

REPORT
Yog for Anxiety and Stress management during COVID Pandemic
21st May-21st June 2021

The IQAC and Dept. Of Physical Education organized a one month workshop on “**Yog For Anxiety and Stress Management during COVID19 Pandemic**” from 21st May-21st June 2021. The workshop was organized under the Community Outreach program and was open to faculty, non-teaching staff, students as well as parents. The objective of the workshop was to bring a sense of calmness in the otherwise highly volatile and uncertain health situation.

The resource person for the workshop was **Acharya Divya Choudhary** who is an expert in Yoga as well as nutrition, stress management and medical Yoga. The workshop was attended by 500+ participants from all over India. The participants joined over Zoom as well as watched over YouTube (livestream). They appreciated the knowledge as well as presentation of the resource person and thanked the college team for arranging such a workshop.

The Inaugural session was conducted on 21st May 2021 and the Valedictory session on 21st June 2021. Prof. Swati Pal, Principal, JDMC, addressed the participants and congratulated the organizing team for smooth conduct of the one month long workshop.

The Organizing Team comprised Dr. Shilpa Chaudhary, IQAC Coordinator, Dr. Abha Jain, TIC, Physical Education Dept and Mr. Santosh Giri, Faculty, Physical Education Dept. Technical support was provided by members of IQAC Technical and Webinar Team- Dr. Tanu Gupta, Mathematics Department, Ms. Sonia, Mathematics Dept, Dr. Indu Soni, Sanskrit Dept., Mr. Deepak Manchanda, Economics Dept, Ms. Puja Pal, Economics Dept, Dr Sonal Jain, Commerce Dept.

The day wise coverage of the sessions, along with the YouTube links are listed below:

Day	Date	Link	Topics covered	No. of participants
1	21st May (Friday)	http://www.youtube.com/watch?v=cIIR3k4xeyk	Inaugural, general Asanas	Zoom: 341 YouTube:70 Total: 532 Attendance (records):
2	22nd May (Saturday)	http://www.youtube.com/watch?v=tOQ-e4Tn9Ms	Asanas for anxiety, stress management-	Zoom: 315 Youtube: 30 Total: 595 Attendance: 530
3	23rd May (Sunday)	http://www.youtube.com/watch?v=Wok9bEriwpk	Asanas for Thyroid Management	Zoom: Youtube: 45 Total: 613

				Attendance:
-	24th May (Monday)	OFF		
4	25th May (Tuesday)	https://www.youtube.com/watch?v=5tBJy-ZH69U	Asanas for Thyroid Management	Zoom:259 Youtube:29 Total: 704 Attendance:
5	26th May (Wednesday)	https://www.youtube.com/watch?v=8tQZspO1PQs	Asanas for High and Low Blood Pressure Management	Zoom:242 Youtube:45 Total: 517 Attendance:
6	27th may (Thursday)	https://www.youtube.com/watch?v=pDH7akTM1BM	Yoga Asanas for Obesity control	Zoom:221 Youtube:33 Total:652 Attendance:
7	28th May (Friday)	https://www.youtube.com/watch?v=44pW51_8RUo	Yoga Asanas for Migraine	Zoom:220 Youtube:33 Total:670 Attendance:
8	29 May (Saturday)	https://www.youtube.com/watch?v=3QhZ-EdrrnE	Yoga Asanas for Back Pain	Zoom:201 Youtube:41 Total:584 Attendance:
9	30 May (Sunday)	https://www.youtube.com/watch?v=jp4Tx4qyulA	Yoga Asanas for Hair Fall Management	Zoom:188 Youtube:28 Total:624 Attendance:
--	31st May (Monday)	OFF		
10	1 June (Tuesday)	https://www.youtube.com/watch?v=BLKw67biDWo	Yog Asana for reducing Abdominal Fat	Zoom: 198 Youtube:28 Total:226 Attendance:572
11	2 June	http://www.youtube.com/watch?v=Tb03b2tPHM4	Asana for Vertigo	Zoom:184 Youtube:30 Total: Attendance:
12	3rd June (Thursday)	https://www.youtube.com/watch?v=mwNozIBb-Yg	Yoga Asanas for Removing Stiffness	Zoom:169 Youtube:34 Total:

