

“Year Long Yoga” 2021

Appendix 1: Template for information sharing

The stakeholders can refer/ use the template below, to share their tentative plans, with the **Ministry of AYUSH**, for the activities they intend to organize.

S. N.	Organising Institution	Activity Date (Start Date & End Date)	Activity Name	Type City (Physical/ Virtual)	City (Only for physical events)	Activity Timing (Start Time & End Time)	Brief Description	Participation Instructions	Fee/ Free to Attend	Link to Event Page/ Pdf Brochure
1	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar January event 2021	03/01/2021 01:30 min	Yogaday Protocol Sivr	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		10/01/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Discipline of Yoga	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		24 Jan to 03 Feb.21	Mudra Chikitsa Workshop	Virtual	Haridwar	04:00 to 05:15pm	Mudra Chikitsa	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
2	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar February event 2021	07/02/2021 01:30 min	Yogaday Protocol Sivr	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		14/02/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of chittavritty	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		24 to 28 Feb. 2021	Shatkarma Workshop	Virtual	Haridwar	04:00 to 05:15pm	Shatkarma Chikitsa	Keep Calm & Listen carefully.	Fee	Google meet

“Year Long Yoga” 2021

								Involve Practically		
3	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar March event 2021	07/03/2021 01:30 min	Yogaday Protocol Sivr	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		14/03/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Ashtanga yogas utility	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		27 to 31 March 2021	Yognidra Workshop	Virtual	Haridwar	04:00 to 05:15pm	Meditation & Yognidra	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
4	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar April event 2021	04/04/2021 01:30 min	Yogaday Protocol Sivr	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		11/04/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of Kriyayoga	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		25 to 30 April 2021	Alternative Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Sujok Therapy	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
5	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar May event 2021	02/05/2021 01:30 min	Yogaday Protocol Sivr	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		09/05/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Mantra Yoga Practical aspect	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 30 May 2021	Alternative Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Pragya Pran Chikitsa	Keep Calm & Listen carefully. Involve	Fee	Google meet

“Year Long Yoga” 2021

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6	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar June event 2021	06/06/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		13/06/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of Three Body	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 30 June 2021	Yoga Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Diabetes	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
7	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar July event 2021	04/07/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		11/07/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of Panch klesha	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		27 to 31 July 2021	Yoga Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Diet Therapy	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
8	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar August event 2021	01/08/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		08/08/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of Panch Kosha	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		25 to 29 August 2021	Yoga Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Related Women Disease	Keep Calm & Listen carefully. Involve	Fee	Google meet

“Year Long Yoga” 2021

								Practically		
9	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar September event 2021	01/09/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		08/09/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Utility of Yoga Therapy	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 30 Sep. 2021	Alternative Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Naturopathy	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
10	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar October event 2021	03/10/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		10/10/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Importance of Bhaktiyoga	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 31 Oct. 2021	Alternative Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Sujok Color Therapy	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet
11	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar November event 2021	01/11/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
		08/11/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Concept of Six Chakras	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 30 Nov. 2021	Yoga Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Digestive Disorders’ (Prevention	Keep Calm & Listen carefully. Involve	Fee	Google meet

“Year Long Yoga” 2021

							& Yogic solutions.	Practically		
12	Dev Sanskriti Vishwavidyalaya Gayatrikunj Haridwar	05/12/2021 01:30 min	Yogaday Protocol Sivir	Virtual	Haridwar	07:00 to 08:30 am	All Yoga Protocol Practical & Theory Class	<ul style="list-style-type: none"> • Bring Yogamet • Loose clothes acco. to the season 	Free	Facebook @dsvvofficial
	December event 2021	12/12/2021 60 minutes	Lecture	Virtual	Haridwar	10:00 to 11:00 am	Importance of Karma yoga	Keep Calm & Listen carefully.	Free	Facebook @dsvvofficial
		26 to 30 Nov. 2021	Yoga Therapy Workshop	Virtual	Haridwar	04:00 to 05:15pm	Heart Disease (Prevention & Yogic solutions.	Keep Calm & Listen carefully. Involve Practically	Fee	Google meet

In addition to the aforementioned information, the stakeholders can feel free to attach or provide additional details about the activities which are being planned by their esteemed Institutions.