

Press Note

Name of Event: Yoga: As a Remedy & Diagnose

Date: 21-02-2023

One day yoga Workshop

On the occasion of International Mother Language Day, One-day yoga Workshop was organised by - Education department for the student of B.A.B.Ed, B.Sc.B.Ed. and B.El.Ed.-

The Students of Invertis University received the blessings of Honorable Chancellor Dr. Umesh Gautam. The Executive Director Mr. Parth Gautam guided the students for fitness and well -being.

Prof. YDS Arya -Vice Chancellor of Invertis University throw the light on the importance of Yoga. Prof. R.K. Shukla Dean Education, enlightened the history of Yoga. The Convenor of the Event Mr. Raghavendra Rastogi and Co-convenor Ms. Deepika Sharma demonstrated the various exercises of Yoga. The Knowledge of Pranayama and meditation was given by Head of Department Dr. Avadhesh Sharma. Registrar Mr. Santosh kumar, Director CSED Prof. J.N. Srivastava, Chief Proctor Prof. K.K. Dubey and faculty members graced the event with their presence.

(Press Note Sent to Amar Ujala & Dainik Jagran 21-02-2023)


Coordinator


Registrar
Invertis University
Bareilly