				Attendance:
13.	5th June (Saturday)	https://youtu.be/2111Qnp7Ws!	Asanas for the management of Acidity	Zoom:188 Youtube:19 Total:626 Attendance:
14	6th June (Sunday)	https://www.youtube.com/watch?v=x2_55qY0rM4	Asanas for the management of Constipation	Zoom:163 Youtube:18 Total:629 Attendance:
15.	8th June (Tuesday)	https://www.youtube.com/watch?v=vtwH0gUKBio	Asanas for the management of Asthma	Zoom:174 Youtube:17 Total: Attendance:
16.	9th June (Wednesday)	https://www.youtube.com/watch?v=GTGJcB4DNDA	Asanas for the management of Insomnia	Zoom:151 Youtube:26 Total:634 Attendance:
17.	10th June (Thursday)	http://www.youtube.com/watch?v=IX6nE1T0sKE	Asanas for anxiety, stress management-	Zoom:156 Youtube:24 Total:577 Attendance:
18.	11th June (Friday)	https://www.youtube.com/watch?v=IX6nE1T0sKE	Asanas for the management of Sciatica Pain	Zoom:144 Youtube:20 Total:518 Attendance:
19.	12th June (Saturday)	https://www.youtube.com/watch?v=WUBEjNfT-ug	Asanas for the management of Arthritis	Zoom:150 Youtube:18 Total:574 Attendance:
20.	13th June (Sunday)	https://www.youtube.com/watch?v=85h9Q172Hzw	Asanas for the management of Anemia	Zoom:140 Youtube:18 Total:588 Attendance:
	14th June (Monday)	OFF		
21.	15th June (Tuesday)	https://www.youtube.com/watch?v=9dTUwRlf-aM	Asanas for the management of Acne and Pimples	Zoom:139 Youtube:20 Total:563 Attendance:

22.	16th June (Wednesday)	https://www.youtube.com/watch?v=E78Q3rD_LPw	Asanas for daily Practice	Zoom:135 Youtube:21 Total:525 Attendance:
23.	17th June (Thursday)	https://www.youtube.com/watch?v=3SUP_LiUyqQ	Asanas for the management o PCOD problem	Zoom:125 Youtube:20 Total:549 Attendance:
24.	18th June (Friday)	https://www.youtube.com/watch?v=Xp2P1-1d8Vs	How to Switch from one Asan to Another.	Zoom:140 Youtube:16 Total:530 Attendance:
25.	19th June (Saturday)	https://www.youtube.com/watch?v=ix5KQpdW_g	Relaxing Techniques	Zoom:124 Youtube:16 Total:518 Attendance:
26.	20th June (Sunday)	http://www.youtube.com/watch?v=tpSemQREBFM		Zoom: Youtube: Total:531 Attendance:
27.	21st June (Monday)			Zoom: Youtube: Total:230 Attendance:

SOME GLIMPSES OF THE WORKSHOP



 **JANKI DEVI MEMORIAL COLLEGE**
UNIVERSITY OF DELHI
Sir Ganga Ram Hospital Marg, New Delhi-110060 

DEPARTMENT OF PHYSICAL EDUCATION & IQAC
(UNDER COMMUNITY OUTREACH PROGRAM)

invite you all to
One-month workshop on
Yog for
Anxiety and Stress Management during
Covid Pandemic

MAY 21, 2021 to June 21, 2021
Time: 5:30-6:30 P.M.

NO REGISTRATION CHARGES
E-CERTIFICATES WILL BE ISSUED TO PARTICIPANTS

Convener
Dr. Abha Jain


Yog Instructor
Acharya Divya Choudhary

Principal
Prof. Swati Pal

IQAC Coordinator
Dr. Shilpa Chaudhary

Coordinator
Mr. Santosh K. Giri

Remove Spotlight Recording... LIVE on YouTube 00:36:27 View




Divya Choudhary

Unmute Start Video Security Participants 222 Polls Chat 2 Share Screen Raise Hand Pause/Stop Recording More End

Janki Devi Mem...
Vani Arora jdmc
Janki Devi Mem...
Divya Choudhary

This image shows a screenshot of a Zoom meeting. The main video feed displays a woman named Divya Choudhary, who is wearing a red t-shirt and black leggings, sitting in a lotus position on a patterned mat. She is meditating with her eyes closed and hands resting on her knees in a mudra. The background consists of light-colored, patterned curtains. The Zoom interface is visible around the video feed, including a top bar with 'Remove Spotlight', 'Recording...', 'LIVE on YouTube', and a timer at '00:36:27'. A bottom toolbar contains icons for 'Unmute', 'Start Video', 'Security', 'Participants' (222), 'Polls', 'Chat' (2), 'Share Screen', 'Raise Hand', 'Pause/Stop Recording', and 'More'. A red 'End' button is located in the bottom right corner. On the right side of the screen, a list of participants is shown, including 'Janki Devi Mem...', 'Vani Arora jdmc', and 'Janki Devi Mem...', each with a small red 'X' icon. A small thumbnail of the main video feed is also visible in the participant list.

