### Yogic Life Skill for Mental Health Workshop Report on 27-9-21



#### INDIRA GANDHI NATIONAL COLLEGE, Ladwa (Kurukshetra)

Est.1975 Affiliated to Kurukshetra University, Kurukshetra Ph. 01744-260144, 260334 Website.igncollege.ac.in

Department of Physical Education and Swami Vivekananda Youth Cell

in collaboration with

Swami Vivekananda Yoga Sewa Sansthan(Reg.1468/95-96)

are organising online Workshop on

Yogic Life Skill for Mental Health

Monday, 27 September, 2021 at 10:30 am



Resource Person: Dr. Shiv Kumar, Yoga Specialist

(AYUSH Dept. Civil Hospital ,Yamuna Nagar)

Google link to join session: <a href="https://meet.google.com/atr-jvzz-ewr">https://meet.google.com/atr-jvzz-ewr</a>

(on 27-9-2021 at 10:30 am)

For registration Please: Click Here

Dr. H.P.Sharma Dr. R.K. Chauhan Dr. Sandeep Bansal Dr. Mohan Lal Dr. Kuldeep Singh Principal Advisor IQAC Convener Convener Org. Secretary



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#### Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra

#### Notice

Date: 24-09-2021

All the staff members are informed that the college is going to organize online workshop on "Yogic Life Skill for Mental Health" at 10:30 a.m. on 27-09-2021. The broucher of the workshop has already been circulated in college teaching staff whatsApp group. You are therefore requested to join and a make the event successful.

Principal

S.No.	Name (Dr./Sh./Ms.)	Signature
1	Dr. R.K.Chauhan, Asso. Prof.	Ome 1
2	Dr. Madhu Gupta, Assoc. Prof.	Confor
3	Dr. Ashok Verma, Asso. Prof.	sure.
4	Dr. A.K.Garg, Asso. Prof.	32 24/2/305
5	Dr. Romesh Bhaal Asso.Prof.	V velus mas
6	Dr. Sandeep Bansal, Asso.Prof	SIZ
7	Dr. Rajesh Kumar Asst.Prof.	Men
8	Dr. Rupesh Gaur Librarian	1 Og
9	Dr. Yashpal Singh, Asst. Prof.	- 3, and
10	Ms. Harneet Kaur Asstt.Prof.	Xarr
11	Dr. Mohan Lal Asstt.Prof.	Made
12	Ms. Sunita Rani Asstt.Prof.	gunte
13	Dr. Vandana Gupta Asstt. Prof	Vandane
14	Dr. Neeru Bala, Asstt. Prof.	hum,
15	Dr. Kuldeep Singh Asst. Prof.	20008 12419121
16	Dr. Niti Goyal Asstt. Prof.	redi?
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19	Dr. Sudesh Kumar, Asstt. Prof.	
20	Dr. Amit Verma, Asstt. Prof.	A L
21	Dr. Neetu, Asstt. Prof.	- Leels
22	Ms. Priyanka, Asstt. Prof.	Prisjank
23	Dr. Surinder Kumar Asstt. Prof.	1 Steel
24	Dr. Navin Kumari Asstt. Prof.	Marin
25	Mr. Rajbir Singh	2
	Ms. Rajni Saini	
26	Mr. Narender Sharma	
27	Mr. Nareficer Sharma	

#### Non-Teaching Staff

Sr. No.	Name (Sh./Ms.)	Signature
1.	Vijay Kumar	Jul
2.	Ravinder Sharma	an
3.	Muni Lal	mz
4.	Joginder Singh	Or-
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7.	Naresh Pal	NIPSE
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## मानसिक स्वास्थ्य के लिए यौगिक जीवन कौशल विषय पर कार्यशाला आयोजित

