

Name of the Cell/Department: Department of Education

Academic year: 2022-23

Name of the program: "Yoga as a Remedy & Diagnose"

Date: 21-02-2023

Venue: Invertis University, Bareilly

Description:

The quote 'Health is Wealth' is very essential now a days. At present times, every person is searching for money without doing hard-work. In present scenario this is very tough to give the time for physical exercise for any employee, teacher or student. Yoga is a very useful tool in higher education for students as well as for the teachers too. Also in NEP-2020 the Yoga is introduced as a mandatory subject in curriculum. In student' life Yoga and Meditation are very useful for overall development of mind, body and soul.

'Healthy mind in a Healthy body'

Importance of Yoga Workshop: This workshop of Yoga will be helpful for the students of B.Sc.B.Ed. B.A.B.Ed. and B.El.Ed. 4th semester. These students have already studied about Health Education & Yoga in their 3rd semester as a both practical and theory subject. The main purpose of this workshop is to divert and refresh the busy and burden mind set of students along with their teachers.

Important Effects:



- Mental- Relief and Stress-free Mind and balance.
- Spiritual- Consciousness and Energy centres.
- Physical- Regulation and purification of blood, Healthy Hearth and Body.

Note: Certification Free

Date: 21Feb, 2023 from 10:00 AM to 11:00 AM.

Feedback Link:

<https://docs.google.com/forms/d/e/1FAIpQLSc3lDOy5niEVtTN2jgnkcpIWQLESosyorAVjtxeEWBRAPZjuw/viewform>

	
Dignitaries in Yoga Session 21-02-2023	Students in Yoga Session 21-02-2023

Coordinator 


 Registrar
 Invertis University
 Bareilly