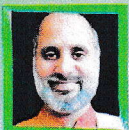



Government College of Education, Sector 20D, Chandigarh

(Affiliated to Panjab University, Chandigarh)


Internal Quality Assurance Cell
GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20, CHANDIGARH
(Affiliated to Panjab University, Chandigarh)
Organizes Webinar on
Coping with COVID 19 Challenges through Yogic Practices
on Eve of
INTERNATIONAL YOGA DAY
"BE WITH YOGA, BE AT HOME"
Sponsored by RUSA
June 19, 2021; 2:00 PM to 3:00 PM
Please Join through <https://meet.google.com/ivo-qfvd-nce>




Honorable Speaker
Sh. Raman Kumar Yog Acharya
Organising Secretary
Asian Yoga Federation
Treasurer - YFI
Director - Himalayan Yogis



Patron
Dr. A.K. Srivastava
Principal
Government College of Education
Sector - 20 D, Chandigarh




Webinar Convener
RUSA Coordinator
Dr. Neelam Paul
Associate Professor
Government College of Education
Sector - 20 D, Chandigarh




IQAC Coordinator
Dr. Anjali Puri
Associate Professor
Government College of Education
Sector - 20 D, Chandigarh


Internal Quality Assurance Cell
GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20, CHANDIGARH
(Affiliated to Panjab University, Chandigarh)
Organizes Webinar on
Coping with COVID 19 Challenges through Yogic Practices
on Eve of
INTERNATIONAL YOGA DAY
"BE WITH YOGA, BE AT HOME"
Sponsored by RUSA
June 19, 2021; 2:00 PM to 3:00 PM



Student Coordinator
Mr. Bharat Sharma
B.Ed 2nd Semester

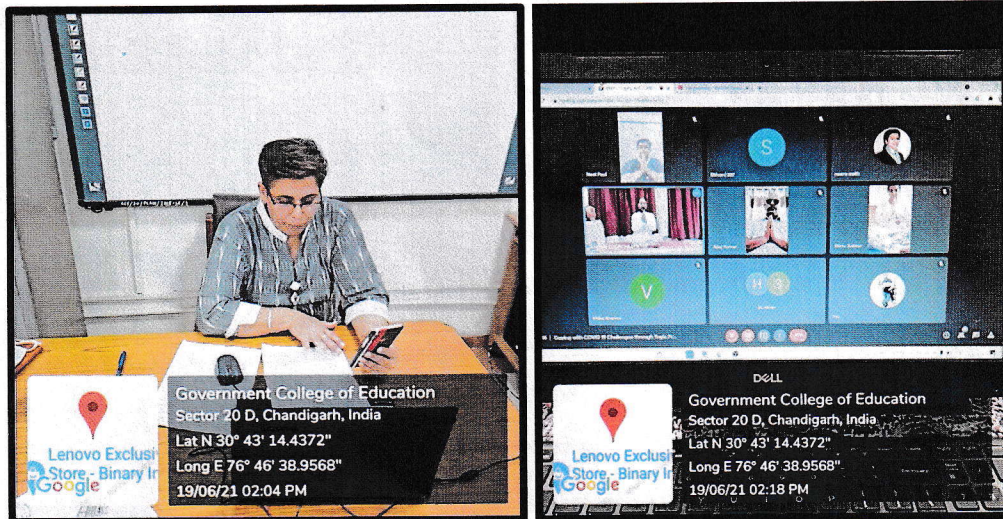


Repertoire
Ms. Samiksha
B.Ed 4th Semester



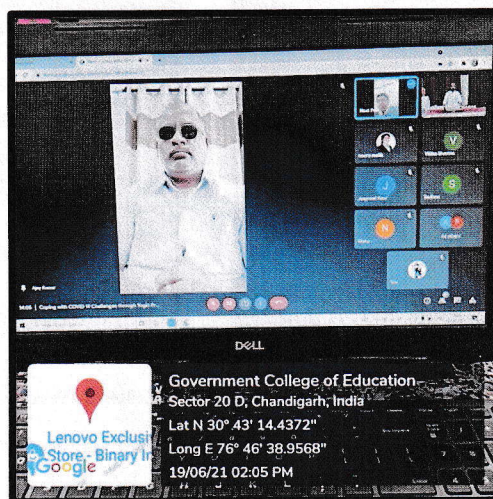
IT Support
Ms. Sakshi Poonia
B.Ed 2nd Semester

