



नागालैण्ड विश्वविद्यालय NAGALAND UNIVERSITY

(संसद द्वारा पारित अधिनियम 1989, क्रमांक 35 के अंतर्गत स्थापित केंद्रीय विश्वविद्यालय)
(A Central University established by an Act of Parliament No.35 of 1989)

मुख्यालय : लुमामी, जिला : जुन्हेबोटो (नागालैण्ड), पिनकोड – 798627

Hqrs : Lumami, Dist. Zunheboto (Nagaland), Pin Code – 798627

वेबसाइट / Website : www.nagalanduniversity.ac.in

NO. NU/SP/N-005/2023- 1235

Date: 09.06.2023

NOTIFICATION

This is for the information to all the Teaching, Non-Teaching employees & Students of Nagaland University that **National Workshop on the Topic 'YOGA BRINGS HEALTH & HAPPINESS'** will be organized from 12th-20th June, 2023.

During the period, Practical & Technical Sessions will be organized to make staffs, students and participants understand the significance of Yoga in its social, cultural and health aspects of wellbeing and healing.

Certificates shall be awarded to all participants during the 9th International Yoga Day (21st June, 2023) Program. Participation by all concerned in the aforesaid workshop will be highly appreciated.

Further, the aspirants may please contact the Deputy Director (Sports) Nagaland University, Lumami through Phone number- (7974048692) or Email Id- ddshq@nagalanduniversity.ac.in for more details.

Enclosed: Copy of the Programme.

Sd/-


Registrar (i/c)

NO. NU/SP/N-005/2023- 1235

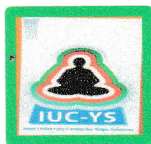
Date: 09.06.2023

Copy to:

1. The Secy. to Vice Chancellor NU, Lumami for information to the Vice-Chancellor.
2. The P.A to Registrar, NU, Lumami for information to the Registrar.
3. The Pro-Vice Chancellor, NU Kohima Campus/SASRD Campus for information and Circulation.
4. The Dean SET, NU Dimapur for necessary information.
5. All Deans/Directors/Heads of all Departments, Nagaland University, for circulating the information among faculty, staffs & students in the department.
6. The Controlling Officers of all Sections/Cells, Nagaland University, Lumami for circulation among staff of the respective Sections/Cells.
7. Principal, Kendriya Vidyalaya, Lumami, for circulation among staffs & students for participation.
8. Head, KVK Zunheboto, Nagaland University, Hqrs: Lumami for circulation among staff of the KVK.
9. System Administrator for uploading on University Website.
10. Notice Board
11. Office file


09/06/23

Dr. Harish Kumar Tiwari
(Deputy Director, Sports)



Schedule for National Workshop on the Topic of

'YOGA BRINGS HEALTH AND HAPPINESS'

PRACTICAL/TECHNICAL SESSIONS

(12/06/23 – 20/06/23)

Venue : Multi Purpose Hall, Nagaland University, Hqrs: Lumami

Sl. No.	Date & Time	Events/Speakers	Mode
1.	12/06/23, 6:00 AM	Prof. Mithilesh Kumar Sinha, Dean, School of Social Sciences, Nagaland University	Offline
2.	13/06/23, 6:00 AM	Dr. Diwakar Pal, Sports Officer, Govt. Girls Chachauda, Guna, Madhya pradesh	Online
3.	14/06/23, 6:00 AM	Prof. Mithilesh Kumar Sinha, Dean, School of Social Sciences, Nagaland University	Offline
4.	15/06/23, 6:00 AM	Dr. Keren Harish Tiwari, Assistant Professor, Sports Nutrition, National Sports University, Manipur	Offline
5.	16/06/23, 6:00 AM	Prof. Ashutosh Tripathi, Head, Department of EVS, Nagaland University	Offline
6.	17/06/23, 6:00 AM	Dr. Abemo, Registrar, Nagaland University	Offline
7.	18/06/23, 6:00 AM	Dr. Harish Tiwari, Deputy Director Sports, Nagaland University	Offline
8.	19/06/23, 6:00 AM	Mr. Shailendra Sharma, Principal, Kendriya Vidyalaya, Lumami	Offline
9.	20/06/23, 6:00 AM	Dr. Shyam Sunder Rath, Head, Department of Sports Coaching and Sports Psychology, NSU, Manipur	Online

Harish Tiwari
09/06/23

(Dr. HARISH KUMAR TIWARI)

Deputy Director, Sports

Nagaland University, Hqrs: Lumami