

About Uttar Pradesh Textile Technology Institute, Kanpur

Uttar Pradesh Textile Technology Institute (Earlier known as Government Central Textile Institute),

Kanpur is a premier textile institute of North India. It made a modest start in 1914. However in 1937, Govt. Central Textile Institute came into existence in its present form by merger of two premier textile institute i.e. one at Kanpur and the other at Roorkee i.e. Department of Textile Technology, Thomson Civil Engineering College of Roorkee. In the year 1959-60 four year degree Programmes in Textile Technology & Textile Chemistry were started. In the year 1976-77 the institute pioneered in starting a four year degree programme in Manmade Fibre technology. Since 1985 institute has been running graduate and postgraduate Programmers with Ph.D. research facilities. The fourth degree programme in Textile Engineering was added in 2005.

The institute is organized into four Textile departments along with individual departments of Basic Sciences and Engineering. All Textile departments offer B.Tech. Degree and Textile

Technology and Textile Chemistry departments offer M.Tech degree. Facilities for doctorate level research also exist in all departments.

Theme of Programme

Yoga is 5000 year old practice of body, mind and soul being originated in India with the aim to transform one's body and mind. It is precious gift to mankind from the ancient Indian tradition. Yoga provides strength, flexibility and confidence. Regular practice of yoga helps to lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.

This programme is being organized to spread awareness towards the benefits of yoga and motivate more people to practice yoga. The practice of yoga helps us to feel energized in our day to day life by relieving tension and upgrading emotional health.

The training programme will provide following benefits to the participants:

1. Attainment of perfect equilibrium and harmony.
2. Promotion of self healing.
3. Removal negative blocks from the mind and toxins from body.
4. Enhancement of personal power.
5. Increase of self awareness.
6. Reduction of stress and tension.

Organizing Committee

Chief Patron

Prof. Ajit Kumar Chaturvedi, Chairman BOG & Director, IIT Roorkee

Patron

Dr. D. B. Shakyawar

Director, UPTTI Knapur

Coordinators

Dr. Mukesh Kumar Singh-II

Dr. Devendra Prasad

Sri D S Nayal

Prominent Speakers

Prof. Rajiv Chaudhary, Pt. Ravishankar Univ., Raipur, Chatisgarh

Sri Laxami Narayan Jyoti, Sanskrit Vishwa Vidyalaya, Rishikesh, UK

Team of SAHAJ YOG, Kanpur Unit

Sri Ram Chandra Mission, Chennai

Pyramid Spiritual Society, Bangalore

Sri Rajendra Pathik, Patanjali Lucknow

Dr. Dhanraj Singh, CSJM Univ. Kanpur

Dr. Preeti Pandey, S N Sen P.G. College , Kanpur

Dr. Manoj Tripathi, U P College, Varanasi

Sri Sujit Singh, MPEC, Kanpur,

**SHORT TERM TRAINING PROGRAMME
On
YOGA: A Holistic Approach to Health
and Well Being
June 21-27, 2017
Organized by: UPTTI Kanpur
Registration Form**

Name of Participant.....

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Designation.....

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Department.....

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Institute/College.....

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Registration Fee (Bank Draft/Cheque
Details)

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Signature of Applicant

Sponsored by

Director/Principal Signature, Name, Date &
Seal

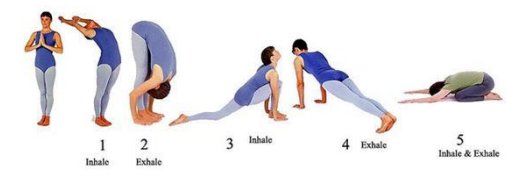
Program Coordinators:
Dr. Mukesh Kumar Singh-II,
Dr. Devendra Prasad & Sri D S Nayal
Assistant Professor, UPTTI Kanpur
Mob: 09415439723,9451095544
Email: mksinghuptti@gmail.com

Registration Fee

Rs.1000/=

Important Dates

Submission of duly filled registration form along
with fee: **15 June, 2017**



Information Brochure

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Organized by
**UTTAR PRADESH TEXTILE
TECHNOLOGY INSTITUTE,
KANPUR**

