



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
RANCHI UNIVERSITY, RANCHI
(2022-2023 ONLINE COURSES)



UGC-SPONSORED
SHORT TERM COURSE IN
YOGA AND WELLNESS

This is to certify that

Dr. VARSHA SUNIL AGARKAR

Assistant Professor, Department of Music
Dayanand Arya Kanya Mahavidyalaya, Nagpur
R. T. M. N. University, Nagpur

*Participated in the Short Term Course in
Yoga and Wellness*

from 24/11/2022 to 30/11/2022

and obtained Grade - A

(DIRECTOR)

(COURSE CO-ORDINATOR)

(VICE-CHANCELLOR)



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SHORT TERM COURSE IN
YOGA AND WELLNESS

This is to certify that

Mrs. ANITA R SHARMA

Assistant Professor, Department of Music
Dayanand Arya Kanya Mahavidyalaya, Jaripatka, Nagpur
R. T. M. N. University, Nagpur

Participated in the Short Term Course in
Yoga and Wellness
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This is to certify that

Dr. KABITA BAIRAGI

Associate Professor, Department of Physical Education
Govt. College of Physical Education for Women Dinhat
Coochbehar Panchanan Barma University

*Participated in the Short Term Course in
Yoga and Wellness*

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This is to certify that

Dr. DEVESH MAROTRAO KAMBLE

Assistant Professor, Department of Ambedkar Thought
Dr. Babasaheb Ambedkar College, Bramhapuri
Gondwana University, Gadchiroli

*Participated in the Short Term Course in
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This is to certify that

Dr. MANISHA MANOJ KONDHARE

Physical Director, Department of Gymkhana
AISSMS College of Engineering, Pune
Savitribai Phule Pune, University

*Participated in the Short Term Course in
Yoga and Wellness*

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YOGA AND WELLNESS

This is to certify that

Mrs. URVASHI PANWAR

Assistant Professor, Department of Sanskrit
Govt. Degree College, Thatyur, Tehri Garhwal
Sri Dev Suman University, Tehri Garhwal, Uttarakhand

*Participated in the Short Term Course in
Yoga and Wellness*

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This is to certify that

Dr. SHIVSARGAN HONAJI TALE

Assistant Professor, Department of Hindi

Mahatma Jyotiba Phule Mahavidyalaya, Mukhed, Dist. Nanded

Swami Ramanand Teerth Marathwada University, Nanded, Maharashtra

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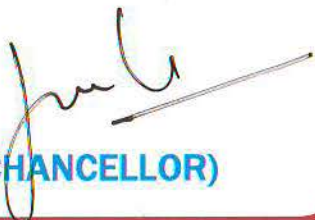
Dr. SANTOSH PRABHAKAR GUTTE

Assistant Professor, Department of Public Administration
Shri Shivaji College of Arts, Commerce and Science, Kandhar
Swami Ramanand Tirth Marathwada University, Nanded, Maharashtra

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This is to certify that

Dr. UMESH BHAGWANRAO PUJARI

Assistant Professor, Department of Marathi

Shri Shivaji college, Kandhar, Nanded

Swami Ramanand Tirth Marathwada University, Nanded, Maharashtra

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This is to certify that

Dr. SHAILJA RAJARAM

Assistant Professor, Department of Zoology
Gujarat Arts and Science College, Ellisbridge, Ahmedabad
Gujarat University, Ahmedabad, Gujarat.

*Participated in the Short Term Course in
Yoga and Wellness*

from 24/11/2022 to 30/11/2022

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This is to certify that

Dr. SUSMITA MANDAL BISWAS

Assistant Professor, Department of History
Kanchrapara College, Kanchrapara, North 24 Parganas
Kalyani University, Kalyani, West Bengal

*Participated in the Short Term Course in
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This is to certify that

Mrs. ARPITA CHAKRABORTY

Assistant Professor, Department of Sanskrit
Kanchrapara College, Kanchrapara
Kalyani University, Kalyani, West Bengal

*Participated in the Short Term Course in
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This is to certify that

Mr. PHOOLARAM FAGERIA

Physical Training Inspector (PTI)

