



UNIVERSITY OF PATANJALI, HARIDWAR

DEPARTMENT OF YOGA SCIENCE

REPORT

A two days Acupressure Workshop was organized under the joint aegis of Ashtanga Yogalaya Foundation, Haridwar and Department of Yoga Science, University of Patanjali at Yoga Hall -2, University of Patanjali during 3rd and 4th, November 2023 during 3:00 PM to 5:00 PM, in which 173 students of University registered and participated.

Registration for the workshop was done through online link <https://rzp.io/l/uopworkshop> with registration Fees of Rs. 150 per participant, which includes acupressure kit, related literature and certification. The detail of credit and expenditures is given below:

s.no	Items	Amount Credit	Amount Debit	Balance
1	Registration of 173 Students @Rs 150	25,950	-	25,950
2	Flex Banner Cost		3,584	23,366
3	Acupressure Kit including Certificates and Study materials		16,700	6,666
4	Honorarium of 2 Experts @2000 /-		4,000	1,666
5	Miscellaneous		1,666	00

A Two days national level acupressure workshop was organized on 3-4 November 2023 under the joint auspices of department of yoga science, University of Patanjali, Haridwar Uttarakhand and Ashtanga Yogalaya Foundation, Haridwar Uttarakhand at Yoga Hall - 2, department of yoga Science, University of Patanjali, Uttarakhand. Dr. Om Narayan Tiwari (Dean), Dr. Nidheesh Kumar Yadav (H.O.D) of the Yoga Department and Mr. Arpan Sharma, President of Ashtanga Yogalaya Foundation, inaugurated the workshop by lighting the lamp. Dr. Om Narayan Tiwari congratulated the Department of Yoga Science and Ashtanga Yogalaya foundation to organizing the workshop and blessed the students.

Head of Department, Dr. Nidheesh Kumar Yadav guided and encouraged the students for the acupressure workshop. Dr. Monika Sharma, Assistant Professor of Yoga Department told the students about Naturopathy and important points for getting relief from various diseases of the body through Acupressure.

The workshop mainly taken by Mr. Arpan Sharma, President of Ashtanga Yogalaya Foundation. In the two days' workshop, students were taught **Acupressure.it's**

history,precautions and its usefulness in the present times as well as Sujok method ,which included seed therapy and its experimental training .Colour therapy and Magnet therapy were also given in brief .Students completed all the aspects of the experimental work during the workshop and also learned how to apply bandages of Fenugreek seeds ,Gram seeds and Kidney beans seeds under Acupressure. Principal of Ashtanga Yogalaya, Yoga school Ms. Swati Bhardwaj , Dr. Monika Sharma, Dr Sandeep Singh,Dr. Arti Yadav etc.were present in the valediction. Students participated in the workshop with enthusiasm and benefited.



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार



Banner of The Work Shop Organised on 3rd and 4th November 2023



Inauguration Ceremony of Acupressure Workshop 3rd to 4th Nov 2023



Lighting Ceremony of the Acupressure workshop



Inaugural Speech of Dean ,Faculty of Yoga Science



Inaugural Speech of HOD, Dept. of Yoga Science



Inaugural Speech of Resource Person, Mr Arpan Sharma



Students participation in the Acupressure Workshop



Group photo of Participants with Organisers



Group photo of Participants with Organisers



Group photo of Participants with Organisers



Active Participation of Students in Workshop



Group Photo of participants with Organisers



Group Photo of participants with Organisers



Group Photo of participants with Organiser



Format of Certificate

End of Report



Haridwar, Uttarakhand, India
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Lat 29.907786 °
Long 78.002203 °
03/11/2023 03:40 PM GMT +05:30

GPS Map Camera