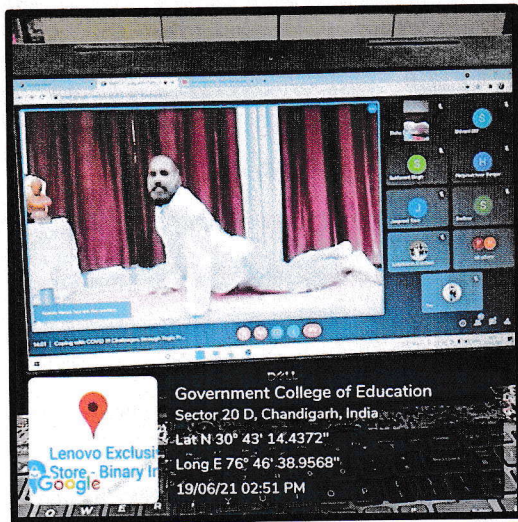
Department of Physical Education in collaboration with the IQAC cell of Government College of Education, Sector 20D, Chandigarh organized a webinar on 19th June, 2021 on the topic "Coping with COVID19 Challenges through Yogic Practices" on the Eve of International Yoga Day. It was sponsored by RUSA. The speaker for the webinar was Sh. Raman Kumar Yog Acharya, the organizing secretary of Asian Yoga Federation, Treasurer of YFI and Director - Himalayan Yogis. The webinar was conducted on Google Meet from 2:00 to 3:00 pm. It started with the introduction of the program by Dr. Neelam Paul. She introduced the listeners to the topic of the webinar. She introduced the theme of the webinar: "BE WITH YOGA, BE AT HOME". She explained how yoga helps to remove fear and anxiety and rehabilitation of COVID patients. She then highlighted the fact that Yoga helps to improve the Holistic health of all. She highlighted the significance of the yoga.



After that, Principal of the college Dr. A. K. Srivastava was called upon to address the students and throw light on the topic of the Webinar. He threw light on the importance of Yoga in one's daily life. Dr. A.K Shrivastava, Principal of the college, welcomed the chief guest. He highlighted a word "Yoganandsahudar" which depicted the yoga is equal to joy and through yoga one can connect to 'paramatama' (god) through yoga.

The programme was followed by a formal introduction of the Speaker for the day Sh. Raman Kumar Yog Acharya, by Samiksha Sharma, a student of B.Ed. 4th semester. He is an eminent personality who has brought laurels to the nation by being the coach of the Indian Yoga team. He has been felicitated by Chandigarh administration and Governor of Punjab numerous times for his achievements.

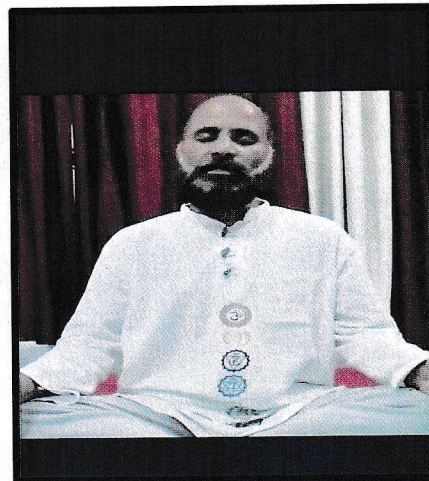
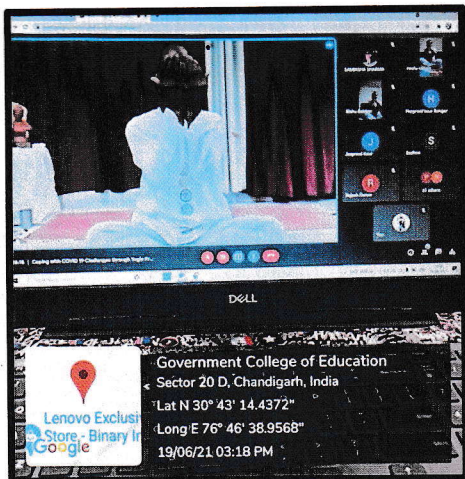




Session by Sh. RAMAN KUMAR

The session started with a Dhyaan mudra by joining hands and chanting "OM". Further, he stated the importance of Yoga in curbing the COVID19 disease. He focused on Lowering our expectations, but not our efforts. Sh. Raman Kumar Ji also gave example of Shrimadbhagvadgita in talking about Yoga. He emphasized on proper exercise, proper breathing, proper relaxation, proper dieting. He conducted some Yoga practices for eyes, wrists and shoulders. He said that every problem comes with a solution. We should not let the fear of hard times engulf us. He advised to program our minds in such a way where we should be alert and brave: Aatma ka parmaatma se Milan. Yoga is the power to connect with ourselves. To make our body we have to become flexible.

He started the yoga session with light eye and neck exercises which proceeded with hand exercises. The session then proceeded towards the leg and lower body strengthening exercises.



The main asanas he explained were 'Pawanmukta asana', 'Shava asana', Crocodile posture. The session progressed toward the breathing exercises. He highlighted that proper breathing can eradicate a lot of body disorders. The session was taken to an end by

proceeding towards 'Pranayam'- Anulomvilom and 'Naadi Shodhan'. Om Chanting was done thrice. The session then ended after a minute of meditation.


Sakshi Poonia of B.Ed 2nd semester formally presented a vote of thanks to the speaker Sh. Raman Kumar Ji as well as to the Principal and the faculty of the college. She also thanked the convenor of the Webinar Dr. Neelam Paul for her efforts in making the webinar a success. Link of feedback form was shared at the end for the students.


STUDENT's ORGANIZING COMMITTEE-

Student coordinator- Mr. Bharat Sharma B.Ed 2nd Semester

Repertoire- Ms. Samiksha B.Ed 4th semester

IT Support- Ms. Sakshi Poonia 2nd semester


Dr. Neelam Paul
Webinar Convenor


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