



Yoga Online Workshop

on
Microsoft Team Platform

22nd to 26th June, 2020



Organized by

Office of the Dean Students' Welfare
Pt. Ravishankar Shukla University, Raipur, Chhattisgarh



Patron

Prof. Keshari Lal Verma

Vice Chancellor
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Administrative Support

Prof. Girish Kant Pandey

Registrar
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Workshop Convener

Prof. Rajeev Choudhary

Professor & Dean Students' Welfare
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh

Resource Persons

TIME: 10:30 AM to 12:00 PM



Dr. Anil Chauhan

K.G.K. (P.G.) College, Moradabad (U.P.)

Topic

HIDDEN FACTS of PRANAYAM

DATE: 22 JUNE, 2020

Dr. Kavita Verma

Banaras Hindu University, Varanasi (U.P.)

Topic

OBESITY MANAGEMENT THROUGH AQUA YOGA

DATE: 23 JUNE, 2020



Dr. Binayak Kumar Dubey

Department of Physical Education, B. H. U., Varanasi

Topic

SCIENCE OF ASANA

DATE: 24 JUNE, 2020

Dr. Vikram Singh

JNU, New Delhi

Topic

ATMANIRBHAR CAREER AVENUES IN YOGA

DATE: 25 JUNE, 2020



Dr Nibu. R. Krishna

Department of Yogic Sciences LNIPE, Gwalior,(M.P)

Topic

YOGIC PRACTICES AS A STRESS BUSTER

DATE: 26 JUNE, 2020

Total Participants = 134

Details of Sessions

Date- 22nd June to 26th June 2020

Preamble- A five days online workshop on Yoga was organized by Office of Dean Students' Welfare (DSW), Pandit Ravishankar Shukla University, Raipur, Chhattisgarh from 22nd June to 26th June, 2020. The meeting was conducted on Microsoft meeting platform. The workshop was addressed by prominent speakers throughout India to provide a valuable insight and disseminate awareness towards Yoga and Yogic lifestyles to the people. Responsiveness towards workshop was observed by countrywide abundant participation of people. The Workshop was started under the patronage of Dr. Keshari Lal Verma, Honourable Vice Chancellor, Pandit Ravishankar Shukla University, Raipur and with the academic support of Dr. Girishkant Pandey, Registrar, Pandit Ravishankar Shukla University, Raipur.

Day-1, 22nd June 2020

Topic- Hidden facts of Pranayam

On first day, the lecture was delivered by Dr. Anil Chouhan, from K. G. K. PG College, Moradabad, UP. At the beginning of the session, Dr. Rajeev Choudhary introduced the speaker. He educated that Yoga is not the means to live naturally, but yoga is name for conquering nature, which empowers us to live a good life. He revealed the facts that Pranayam enables human body to fight with nature and have a blissed life. Eventually he tried to make the scholars understand that how Pranayama makes the body powerful. There were numerous queries about Pranayam by the participants. The session continued between 10:30 am to 12:00 pm.

Day-2, 23rd June 2020

Topic- Obesity Management through Aqua Yoga

The second day of the workshop was addressed by Dr Kavita Verma from BHU, Varanasi, UP. Prof. Rajeev Choudhary, DSW coordinated the session and introduced the speaker. Dr. Verma addressed that obesity is one of the several problems brought during COVID-19. Initially, she explained about obesity and its reason along with status of obesity during pandemic lockdown. She illuminated about Aquayoga which is a part of Indian heritage and culture, is in still primitive form, is one of the best ways to manage obesity. She concluded with scientific aspects of Aquayoga and its benefits. The session was highly admired by the attendees. The session continued between 10:30 am to 12:00 pm.

Day-3, 24th June 2020

Topic- Science of Asanas

Dr. Binayak Kumar Dubey, from Department of Physical Education, BHU, Varanasi addressed the participant on 'Science of Asanas' on the third day of online workshop. Prof. Rajeev Choudhary, DSW and workshop coordinator managed the session and introduced the speaker. Dr Dubey said yoga uses breathing techniques, exercise and meditation. Dr Dubey familiarised that asanas are the innumerable postures our body can take. . A person doing yoga will move from one posture (called asana) to another. First he emphasized on Suryanamakar or the "sun-salutation", contains 12 poses of asanas, one after the other, and is said to help balance body and soul. The primary objective of the online session was to give a fusion of yogasana with special emphasis on foot so that participants can understand the underline science of asanas with reference to foot. Overall, participants may have understood the role of foot and how to take care of foot using different asana. The session continued between 10:30 am to 12:00 pm.

Day-4, 25th June 2020

Topic- Atmanirbhar Career Avenues in Yoga

Dr Vikram Singh, from JNU, New Delhi delivered a detailed lecture on the possible career avenues in Yoga through Atmanirbhar Policy declared by Government. Prof. Choudhary introduced the speaker and the session was started. He first enlightened the Education sector of AYUSH Ministry of Government. He consequently highlighted the number of career oriented courses related to Yoga and allied disciplines available to become an independent practitioners. He shared the skills required to be a good yoga practitioners. He focussed on top recruiters of this profession. The lecture was full of insight about career development options, followed by plethora of questions and doubts. The session continued between 10:30 am to 12:00 pm.

Day-5, 26th June 2020

Topic- Yoga Practices as Stress Busters

The session was enlightened by Dr. Nibu R. Krishna, from Department of Yogic Science, LNIPE, Gwalior, MP. Prof. Rajeev Choudhary, DSW coordinated the session and introduced the speaker. Speaker underlined on the meaning of stress. He explained various Yoga poses and smaller remedies in daily life to relief stress. Speaker satisfied the queries of the scholars and the session was commended by the participants. The session continued between 10:30 am to 12:00 pm.