

**GURU GHASIDAS VISHWAVIDYALAYA
BILASPUR**

REPORT ON YOGA ACTIVITIES

Guru Ghasidas Vishwavidyalaya, Bilaspur, had organised various programmes of Yoga in the session 2018-19 to sensitize and generate awareness of Yoga for Health, Fitness and Wellness in the people.

Short summary of programme conducted for developing the consciousness on Yoga in session 2018-2019 are as follows:

1. **ONE DAY WORKSHOP ON YOGA:** A one day workshop on Yoga was conducted by the Department of Physical Education on 25.01.2019 in the Smart Classroom of Biotechnology. The Resource Person invited for this programme was Ms. Radhe Maa from Ukraine.
2. **SIX DAY WORKSHOP ON YOGA:** Six days workshop on Yoga was organised by the Department of Physical Education from 27.02.2019 to 05.03.2019 at the Lecture Hall of UGC-HRDC. Various resource persons from AIIMS Raipur, CIMS Bilaspur and Chhattisgarh State Cricket Sangh and other Institutes were invited to deliver the lecture in the said Workshop.
3. **REFRESHER COURSE ON YOGA:** A Refresher Course on Yoga is undergoing at UGC-HRDC, GGV, Bilaspur, for the Assistant Professors of Colleges and Universities of from different parts of India. Total there are 31 participants in this course. The course started on 10.06.2019 and will run till 22.06.2019. Resource Persons from various renowned Universities are invited to deliver the lecture.
4. **INTERNATIONAL DAY OF YOGA:** Vishwavidyalaya is going to celebrate International Day of Yoga in a grand way on 21.06.2019 in our Campus. International Fame Yog Guru Arun Tiwari Ji has kindly consented to be Chief Guest International Day of Yoga. He will be demonstrating various Yoga tips to students, staff and faculty members of the University.