



Special Instructions to the delegates

Dear Delegates,

Most welcome to our international event. **Accommodation:** All of you who got registered (with accommodation) should reach to Prem-Nagar-Ashram, Ranipur, Haridwar till 22nd evening. The Ashram is very famous and centrally located, only 2.6 Km distance from Haridwar Railway station or Bus stand. **Food:** Ashram canteen will be open till 9.00 pm. people reaching thereafter please arrange your own food outside. **Local convince:** A bus will be available to bring you from ashram to the Conference venue (Uttarakhand Sanskrit University campus) in the morning. Morning breakfast, Lunch and Dinner will be provided at the Conference venue only. The returning bus will bring you back to the ashram after dinner.

Special: There will be some workshops on *Nadi Vigyan Chikitsa*, Transcendental Meditation etc. The tentative **schedule** is as follows, there may be some minor changes. The detail schedule will be provided on the conference venue.

Day-1 (23 Feb 2019)

1	Breakfast	08.00 am	09.00 am
2	Spot Registration	09.00 am	10.00 am
3	Key note Address	10.00 am	11.00 am
4	Inaugural session	11.00 am	12.15 pm
5	Plenary session	12.15 pm	01.30 pm
6	Lunch	01.30 pm	02.30 pm
7	Conceptual session/paper presentation	03.00 pm	04.20 pm
8	Tea break	04.20 pm	04.30 pm
9	Conceptual session/ Workshop	04.30 pm	06.00 pm
10	Cultural program	06.00 pm	07.00 pm
11	Dinner	07.15 pm	08.00 pm
12	Departure	08.00 pm	-----

Day-2 (24 Feb 2019)

1	Breakfast	08.00 am	09.00 am
2	Experiential session/ Workshop	09.00 am	10.00 am
3	Conceptual session	10.00 am	11.30 am
4	Tea break	11.30 am	11.40 am

5	Technical session	11.40 am	01.00 pm
6	Valedictory session	01.00 pm	02.00 pm
7	Lunch	02.00 pm	03.00 pm
8	Certificate distribution	03.00 pm	04.00 pm

Cultural program: There will be a cultural evening arranged by the participants. The groups interested in participate into cultural evening convey in advance.

Contact Persons:

Accommodation	Sh Shivcharan Nautiyal	09410102201
	Sh Anup Bahukhandi	09058782584
Registration	Sh Anupam Kothari	08285402969
	Sh Ritesh Gupta	09412999793
Paper Presentation/ Certificate	Dr Shudhanshu Verma	07017901732

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