Department of Physical Education

Govt. Ruia College, Ramgarh, Sekhawati

Participated in the Short Term Course in

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YOGA AND WELLNESS

This is to certify that

Mr. RITURAJ BARUAH

Assistant Professor, Department of Statistics
Jagannath Barooah College (Autonomous), Jorhat
Dibrugarh University, Dibrugarh, Assam

Participated in the Short Term Course in
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This is to certify that

Dr. PRNOB JYOTI SAIKIA

Assistant Professor, Department of Electronics
Jagannath Barooah College (Autonomous), Jorhat
Dibrugarh University, Dibrugarh, Assam

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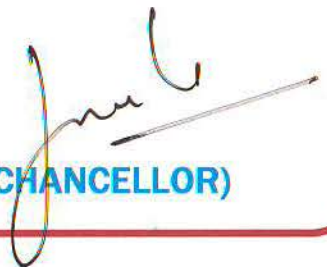
Dr. PRANAB BARUA

Assistant Professor, Department of Statistics
Jagannath Barooah College
Dibrugarh University

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This is to certify that

Dr. ASHQIUE ELAHI

Assistant Professor, Department of Economics
Batadraba Sri Sri Sankardev College
Gauhati University, Assam

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This is to certify that

Dr. MAHENDRA ANANDRAO KADAMPATIL

HOD and Assistant Professor, Department of Physical Education

Venutai Chavan College, Karad

Shivaji University, Kolhapur

Participated in the Short Term Course in

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This is to certify that

Dr. KAUSIKI CHAKRABARTI


Assistant Professor, Department of Zoology
Charuchandra College

University of Calcutta, Kolkata

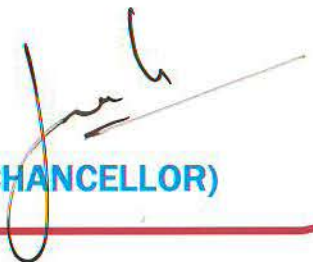
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This is to certify that

Dr. VIKAS CHHARI

Asst. Professor, Department of English
Govt. Maharishi Arvind College, Gohad, District- Bhind
Jiwaji University, Gwalior, (M.P.)

*Participated in the Short Term Course in
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Dr. BONOSHREE SAIKIA

Assistant Professor, Department of Statistics

Jagganth Barooah College, Jorhat

Dibrugarh University, Dibrugarh, Assam

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This is to certify that

Dr. ANJANA DHURVE

Assistant Professor, Department of Home Science
Govt. M.K.B Arts and Commerce College for Women Jabalpur
Rani Durgavati University, Jabalpur, M.P.

Participated in the Short Term Course in
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This is to certify that

Dr. ANURADHA GOSWAMI

Assistant Professor

Directorate of Distance Education

University of Jammu, Jammu

*Participated in the Short Term Course in
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This is to certify that

Mr. RAJASAB B. SONEKHAN

Physical Director, Department of Physical Education
Government First Grade College for Women Dharwad

Karnataka State Akkamahadevi Women's University, Vijayapura-Karnataka

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(2022-2023 ONLINE COURSES)

This is to certify that **Sri. Ajay Bhardwaj**, Assistant Professor, Amity University, Rajasthan delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Human Values and ethics: Mantra for Wellness	28/11/2022	10:30 am to 12:00 noon

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Sri. Ankur Mehta**, Sansthapak, Pause n learn Wellness Centre, Rishikesh delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
वर्तमान चुनोत्तिपूर्ण समय मे मानसिक स्वास्थ्य हेतु ध्यान की महत्वता	26/11/2022	12:00 noon to 01:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Ashish Kumar**, Assistant Professor, Department of Tourism, Dev Sanskriti University, Haridwar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Personality Refinement	26/11/2022	03:45 pm to 05:15 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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This is to certify that **Dr Bibhuti Bhushan Roy**, Guest Faculty, School of Yoga, Ranchi University, Ranchi delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Practical Use of Yoga in Daily Life	25/11/2022	12:00 noon to 01:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Brijesh Kashyap**, Yoga Consultant, District Hospital Kanpur, Uttar Pradesh delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yoga of Lifestyle Disorders	24/11/2022	02:00 pm to 03:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Dinesh Prasad Swain**, Assistant Professor (Sr.), Department of Yoga, Sri Sri University, Bhubneswar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yogic Management of Stress	28/11/2022	02:00 pm to 03:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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This is to certify that **Prof. (Dr.) G.D Sharma**, Chairman, Department of Yoga, Himanchal University delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Authenticity of Traditional values of Yoga in Modern Context	29/11/2022	10:30 am to 12:00 noon

