



6th International Conference
on
**Psycho-Spiritual approach
to Yoga**

Organized by
Indian Association of Yoga, New Delhi
Website: www.indianassociationofyoga.org

Special Instructions to the delegates

Dear Delegates,

Most welcome to our international event. **Accommodation:** All of you who got registered (with accommodation) should reach to Prem-Nagar-Ashram, Ranipur, Haridwar till 21st evening. The Ashram is very famous and centrally located, only 2.6 Km distance from Haridwar Railway station or Bus stand. **Food:** Ashram canteen will be open till 9.00 pm. people reaching thereafter please arrange your own food outside. **Local convince:** A bus will be available to bring you from ashram to the Conference venue (Uttarakhand Sanskrit University campus) in the morning. Morning breakfast, Lunch and Dinner will be provided at the Conference venue only. The returning bus will bring you back to the ashram after dinner.

Schedule

Day-1 (Feb, 22 2020) Saturday

S.n	Events	From	To	Duration
1	Spot Registration	08.00 am	10.00 am	02:00 Hrs
2	Breakfast	09.00 am	10.00 am	01:00 Hrs
3	Inaugural session	10.00 am	11.30 am	01:30 Hrs
4	Key note Address	11.30 am	12.15 pm	00:45 Hrs
5	Plenary session-I	12.15 pm	01.30 pm	01:15 Hrs
6	Lunch	01.30 pm	02.30 pm	01:30 Hrs
7	Conceptual session-I	02.30 pm	04.00 pm	01:30 Hrs
8	Tea break	04.00 pm	04.15 pm	00:15 Hrs
9	Conceptual Session-II	04.15 pm	06.00 pm	01:45 Hrs
11	Cultural program	06.00 pm	07.00 pm	01:00 Hrs
12	Dinner	07.00 pm	08.00 pm	01:00 Hrs
13	Departure to Ashram	08.00 pm	-----	

Day-2 (Feb, 23 2020) Sunday

S.No.	Events	From	To	Duration
1	Breakfast	08.00 am	09.00 am	01:00 Hrs
2	Conceptual session-III	09.00 am	10.15 am	01:15Hrs
3	Plenary session	10.15 am	11.15 am	01:00 Hrs
4	Conceptual session-IV	11.15 am	12.30 am	01:15 Hrs
5	Valedictory session	12.30 pm	01.30 pm	01:00Hrs
6	Photo session	01.30 pm	02.00 pm	00:30 Hrs
7	Lunch	02.00 pm	03.00 pm	01:00 Hrs
7	Certificate distribution	02.30 pm	03.30 pm	01:00 Hrs
8	Departure	03.30 pm	-----	

Cultural program: There will be a cultural evening arranged by the participants. The groups interested in participate into cultural evening convey in advance.

Contact Persons:

Accommodation	Sh Shivcharan Nautiyal	09410102201
	Sh Anup Bahukhandi	09058782584
Registration	Sh Anupam Kothari	08285402969
	Sh Ritesh Gupta	09412999793
Paper Presentation/ Certificate	Dr Shudhanshu Verma	07017901732

Organizing Chair
Dr Kamakhya Kumar
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