

# Two Days Yoga Workshop on

## SELF MANAGEMENT OF EXCESSIVE TENSION/STRESS (SMET-2019)

SMET- A management tool developed by S-VYASA for managing TENSION and  
improving HEALTH & EFFICIENCY

(17-18 August 2019)

ORGANISED BY

बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय  
लखनऊ-226025



**BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY**

(A Central University)

Vidya Vihar, Rae Bareli Road, Lucknow, U.P, India

In collaboration with

स्वामी विवेकानंद योग अनुसंधान संस्थान

Swami Vivekananda Yoga Anusandhana Samsthana - S-VYASA  
Bangalore

**Chief Patron**

**Prof. Sanjay Singh**

**Vice Chancellor**

**Director of SMET**

Prof. Ripu Sudan Singh

**ORGANISING SECRETARY**

Dr. Dharendra Pandey

**SECRETARIES**

Dr. Harishankar Singh and Dr.Reyaz Ahmad

## IMPORTANT DATES

**Registration :Till 17.08.2019, 8:00 AM**  
**Conference Date: 17<sup>th</sup>-18<sup>th</sup> August, 2019**

**Venue: Atal Bihari Vajpai University Auditorium, at the Main Gate No 01**

### ABOUT THE WORKSHOP

This two days **Yoga Workshop** focussing on **SELF MANAGEMET OF THE EXCESSION TENSION ( SMET)** has been developed by one of the great gurus of Yoga in the World. The father of this workshop is none other than **Prof. H. Nagendra, Yoga Advisor and Guru of the Prime Minister of India** and presently the Chancellor of S-Vyasa, Swami Vivekanand Yog and Anusandhan University, Benguru. People from all over the world travel to S-Vyasa for this workshop. On our request Guru jee Prof. H. Nagendra agreed to hold this great event to this University named after Babasaheb Bhimrao Ambedkar University. This is one of the rarest programs in the field of stress and tension management by Yoga. This is an golden opportunity; all the stakeholders of this University should not afford to miss. With Gurujee blessings, this program is open for all the people of Lucknow and the state.

Thus, a few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. In this two days of yoga workshop “ **Self- Manage of Excessive Tension/ Stress management** ” techniques of stress management will be discussed. There are several ways of coping with stress. Some techniques of time management may help a person to control stress. In the face of high demands, effective stress management involves learning to set limits and to say “No” to some demands that others make. Yoga offers an effective method of managing and reducing stress, anxiety, and depression, and numerous studies demonstrate the efficacy of yoga on mood-related disorders.

**Note: Each registered participant will be giver a participation Certificate**

### TRACK OF THE WORKSHOP

Following are techniques used in Yoga for Stress/ Tension Management-

- Controlled breathing
- Meditation
- Physical movement
- Mental imagery
- Stretching

### SPEAKERS/ RESOURCE PERSON

- **Dr. H. Nagendra, Chancellor, S-Vyasa University, Bangalore**
- **Sri T Mohan ji, Vice President, VYĀSA, BANGALORE**

- Smt Subhadra Devi ( Didi ), Secretary-Vyasa University, Bangalore
- Dr. Rabindra Mohan Acharya, Deputy Director at S-VYASA University, Bangalore

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**SCHEDULE OF THE PROGRAMME**  
**Day I, 17.08.2019 (8:00 AM to 11:30 AM)**

**INAUGURAL SESSION**

08:00 – 08:30 AM	Registration
08:30 – 08:40 AM	Lightning of the Lamp
08:40 – 08:50 AM	Welcome Address by Prof. Ripu Sudan Singh, Director, Workshop
08:50 - 09:00 AM	Speech by Sh. Sri T Mohan, Special Guest
09:00- 09:10 AM	Speech by Smt Subhadra Devi ( Didi ), Special Guest
09:10- 10:00 AM	Speech by Rabindra Mohan Acharya, Special Guest
10. AM to 11 AM	Keynote Speech by Dr. H. R. Nagendra Ji, the Chief Speaker and Chief Guest
11:00- 11:20 AM	Presidential Address by Prof. Sanjay Singh, Vice Chancellor
11:20- 11:30 AM	Vote of Thanks by Prof. Victor Babu, Registrar, BBAU