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr Kamakhya Kumar**, HOD Department of Yoga, Uttarakhand Sanskrit University, Haridwar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yoga for Wellness	25/11/2022	02:00 pm to 03:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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This is to certify that **Smt. Kamini Bobde**, Yoga Instructor, Mumbai delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Importance of Kundalini Yoga in day to day life	30/11/2022	10:30 am to 12:00 noon

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Kamta Prasad Sahu**, Assistant Professor, Department of Yoga, Dev Sanskriti Vishwa Vidyalaya, Haridwar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yog Darshan me wellness ka swaroop	28/11/2022	03:45 pm to 05:15 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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This is to certify that **Dr. Madhulika Verma**, Director, School of Yoga, Ranchi University, Ranchi has provided her services as **Course Co-ordinator** during the Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kumar Sahu
Director



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This is to certify that **Dr. Manoj Soni**, Guest faculty School of Yoga, Ranchi University, Ranchi delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Astangyog	30/11/2022	12:00 noon to 01:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Sri. Manoj Vishnoi**, Department of Yoga, Mohan Lal Sukhadiya University, Udaipur, Rajasthan delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Pranav, jap, awam dhyan ke dwara mansik swasthya awam Prasanta	28/11/2022	12:00 noon to 01:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



UNIVERSITY GRANTS COMMISSION
HUMAN RESOURCE DEVELOPMENT CENTRE (HRDC)
RANCHI UNIVERSITY, RANCHI



(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Om Narayan Tiwari**, HOD, Department of Yoga, Maharishi Mahesh Yogi Vedic Vishwa Vidyalaya, Jabalpur, MP delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Applied Application of Consciousness	29/11/2022	02:00 pm to 03:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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RANCHI UNIVERSITY, RANCHI



(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Prativa Shree**, Prof. Deptt of Yoga, Shree Shree Ravi Shanker University, Bhubhneswar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yoga for Personality Development	24/11/2022	03:45 pm to 05:15 pm
Yoga Management of Geriatric Problems	29/11/2022	03:45 pm to 05:15 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Rajesh Kumar**, Manav Rachna International University, Faridabad delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Six Therapeutic Approaches to Yoga	25/11/2022	03:45 pm to 05:15 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Sri. Rupesh Kumar**, Assistant Prof. Department of Yoga, Viswa Bharati University, West Bengal delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Meditation on OM: A Scientific approach	26/11/2022	02:00 pm to 03:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Sadhna Doneriya**, HOD, Department of Yoga, Barkatullah University, Bhopal delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Yoga for harmonious integration of physical, mental, spiritual and social health	25/11/2022	10:30 am to 12:00 noon

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Shree Prakash Singh**, Assistant Professor, University Department of Sanskrit, Ranchi University, Ranchi delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
Relation between Yoga and Ayurveda	29/11/2022	12:00 noon to 01:30 pm

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director



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(2022-2023 ONLINE COURSES)

This is to certify that **Dr. Suresh Lal Barnwal**, HOD, Department of Yoga, Dev Sanskriti Vishwa Vidyalaya, Haridwar delivered the following lecture as **resource person** to the participants of Short Term Course in Yoga and Wellness organized in this institute from 24.11.2022 to 30.11.2022 as per UGC guidelines.

Topic	Date	Time
(Kriya Yog) Tap, Swadyay, Ishwar, Pranidhan	26/11/2022	10:30 am to 12:00 noon

His/her services were appreciated by the participants.

Prof. (Dr.) Sudesh Kr. Sahu
Director