



Pt. Ravishankar Shukla University, Raipur, C.G. Workshop on Yoga For Healthy Living

Jointly Organized by

University Grants Commission, Inter - University Centre for Yogic Science
and National Service Scheme (NSS), Pt. Ravishankar Shukla University
Raipur, Chhattisgarh

Date : 15-06-2022 to 20-06-2022



Patron

Prof. Keshari Lal Verma
Vice Chancellor



Guest of Honour

Prof. (Dr.) Avinash C. Pandey
Director

Inter University Centre for Yogic Sciences & Director,
Inter University Accelerator Centre (IUAC)



Administrative Support

Dr. Shailendra Kumar Patel
Registrar



Workshop Director

Dr. Reeta Venugopal
Professor & Head



Workshop Advisor

Prof. C. D. Agashe
Professor
SoS in Physical Education



Workshop Advisor

Dr. R. K. Mishra
Assistant Director in Physical Education



NSS Coordinator

Dr. Neeta Bajpai



Convener

Prof. Rajeev Choudhary
Professor
Dean Students' Welfare

Resource Person



Amit Kumar

Yoga Expert ,Department of Kriya Sharir
Faculty of Ayurveda Institute of
Medical Sciences Banaras Hindu University
June 15-16, 2022



Sudha Yadav

Yoga Expert Department of Kriya Sharir
Faculty of Ayurveda Institute of
Medical Sciences Banaras Hindu University
June 17-18, 2022



Dr. Parinita Singh

Yoga Expert
Yoga Department, Ranchi University, Ranchi
June 19-20, 2022

**Venue : SoS in Physical Education,
Pt. Ravishankar Shukla University, Raipur (C.G.)**



Dated 15.06.2022

From 15th to 20th June 2022, a six-day workshop on “Yoga for Healthy Life” was organized at Pandit Ravi Shankar Shukla University, Raipur, Chhattisgarh, jointly under the aegis of the University Grants Commission, University Center for Yogic Science, and Pt. Ravi Shankar Shukla University Raipur, Chhattisgarh.

In the inaugural session of the workshop, Prof. Avinash Chandra Pandey, Director, Inter-University Center for Yogic Science and Inter-University Accelerator Center (I.U.A.C.), Vice-Chancellor of the University, Prof. Kesari Lal Verma, Registrar Dr. Shailendra Kumar Patel, P.T.R.S.U. Raipur, Mr. Amit Kumar Yoga specialist, Mrs. Sudha Yadav Yoga specialist, Prof. Rita Venugopal, Workshop Director and Head of Department, Department of Physical Education, Prof. Rajeev Choudhary, Workshop Coordinator, Prof. CD. Agashe, Dr. R.K. Mishra, N.S.S. Coordinator Dr. Neeta Bajpai, were present. The program was started with Saraswati Puja, the national anthem and university song. Prof. Rita Venugopal gave information about the workshop, after which the university's Vice-Chancellor inspired participants .

The expert of the first session, Shri Amit Kumar, started with the yoga asanas. He taught Surya Namaskar, Vajrasana, Marudak Asana, Vakrasana, Gau Mukhasan, Sirshasan, and Padmasan and gave information about their benefits.

On the first day, 110 participants and students participated .

Dated 16.06.2022

The second day of the workshop Session was conducted by Shri Amit Kumar with the yoga asanas.

Dated 17.06.2022

Expert Sudha Yadav started the third session of the workshop with subtle yoga and asanas. Mainly Tadasana, Tiryak Tadasana, Vrikshasana, Vajrasana, Mayurasana, Ardha Salbhasan, Vrischika Asana, etc.

Dated 18.06.2022

Experts Sudha Yadav and Amit Kumar Conducted the fourth day Session of the workshop with asanas. Various yoga asanas were practiced. On the fourth day, 125 students participated in the form of participants.

Dated 19.06.2022

On the Fifth day, Dr. Parinita Singh Yoga Specialist from Yoga Department, Ranchi University Conducted Session on the Fifth day, 125 students participated.

Dated 20.06.2022

On Day 6 session was Conducted by Dr. Parinita Singh Various yoga asanas were practiced, mainly Surya namaskar, anulom vilom, pranayama, Bhramari, Sahita pranayama, Drigha, pawanmuktasana . Dr. Parinita Singh also shared her personal experience She was felicitated and presented with Token of gratitude by Prof. Rajeev Choudhary for her contribution for making this event successful.

It was indeed a great learning experience for all the staff members and students as they learned a lot about the yoga .

Glimpses of Workshop



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