11:30 AM

**HIGH TEA**

12:00 Noon	Cyclic Meditation – 1
12:30 PM	Concept of Stress and its release
01:15 PM	Lunch
1:30 AM	Cyclic Mediation- 2
2.15 PM	Krida Yoga/DRT (Deep Relaxation Technique)
2.30 PM	Concept of Growth
3.30 PM	Cyclic Mediation-3
4.30 PM	Group Photo
4.45 PM	Tea Break
5.00 PM	Tune to Nature
7.00 PM	Happy Assembly
7.30 PM	Dinner & end of session Day – 1
<b><u>Day – 2 18 August 2019</u></b>	
8.30 AM	Group Dynamics
9.00 AM	Cyclic Meditation - 4
10.00 AM	Tea Break
10.45 AM	SMET Research
11.45 AM	Cyclic Meditation - 5
12.45 AM	Lunch
1.45 PM	Krida Yoga/DRT
2.00 PM	VYASA Movement
3.00 PM	Cyclic Meditation - 6
<b>Valedictory Session</b>	

<b>3:45PM</b>	<b>Welcome Address by Dr. Dharendra Pandey, Organising Secretary</b>
<b>4:00 \PM</b>	<b>Feedback/Valedictory (Prof. H. Nagendra)</b>
<b>4.30 PM</b>	<b>Chair Address by Prof. Sanjay Singh, Vice Chancellor</b>
<b>4.30 PM</b>	<b>Vote of Thanks by Dr. Harishankar Singh and Tea &amp; Snacks- End of day 2 session</b>

## REGISTRATION FEES

<b>Faculty &amp; Officer of BBAU</b>	<b>: Rs. 1000/- and each member of the family with an amount of Rs. 1000=00</b>
<b>Staff, BBAU, Lucknow</b>	<b>: Rs. 500/- and each member of the family with an amount of Rs. 500=00</b>
<b>Students of BBAU</b>	<b>: Rs. 250/-</b>
<b>Rest of the people (Any participant from outside the University)</b>	<b>: Rs. 3000/-</b>

**Note: Those who register with Rs. 3000=00 will be provided Yoga Kits by the S-Vyasa. Rest of the participants will be provided the adequate support required for the Workshop**

## REGISTRATION FEE PAYMENT

Filled registration form along with proof of the payment must be submitted by hand or sent to the prof.dhiren@gmail.com through email. The Details of the Registration is:

<b>Name of the Bank</b>	<b>: Canara Bank</b>
<b>A/C No.</b>	<b>: 2900101014859</b>
<b>Name of the Account</b>	<b>: Organising Secretary SMET</b>
<b>IFSC Code</b>	<b>: CNRB0002900</b>

## CONFERENCE VENUE

Atal Bihari Vajpayee Auditorium, BBAU, Lucknow

## HOW TO REACH

The University is located about 10 km away from Charbagh Railway Station and about 5 Km from Amausi Airport, Lucknow. It is well connected from Raebareli Road and opposite of Saheed Path flyover.

## ACCOMODATION

Accommodation will be provided to all participants for outside delegates on payment basis. No accommodation will be provided to local participants.

## ABOUT UNIVERSITY

Babasaheb Bhimrao Ambedkar University was established in Lucknow in 1996 as Central University with the objects of promoting advance knowledge by instructional and research facilities in science, key and frontier areas of technology and other allied disciplines. This University is the Under Graduate, Post-Graduate and Research promoting University. The main objective of this University is to promote professional studies, Inter-disciplinary studies, and research & development activities. With these objectives, the University has started its academic programmes which have employment potential and relevant for the development of Indian Society. At present, University has nine functional Schools comprising of more than forty functional Departments.

## ADDRESS FOR CORRESPONDENCE

Dr. Dharendra Pandey, Org. Secretary Contact No.: 9453170609 Email: [prof.dhiren@gmail.com](mailto:prof.dhiren@gmail.com)

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**REGISTRATION FORM**

1. Name of Participant :  
(Prof./Dr./Mr./Ms.) \_\_\_\_\_
2. Gender (Male/Female) : \_\_\_\_\_
3. Address of Correspondence : \_\_\_\_\_
4. E-mail : \_\_\_\_\_ Contact No : \_\_\_\_\_
5. Accompanying Person, if any (Name & Address) : \_\_\_\_\_  
\_\_\_\_\_
6. Registration Fee details:
  - a. Amount in words (Rs/Currency): \_\_\_\_\_
  - b. DD Number: \_\_\_\_\_ Bank Name & Branch: \_\_\_\_\_
  - c. Place of Deposit: \_\_\_\_\_ Date of Issue: \_\_\_\_\_
7. Accommodation Required, if yes Please (✓): Yes / No

Date:

Signature of Participant

**Note:**

Demand Draft should be made in Favor of “Organising Secretary SMET”, payable at Lucknow. Participants are advised to fill the registration form available at University Website and send the e-copy of the registration form along with demand draft/cheque (in person)/on-line payment receipt on or before 17.08.2019, 08:00 AM to the email Id: [prof.dhiren@gmail.com](mailto:prof.dhiren@gmail.com)