

Department of Philosophy
Janki Devi Memorial College
University of Delhi

Webinar

2019-20

National Webinar On "Manage your physical and mental health during Covid-19" (Let Yoga Unleash your Power to Revive your Spirit)

The IQAC and Department of Philosophy, Janki Devi Memorial College organized a national webinar on Yoga for faculty and scholars across the country on May 18th, 2020.

Objective:

In view of Covid-19, a pandemic spread across the world the Department of Philosophy of JDMC has conducted a webinar where online yoga session was conducted on the following theme- "Manage your physical and mental health during covid-19". The objective of the webinar is to spread the yoga philosophy and its benefits across the masses. We are undergoing a very difficult time. It is through yoga we can improve our immunity, and able to manage our physical and mental health during Covid -19.

The Program:

The Webinar started at 10:00 am with an introduction given by Dr. Ruplekha Khullar, followed by the Principal Dr. Swati Pal. Dr. Jayanti P. Sahoo, Coordinator of the programme introduced the speakers- Yogacara Anil Mudgal and Yogacara Pradeep Yogi.

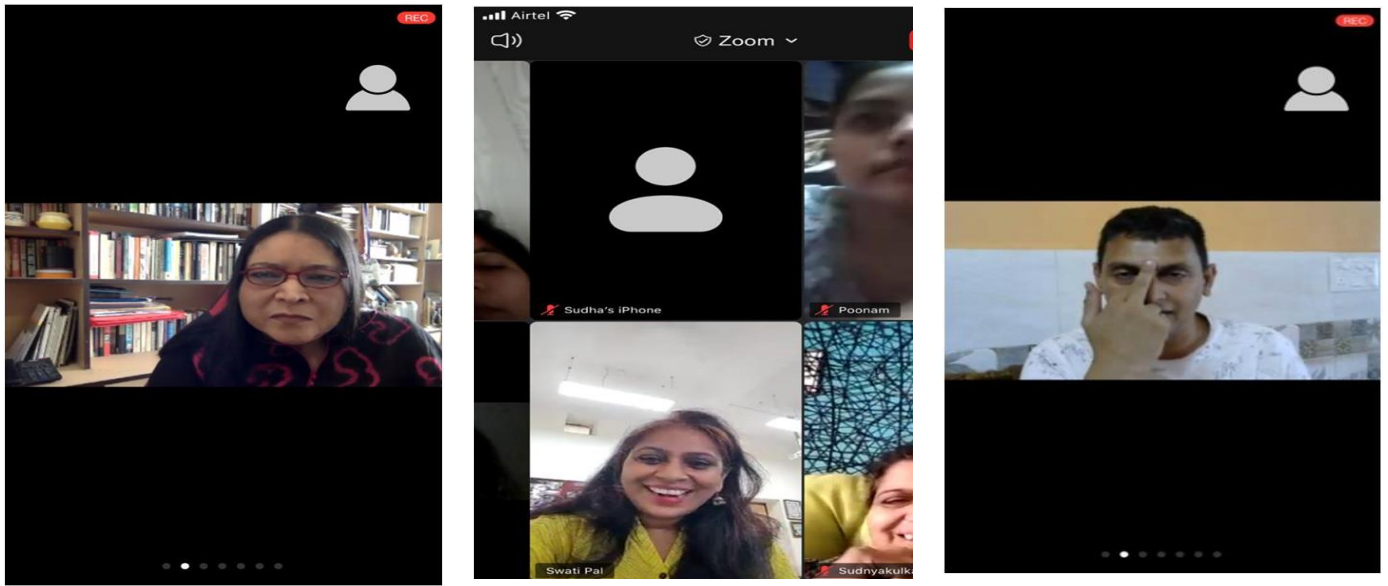
Dr. Swati Pal, Principal, JDMC Address the gathering and spoke about the importance of yoga in our day-to-day life. She said it is through yoga we can lead a stress-free life.

