



## **Invitation**

### **NATIONAL SPORTS UNIVERSITY**

**Requests the Pleasure of your kind Presence at the**

## **YOGOTSAV-2024**

***Organized by***

**NATIONAL SPORTS UNIVERSITY, MANIPUR**

**(A Central University)**

**Ministry of Youth Affairs and Sports, Government of India.**

***In Collaboration with***

**Morarji Desai National Institute of Yoga**

**Ministry of Ayush, Government of India**

**New Delhi.**

**A Countdown Programme:**

**Common Yoga protocol /Workshop for the Celebration of International  
Day of Yoga 2024.**

**Date: 26th April 2024& Time: 06:00 AM Onwards**

**Venue: RCC Football Ground &NSU Indoor Hall**

**“Yoga for Peace and Sports”**

**Chief Guest**

**Prof.Usha S.Nair**

**Vice-Chancellor (Officiating)**

**National Sports University**

**Guest of Honour**

**Dr. Laishram Dibamani Singh**

**Registrar**

**National Sports University**

**Special Guest**






**Dr. Shyam Sundar Rath**

**Dean Student's Welfare**

**National Sports University**

**have Kindly consented to Grace the Function as Chief Guest, Guest of  
Honour and Special Guest respectively**

## Minute to Minute Programme

Time	Programme Details /Topics	Events/Speakers
<b>Practical Session: Common Yoga Protocol – 06:00 to 08:00 AM</b>		
6:00 AM	Assembly of Faculty, Staffs, Students and Participants	
6:15 AM	Arrival of Guest of Honour and Special Guest	
6:30 AM	Arrival of the Chief Guest Prof. Usha S. Nair Vice-Chancellor (O), National Sports University.	
6:35 AM	Welcome Speech	Dr. A. Yuvaraj Programme Coordinator
6:40 AM	Lighting of Lamp by Chief Guest	Chief Guest, Guest of Honour and Special Guest
6:41 AM	<b>Saraswati Vandana</b>	Students of NSU
6:45 AM	Common Yoga Protocol Demonstration	Dr. Sapam Sanatombi Devi and Students.
7:45 AM	Address by	Chief Guest, Guest of Honour and Special Guest
8:00 AM	Refreshment	
<b>Technical Session: Workshop – “Yoga for Peace and Sports” 10:00 AM to 1:30 PM</b>		
9:45 AM	Assembly of Faculties, Staff, Students, Participants and Resource Persons	
10:00 AM	“Yoga for Peace and Sports”	 <p><b>Dr. Shyam Sundar Rath</b> Dean (Students' Welfare) &amp; Head, Department of Sports Coaching &amp; Sports Psychology, National Sports University, Imphal, Manipur-795001.</p>
10:30 AM	“Yoga for Peace and Sports”	 <p><b>Dr. Maibam Nodiyachand Singh</b> Associate Professor Department of Physical Education and Sports Science, Manipur University, Manipur-795003.</p>
11:15 AM	“Yoga and Holistic Living”	 <p><b>Dr. L.W. Ananta</b> Physical Education Promotion Officer (Yoga) Directorate of Education (Schools) Govt. of Manipur, Lamphelpat, Imphal, Manipur 795001.</p>
11:45 AM	"Yoga of Life"	 <p><b>His Grace Ramanuja Das Swami</b> Vice President, ISKCON Manipur-795004</p>
12:30 PM	“Yoga for Peace and Sports”	 <p><b>Dr. Khadangbam Mukta Singh</b> Head of the Department Department of Yoga Manipur International University Imphal, Ghari, Manipur 795140</p>
01:00 PM	Vote of Thanks	Dr. Sapam Sanatombi Devi
01:10 PM	National Anthem	
<p style="text-align: center;"><b>Programme Coordinator</b> Dr. A. Yuvaraj Assistant Professor Department of Physical Education National Sports University</p>		<p style="text-align: center;"><b>Organizing Committee Members</b> <b>Dr. N. Amitrasen Singh</b>, Assistant Professor, DPE, NSU (Stage Decoration) <b>Dr. S. Vinay Kumar Singh</b>, Assistant Professor, DPE, NSU. (Media) <b>Dr. Sapam Sanatombi Devi</b>, Guest Faculty, DPE, NSU. (Yoga Demonstration)</p>