देवप्रयाग, पौड़ीगढ़वाल (उत्तराखण्ड)

Day 04 (14.06.2022)  
#IDY2022

"8 वें अंतर्राष्ट्रीय योग दिवस"  
के उपलक्ष्य में विशेष "प्रेरक भाषण"

मुख्य वक्ता : डॉ० बी.के. उपाध्याय (I.P.S. महाराष्ट्र कैडर)  
स्थान: शैक्षणिक भवन हाल समय: दोपहर 12.00 बजे

संयोजक: डॉ. गौतम कुमार चौधरी  
सहायक निदेशक शारीरिक शिक्षा विभाग,  
केंद्रीय संस्कृत विश्वविद्यालय,  
श्री रघुनाथकीर्ति परिसर देवप्रयाग, उत्तराखण्ड

केंद्रीय संस्कृत विश्वविद्यालय  
श्रीरघुनाथकीर्ति-परिसर  
देवप्रयाग, पौड़ीगढ़वाल (उत्तराखण्ड)  
की एन.एस.एस.(N.S.S.) इकाई  
द्वारा

"8 वें अंतर्राष्ट्रीय योग दिवस"  
के उपलक्ष्य में योग शिविर का आयोजन  
(11 जून से 21 जून 2022 तक किया जा रहा है)

कृपया हमसे जुड़ें और इस कार्यक्रम को सफल बनायें।  
संयोजक : डॉ. गौतम कुमार चौधरी (8800708007)

केंद्रीय संस्कृत विश्वविद्यालय,  
श्री रघुनाथ कीर्ति परिसर,  
देवप्रयाग, पौड़ीगढ़वाल (उत्तराखण्ड)

Day 03 (13.06.2022)  
#IDY2022

"8 वें अंतर्राष्ट्रीय योग दिवस"  
के उपलक्ष्य में विशेष व्याख्यान  
विषय : व्यवहार में योग की उपयोगिता

मुख्य वक्ता : प्रो० विजयपाल शास्त्री  
स्थान : शैक्षणिक भवन हाल, समय : 04:00 अपराह्न

संयोजक: डॉ. गौतम कुमार चौधरी  
सहायक निदेशक शारीरिक शिक्षा विभाग,  
केंद्रीय संस्कृत विश्वविद्यालय,  
श्री रघुनाथकीर्ति परिसर देवप्रयाग, उत्तराखण्ड

## Organising committee for IDY-2022:

**Chairperson:**

**Professor M.Chandrashekar**

**Director, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand**

**Program Coordinator:**

**Dr.Gautam Kumar Chaudhary**

**Assistant Director, Physical Education, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand**



**Co-Coordinator:**

Dr. Anil Kumar, Assistant Profesor, Sahitya Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Arvind Gaur, Assistant Profesor, Modern Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

**Technical Coordinators:**

Mr. Naveen Dobriyal, Assistant Librarian, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Mr. Pankaj Kotiyal, Computer Science, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Shri Om Sharma, Assistant professor, Vyakarana Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Mr. Swapnil Pandey, Technical Assistant, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

**Advisory Committee:**

Prof. Vijaypal Shastri, HOD Sahitya Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Sachchidanand Snehi, Associate Professor, Nyaya Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Shailendra Prasad Uniyal, Assistant Professor, Veda Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Virender Bartawal, Assistant Professor, Modern Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand

Dr. Suresh Sharma, Assistant Professor, Jyotish Department, Central Sanskrit University, Shri Raghunath Kirti Campus, Devaprayag, Uttarakhand