Yogacara Anil Mudgal spoke about the origin of yoga and emphasized over the fact that Yoga is not just exercise but includes rigorous self-discipline of the individual mind and body. He also highlighted the importance of food habits and at the same vein discussed the advantages of following the eight-fold Path towards mental awakening.

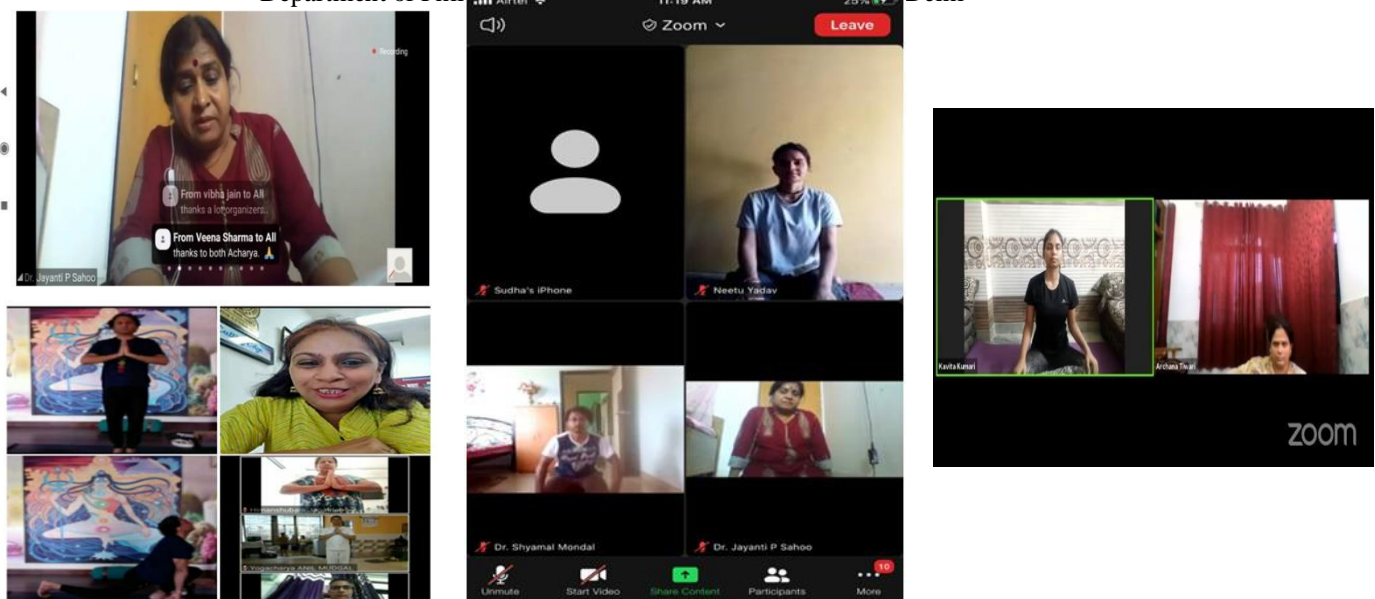
Shri Pradeep Yogi talked about changes in lifestyle due to corona virus and that it has given all a fair chance for self-retrospection and a choice to lead a better life than before. Importance of isolation, meditation, self-study had remained an important part of the discussion. His lecture was followed by demonstration of various Asanas, name a few Suryasana, trikona asana, tadasana etc. He also focused on Pranayama and diet, some of which were solely meant for coping up with the pandemic crisis related stress, suggested by Government of India.

300 Faculty members and students across India attended the program. Questions raised by the attendee were addressed by the speakers. The lectures were highly interactive. The program ended with a vote of thanks by IQAC In-charge Dr. Shilpa, Department of Economics, JDMC

The lectures were very well received and opened up new avenues for introspection. Resource Persons for the Webinar were Yogacara Anil Yogi and Yogacara Pradeep Yogi



Webinar Session - "Manage your physical and mental health during covid-19", May 18th, 2020, organized by Department of Philosophy and IQAC, JDMC, University of Delhi



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