Cancel the Spotlight Video Recording... LIVE Gallery View Exit Full Screen




Diya Choudhary

250

Share Screen Pause/Stop Recording

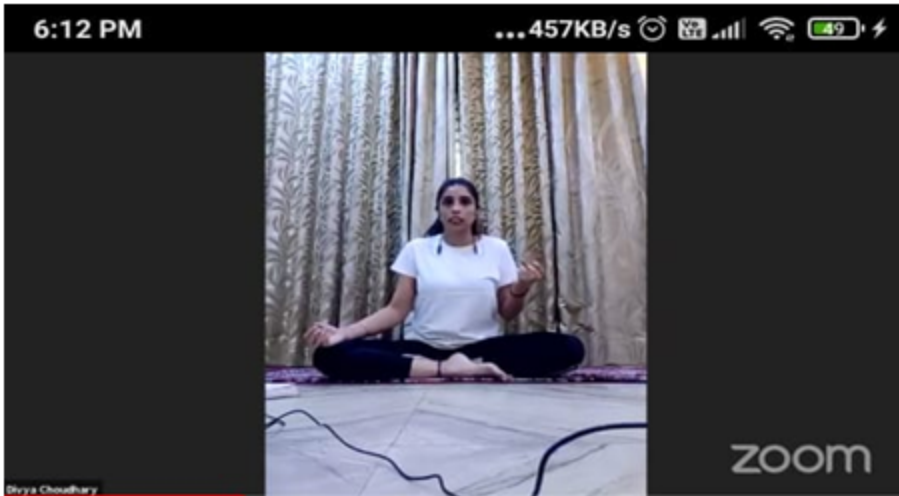
Leave

Janki Devi Mem...
Janki Devi Mem...
Vani Arora jdmc



Diya Choudhary

This image shows a screenshot of a Zoom meeting. The main video feed displays a woman in a red t-shirt and black leggings performing a Bhujangasana (Cobra) yoga pose on a mat. The background consists of a light-colored, patterned curtain. The Zoom interface is visible, including a top bar with 'Cancel the Spotlight Video', 'Recording...', and 'LIVE' indicators. A bottom toolbar contains icons for 'Mute', 'Start Video', 'Security', 'Participants' (showing 250), 'Polls', 'Chat', 'Share Screen', and 'Pause/Stop Recording'. On the right side, a gallery view shows three participant thumbnails: two for 'Janki Devi Mem...' and one for 'Vani Arora jdmc'. A 'Leave' button is located in the bottom right corner.



Live chat

Top chat  45



6:06 PM Himani Pangasa 🙏



6:08 PM swati jadhavar 🙏



6:08 PM Rupal Bhavsar gd



6:10 PM Bulbul raheja man n m



6:10 PM sujatha Balakrishnan Useful session



6:10 PM Bulbul raheja mam weight loss ya height increase krne ka btaiye



Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.