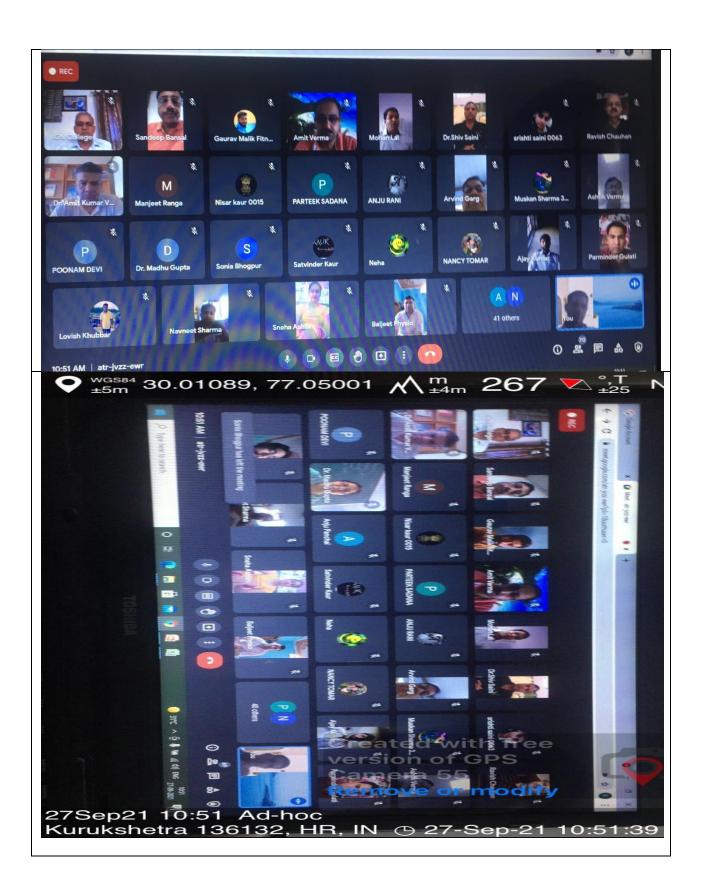
लाडवा (नरेश गर्ग) : लाडवा के इन्दिरा गांधी नैशनल कालेज के स्वामी विवेकानन्द प्रकोष्ठ और शारीरिक शिक्षा विभाग तथा स्वामी विवेकानन्द योग सेवा संस्थान, यमुनानगर के संयुक्त तत्वावधान में च्यानसिक स्वास्थ्य के लिए यौगिक जीवन कौशल विषय पर एक कार्यशाला का आयोजन करवाया गया। इसमें मुख्यवक्ता के रूप में डॉ. शिव कुमार, योग विशेषज्ञ, आयुष विभाग, सिविल अस्पताल, यमुनानगर रहे। कार्यशाला में 76 प्रतिभागियों ने प्रतिभागिता कर अपना ज्ञानवर्धन किया। इन्दिरा गांधी नैशनल कालेज के प्राचार्य डा. हरिप्रकाश शर्मा ने कहा कि योग जीवन के लिए अत्यंत महत्वपूर्ण है। डॉ. मोहन लाल ने कार्यशाला में मंच संचालित कर इसे सुचारू ढंग से सम्पन्न करवाया। मौके पर सभी शिक्षक और गैर-शिक्षक वर्ग मौजद थे।

मगलवार • 28.09.2021

# Side Casile 11

## योग से होता है शारीरिक, मानसिक विकास

कुरुक्षेत्र। इंदिरा गांधी नेशनल कॉलेज के स्वामी विवेकानंद प्रकोष्ठ, शारीरिक शिक्षा विभाग तथा स्वामी विवेकानंद योग सेवा संस्थान यमुनानगर ने कार्यशाला का आयोजन किया। इसका विषय मानसिक स्वास्थ्य के लिए यौगिक जीवन कौशल रहा। इस कार्यशाला में 76 प्रतिभागी शामिल हए। मुख्य वक्ता सरकारी अस्पताल यमुनानगर के योग विशेषज्ञ डॉ. शिव कुमार ने कहा कि योग मात्र कसरत नहीं बल्कि स्वयं पर काम करना है। फिर वह काम चाहे शारीरिक हो या मानसिक। आज सभ्यता के विकास के साथ-साथ मानव जीवन में तीव्रता से बढ़ रहे मानसिक विकार और अवसाद को योग के माध्यम से ही संतुलित किया जा सकता है। योगासन से शंरीर, मन, आत्मा और मस्तिष्क में संतुलन स्थापित होता है, जिससे जीवन निर्वाह निर्वाध गति से चलता है। मन में सकारात्मक भाव आते है। प्राचार्य डॉ. हरि प्रकाश शर्मा ने कहा कि योग करने के लिए सबसे महत्वपूर्ण शरीर और मन है। मजबूत शरीर वाले व्यक्ति भी मानसिक रूप के रोगी हो सकता है। अखाड़े और जिम में कसरत करने से शरीर मजबूत तो बन जाता है लेकिन मन और मस्तिष्क वैसा ही रहता है। संवाद



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#### Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra Yogic Life Skill for Mental Health Workshop Report

Date: 28/09/2021

Indira Gandhi National College, Ladwa organised online Workshop on "Yogic Life Skill for Mental Health" under the auspicious of department of Physical Education and Swami Vivekananda Youth Cell in collaboration with Swami Vivekanand Yog Seva Sansthan, Yamuna Nagar (Reg. 1468/95-96) on 27 September, 2021. Dr. Mohan Lal convenor of the workshop conducted the stage and invited the College Principal on stage for formal welcomes of the participants. College Principal Dr Hari Prakash Sharma welcomed the workshop resource person Dr. Shiv Kumar, all the teaching, non teaching faculty members and students participants. Dr. Sharma told that the Workshop topic has great relevance in present scenario. He told us how our mental health plays a crucial role with Physical health to make our life balanced and successful. Then Dr. Kuldeep Singh Organising Secretary of the workshop introduced the theme and told about how Trataka, Yogic Diet, Yoga Nindra, Om Recitation, Concentration and optimum hormonal level of body play important roles in the improvement of the mental health. The resource person Dr. Shiv Kumar started his session with Om recitations and he explained the historical background of Yoga in India with the help of stories. He executed the Cupping and Slapping self body massage techniques and explained how these benefits us. He executed and explained the importance of deep breathing with different body position. He also answered the different queries of faculty members and students like cervical, body Prakriti dosha, natural diet etc. Total 104 participants online registered their names and 84 participants successfully submitted their feedback form immediate after the workshop. At the end of the workshop Dr. Ravish Chauhan senior faculty member concluded the lecture of resource person and delivered the vote of thanks to the resource person, college principal, all the faculty members and students for their contribution to make this event successful.

(Dr Hari Prakash Sharma) Principal (Dr. Mohan Lal)
Convener

( Dr Kuldeep Singh) Organising Secretary