

International Yoga day- 2021

Department of Psychology, Doon University, organised a webinar on occasion of International Yoga day 2021. It was a special instructor led class from abroad by Dr. Ravindra Jangra and Pradeep Yogi, who are currently teaching Yoga and Ayurveda in Ukraine and Moldova (Europe). Apart from the yoga protocol given by the Ministry of AYUSH, he discussed in detail about the precautions and benefits related to yoga and made the participants of yoga practice on how to get rid of various physical ailments with the help of yoga. Dr Ravindra Jangra said that due to our office working lifestyle, we do not make proper use of our body parts and as a result the capacity of our body parts gradually decreases and the flexibility of the body also ends. is. Despite all this, we do not practice yoga and start cutting our lives with the help of medicines only. He appealed that on the occasion of World Yoga Day, we should take a vow that we will practice yoga every day.

Describing the importance of Yoga, Prof. Surekha Dangwal, Vice Chancellor of Doon University said that Yoga is an integral part of our Indian tradition which is now being adopted by the whole world and research is being done on it with scientific approach and the results of these researches are very much. He said that people were imprisoned in their homes during the time of lockdown due to Kovid-19 and there was a decrease in physical activities due to which their mental and physical health was adversely affected. Public awareness came among the people. As a result of which people's tendency towards yoga practice increased and people adopted yogic routine to keep themselves healthy at home. He told that yoga is such a subject which affects both mind and body equally and removes negativity to the person. Physical practice is only a part of yogic kriyas and the importance of yogic kriyas is to attain mental prosperity spiritually beyond physical activities. harmonize with able to do Professor Dangwal emphasized that all the programs organized in Doon University are aimed at benefiting the students as well as the general public. He said that in today's digital and virtual world, yoga can be a better tool to control the mind.

Professor Kusum Arunachalam, Registrar Dr. Mangal Singh Mandrawal, Deputy Registrar Mr. Narendra Lal, Dr. Savita Tiwari, Dr. Arun Kumar, Dr. Rajesh Bhatt, Dr. Naresh Mishra, program coordinator Prof. Harsh Dobhal along with teachers and students of various universities were present. . The program was conducted by the Dean of the University, Student Welfare Prof. H.C. Purohit and concluded by giving vote of thanks.

Dr. Rajesh Bh... Professor (Dr... Savita Tewari SATYANARAY... Dr. RASHI MISH...

Recording

ice Chancellor, Doon University

Mute Stop Video Participants 56 Chat Share Screen Record Reactions

Type here to search

This screenshot shows a Zoom meeting interface. At the top, there is a row of five participant thumbnails with names: Dr. Rajesh Bh..., Professor (Dr...), Savita Tewari, SATYANARAY..., and Dr. RASHI MISH... A large video feed in the center shows a woman with glasses and a blue scarf. Below the video feed is a toolbar with icons for Mute, Stop Video, Participants (56), Chat, Share Screen, Record, and Reactions. At the bottom, there is a search bar with the text "Type here to search" and a row of application icons including Edge, File Explorer, Chrome, and others.

Jeena Chandrika Kumar Dr. Prachi Pathak Dr. Smita Tripathi Registrar, Doon...

Rashmi Rana Dr. Rajesh Bh... Vice Chan... Dr. Rajesh...

Participants Chat Share Screen Record Reactions

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This screenshot shows a Zoom meeting interface with two large video feeds. The left feed shows a man in a white t-shirt and grey pants performing a yoga pose with his arms raised. The right feed shows a close-up of the same man wearing a grey turban and a white t-shirt with a green leaf logo and the text "Tapo Yoga" and "apalyoga.com". Above the video feeds is a row of participant thumbnails with names: Jeena, Chandrika Kumar, Dr. Prachi Pathak, Dr. Smita Tripathi, Registrar, Doon..., Rashmi Rana, Dr. Rajesh Bh..., Vice Chan..., and Dr. Rajesh... Below the video feeds is a toolbar with icons for Participants, Chat, Share Screen, Record, and Reactions. At the bottom, there is a search bar with the text "Type here to search" and a row of application icons including Edge, File Explorer, Chrome, and others.