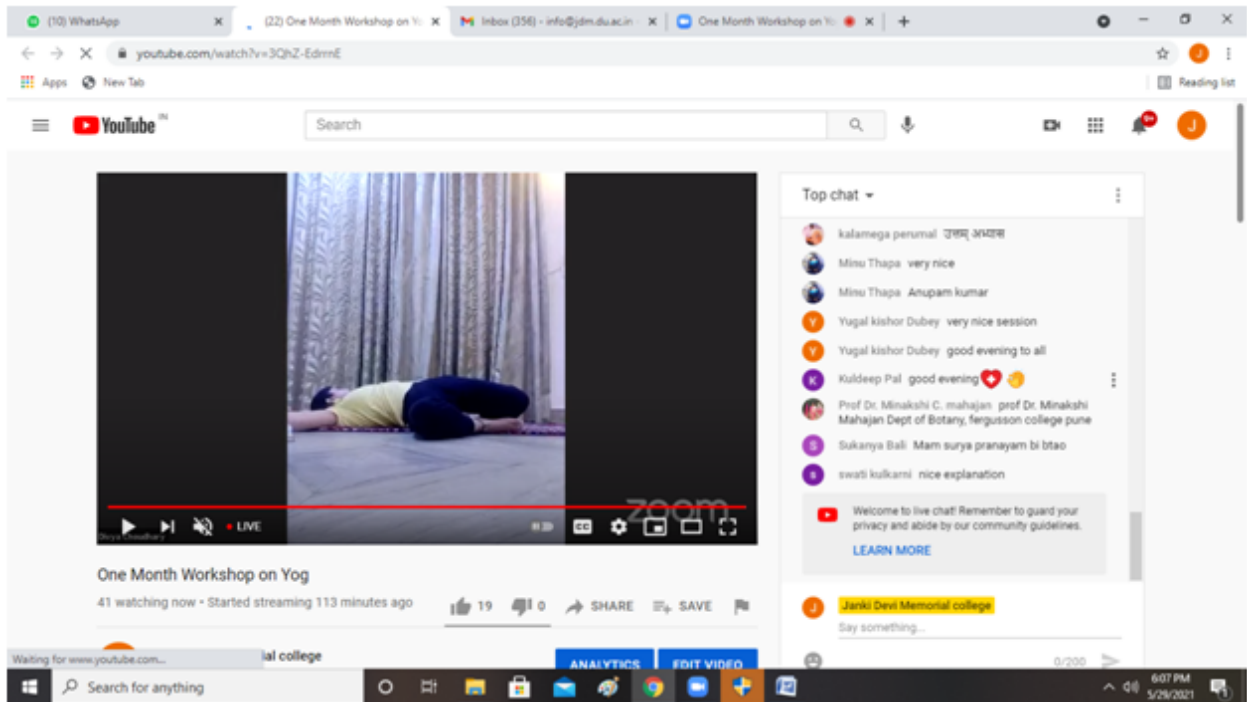
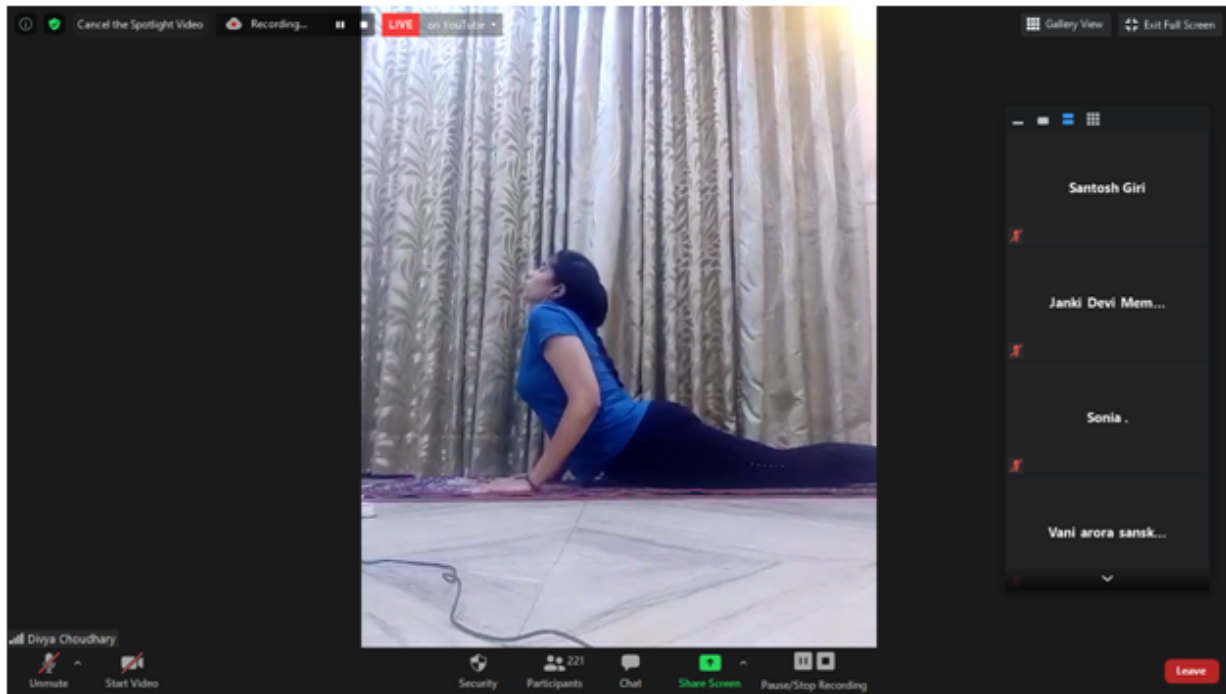
[LEARN MORE](#)



Chat publicly as Abha Jain...



