

Report of the Faculty Development Programme Sept. 06, 2022 to Sept.12, 2022

A 5-days Faculty Development Programme on the theme 'Integrated Yog and Ayurved Wellness Awareness for Teacher Educators' was organized by the Government College of Education, Sector-20 D, Chandigarh in collaboration with Government College of Yoga Education and Health, Sector-23 A, Chandigarh and Lokayurved as the knowledge partner under the aegis of IQAC and RUSA Cell of the college.

Dr. Ajay Kumar Srivastava, Principal of the college welcomed the distinguished guests and resource persons. Prof. Lakhvir Singh, ASPD, RUSA (U.T.) Chandigarh was the chief guest and keynote speaker for the inaugural function of the programme. He dwelt at length on the concept of wellness as presented in the Indian Knowledge System and highlighted the eastern idea of 'Swasthya' in contrast to the western ideology of 'health'. Dr. Sapna Nanda, Principal of Government College of Yoga Education and Health, Sector-23 A, Chandigarh also expressed her views about the importance of the programme for teachers.

In the first technical session, Ms. Shyamprिया, consultant, Lokayurved discussed in detail the basics of health wisdom as given in Ayurvedic texts, where she presented in brief the concepts of *dincharya*, *ritu-charya*, *ahaar-vihar* and *doshas* as per Ayurved. In the second technical session, Mr. Roshan Lal, Yoga-Instructor of GCYEH, Chandigarh demonstrated the various simple *asanas* and discussed their procedure and benefits in detail. He answered the queries of the faculty related to performance of different *asanas* and the benefits as well as precautions.

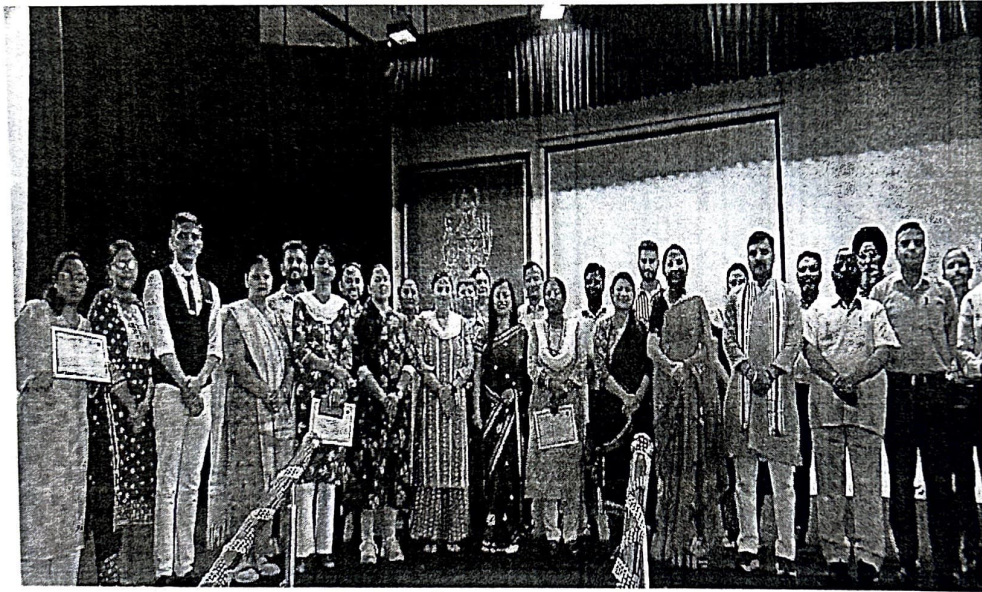
In the first technical session of the second day of the programme, Ms Shyamprिया discussed the daily routine concept in detail and explained how it is significant for good health. The second technical session of the second day was devoted to 'Shatkriyas' wherein Ms. Anupama Kaushal, Yoga Instructor discussed the six simple yogic activities to cleanse the body-mind complex for ensuring proper flow of *pranic* energy in the body in order to ensure good physical, mental, emotional, social and spiritual health. On the third day, Ms Shyamprिया discussed the idea of seasonal routine in detail with its effect on overall health whereas Dr. Mohinder Kumar, Yoga Instructor explained the details of pranayam and its significance for good health. On the fourth day, Ms Shyamprिया explained the concept of diet and diet planning according to Ayurved and highlighted its significance for good health whereas in the second session Mr Sumant Batish, Yoga Instructor explained the details of Mudra and Mudra-bandh for good health. On the last day, Ms Shyamprिया explained the concept of mental health as per Ayurved and highlighted various means of ensuring good mental health. In the next session, the theoretical and practical concepts of meditation were explained by Mr. Kulwant Singh, Yoga Instructor. He gave many practical examples of simplified meditation techniques and highlighted their usefulness in day to day life.

The valedictory function was attended by Sh. Nitish Ji, Chief of Vidya Bharati, Punjab Prant, who called upon the teachers and would-be teachers attending the function to ensure good health by adopting the ancient Indian system of Ayurved in daily life, where the emphasis is on prevention as better means of healthcare than therapeutics. The function concluded with a vote of thanks by Dr. Sapna Nanda, the Co-Convener of the programme and Principal, GCYEH, Sector-23 A, Chandigarh.

Dr. Sheojee Singh & Dr. Lilu Ram
(Co-ordinators)

Dr. A.K. Srivastava & Dr. Sapna Nanda
Principal, (Co-convener)
Govt. College of Education
Sector 20-D, Chandigarh

Some of the related photographs of the event are attached herewith:



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Principal,
Govt. College of Education
Sector 20-D, Chandigarh



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Principal,
Govt. College of Education
Sector 20-D, Chandigarh