



**Office of the Registrar
Chandra Shekhar Azad University of Agriculture & Technology, Kanpur**

No. CSAU/R- 1209 /2022-23

Dated: June 21, 2022

**Reports on 8th International Yoga Day 2022 celebrated at Chandra Shekhar Azad University of
Agriculture & Technology, Kanpur**

In commemoration of 8th International Yoga Day 2022, the University has jointly organized two day's (20 & 21 June 2022) seminar on **Awareness & Sensitization Programme on Yoga for health and wellbeing** with Inter University Centre for Yogic Sciences, Bengaluru-UGC, Govt. of India. The Seminar was inaugurated by Hon'ble Vice Chancellor and Chief Guest of the function on 20th June, 2022. He addressed the gathering and advised that everyone should practice Pranayam and Yogic Kriya daily at least for 30 minutes to keep him/herself free of mental stress. Dr. C. L. Maurya, Registrar welcomed the Chief Guest of the function, Special Guest Dr. Praveen Katiyar, Chief Proctor, CSJM University, Kanpur and Dr. Ravindra Porwal, Chief Consultant, Shrinath Naturopathy and Yoga Centre, faculty, staff and students. The programme was convened by Dr. Sanjiv Kumar Singh, Assistant Registrar.

On the 1st day of seminar Dr. Praveen Katiyar, Chief Proctor, Health Science Centre, C.S.J.M. University, Kanpur delivered lecture on 'Yoga and Wellness' & Dr. Ravindra Porwal, Chief Consultant, Shri Nath Naturopathy & Yoga Centre, Kanpur has delivered lectures on 'Yoga Health and wellbeing'. On the 2nd day Yoga Practice of students, faculty & staff of main campus was run by Yogacharya Mr. Madan Mohan Bhartiya, Bhartiya, Yoga Trainer in the morning at 5 O'clock. The yoga practice was also conducted at constituent colleges and KVKs Centre of the University. More than two thousand faculty, staff & students were participated in the seminar & Yoga practice across the all constituent colleges & KVK Centers.

The photographs of both day programmes are being enclosed herewith for kind perusal of the Hon'ble Chancellor/Governor of Uttar Pradesh.

Main Campus CSA University of Agriculture & Technology, Kanpur





College of Engineering/Dairy Technology/Fisheries, Etawah



College of Agriculture, Lakhimpur



Krishi Vigyan Kendras