27-5-2021 (Thursday)



Zoom Meeting Interface

Participants (184)

Name	Role	Video	Audio	Chat
Mr. Santosh Giri	Host	On	On	On
Shalu kasana	Participant	On	On	On
Boby's iPhone	Participant	On	On	On
Mr. Santosh Giri(Host, Me)	Host	On	On	On
Divya Choudhary(Co-host, Guest)	Co-host	On	On	On
Janki Devi Memorial College(Co-host)	Co-host	On	On	On
Anshu Gupta(Guest)	Guest	Off	On	On
Hemlata Goel(Guest)	Guest	Off	On	On
B Mangalam(Guest)	Guest	Off	On	On
Sandhya Jain(Guest)	Guest	Off	On	On
Yashika(Guest)	Guest	Off	On	On
Khushi(Guest)	Guest	Off	On	On
ayushi tariyal(Guest)	Guest	Off	On	On
Aashia(Guest)	Guest	Off	On	On
Anita Singh(Guest)	Guest	Off	On	On
Vani Vaishnav(Guest)	Guest	Off	On	On
Manisha(Guest)	Guest	Off	On	On
Kalu Singh Rao PET(Guest)	Guest	Off	On	On

Zoom Meeting Controls: Mute, Video, Security, Participants (184), Polls, Share Screen, Chat, More, End

