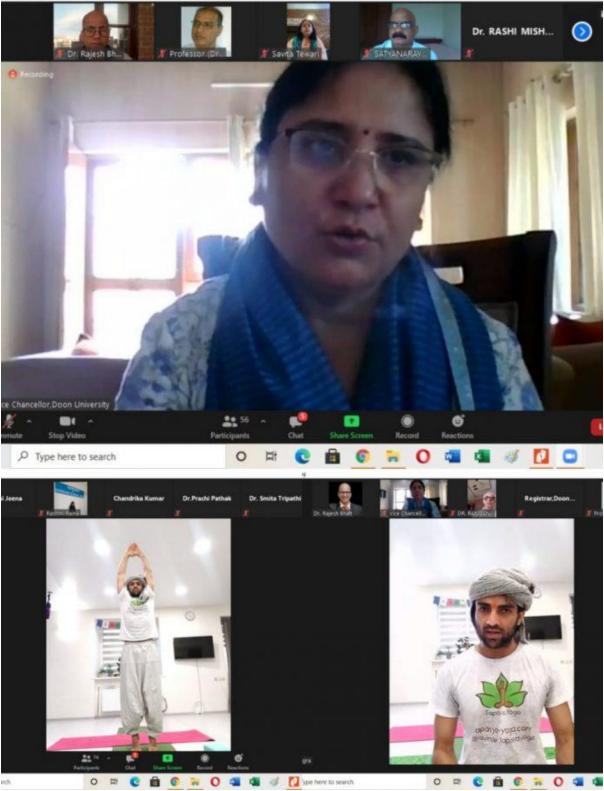
## International Yoga day- 2021

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.





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