YouTube Video Player

Search

Top chat

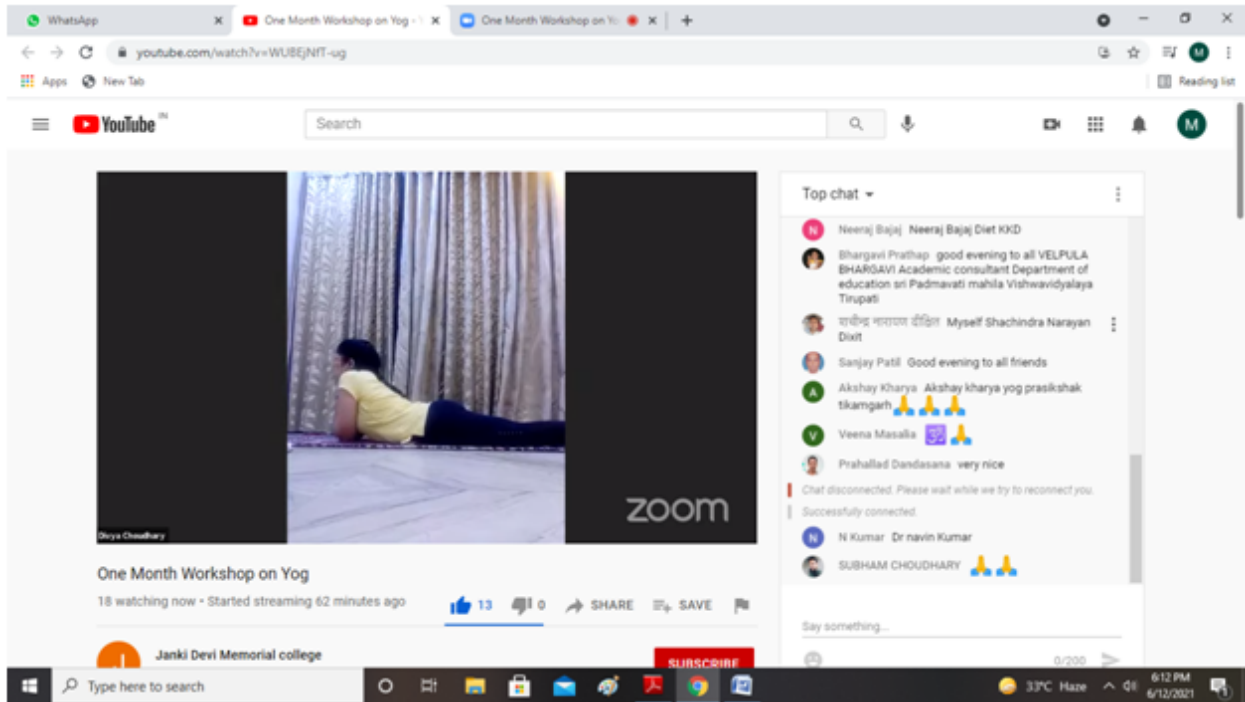
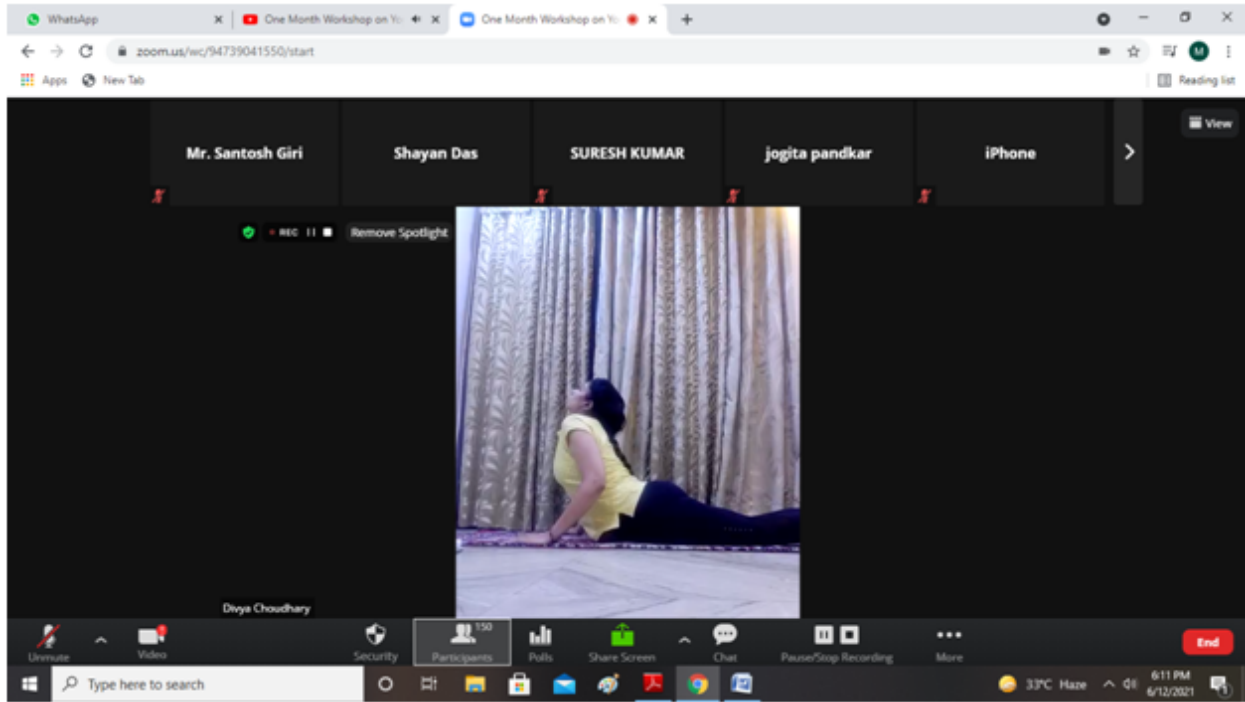
- Vishuddha
- Devender Singh Raja very nice
- Susan George Good evening
- suzma Poria AshritaPoria
- vinitakarina Good evening
- RADHA KUMARI Good evening everyone
- Prahallad Dasdasani thanks mam for informative and helpful training
- Sudesh Malik nice information mam
- shweta arora very informative session
- Janki Devi Memorial college

One Month Workshop on Yog

30 watching now • Started streaming 54 minutes ago

Janki Devi Memorial college

ANALYTICS EDIT VIDEO



13-06-2021

The image is a screenshot of a web browser displaying a YouTube live stream. The browser's address bar shows the URL `youtube.com/watch?v=85H9Q17ZHzw`. The YouTube interface includes a search bar, navigation icons, and a video player. The video player shows a person in a red shirt and black pants performing a yoga pose (Urdhva Dhanurasana) in a room with gold curtains. The video title is "One Month Workshop on Yog" and the channel is "Janki Devi Memorial college". Below the video, there are 13 likes and 0 comments. The chat window on the right shows the following messages:

- anur chauhani good evening
- Devender Singh Raja Good evening to all
- y k good evening
- y k welcome to all
- y k thanks to all parti cipant
- y k very useful and beneficial session
- vidya khaimar good evening 🙏
- dalchand gupta good evening
- Susan George Good evening
- kalamega perumal 🙏 NAMASKAR 🙏
- S KALAMEDAPERUMAL SANSKRIT TEACHER KUMBakonam TAMILNADU
- suresh kumar namaskar sabhi ko 🙏🌿

The Windows taskbar at the bottom shows the search bar, task icons, and system tray with the date 6/13/2021 and time 6:00 PM.

15-06-2021

Browser tabs: (8) WhatsApp, One Month Workshop on Yog - 1, One Month Workshop on Yo...

Address bar: zoom.us/jc/94739041550/start

Zoom Meeting: Janki Devi Memorial College, Sangeeta, QG


Participant: Diya Choudhary (Co-host, Guest)


Participants (139)

- Janki Devi Memorial College(Host, Me)
- Diya Choudhary(Co-host, Guest)
- Anshu Gupta(Guest)
- Nidhi Sikri(Guest)
- Ravi Makkar(Guest)
- Jyoti Anand(Guest)
- Hemlata Goel(Guest)
- Aarti Ekad Pati(Guest)
- Sujeeta Balakrishnan(Guest)
- Sharmila Jajodia(Guest)
- Praveen Vasishth(Guest)
- Dr. T.M. SATHEES KANNAN(Guest)
- Devendra Kushwah(Guest)
- Anita Singh(Guest)
- Ajit Kumar(Guest)

Zoom Meeting Controls: Mute, Video, Security, Participants (139), Polls, Share Screen, Chat, More, End

Windows Taskbar: Type here to search, 34°C Haze, 6:20 PM 6/15/2021





JANKI DEVI MEMORIAL COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION

VALEDICTORY CEREMONY


Yog for Preventive Healthcare – Stress and Anxiety Management During Covid Time


ONE MONTH WORKSHOP ON YOG


June 21, 2021
AT 5.30 PM TO 6.30 PM

Resource Persons

Acharya Divya Choudhary








Coordinator
Dr. Abha Jain
(TIC, Dept. of Physical Education)
Co-Coordinator
Santosh . Giri (Dept. Of Phy. Edu.)

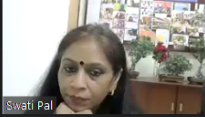
IQAC Coordinator
Dr. Shilpa Chaudhary (Dept. of Economics)

Prof. Swati
Principal


Puja Pal




Shilpa Chaudhary



Swati Pal




Janki Devi Mem...

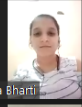


Zoom Meeting Recording... || View


2/10



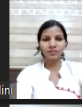
Bapurao Jadhav



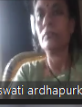
Uma Bharti



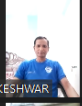
Dr. Indu Soni



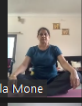
Shalini



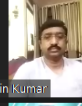
swati ardhapurka...




TARKESHWAR



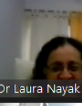
Neela Mone



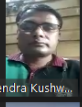
Navin Kumar



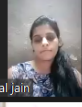
Punita Sharma



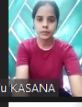
Dr Laura Nayak




Devendra Kushw...



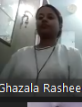
Rupal jain



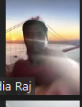
Shalu KASANA




Kuldeep Pal



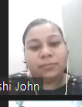
Ghazala Rasheed



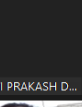
Pandia Raj



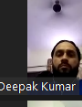
Jyoti Bansal



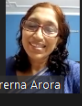
Sakshi Joha



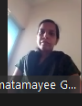
RAVI PRAKASH D...



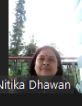
Deepak Kumar




Dr Prerna Arora



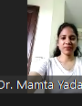
Mamatamayee G...



Dr Nitika Dhawan



iPhone



Dr. Manita Yadav

Unmute

Start Video

Security

Participants 228

Chat 80

Share Screen

Raise Hand

Pause/Stop Recording

Leave

Type here to search

6:06 PM 6/21/2021