

# 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: <https://meet.google.com/atr-jvzz-ewr>

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

**For registration Please: [Click Here](#)**

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



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

HP

MJR

K Singh

**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 to make the event successful.

*HP*  
Principal

S.No.	Name (Dr./Sh./Ms.)	Signature
1	Dr. R.K.Chauhan, Asso. Prof.	<i>[Signature]</i>
2	Dr. Madhu Gupta, Assoc. Prof.	<i>[Signature]</i>
3	Dr. Ashok Verma, Asso. Prof.	<i>[Signature]</i>
4	Dr. A.K.Garg, Asso. Prof.	<i>[Signature]</i>
5	Dr. Romesh Bhaal Asso.Prof.	<i>[Signature]</i>
6	Dr. Sandeep Bansal, Asso.Prof	<i>[Signature]</i>
7	Dr. Rajesh Kumar Asst.Prof.	<i>[Signature]</i>
8	Dr. Rupesh Gaur Librarian	<i>[Signature]</i>
9	Dr. Yashpal Singh, Asst. Prof.	<i>[Signature]</i>
10	Ms. Harneet Kaur Asstt.Prof.	<i>[Signature]</i>
11	Dr. Mohan Lal Asstt.Prof.	<i>[Signature]</i>
12	Ms. Sunita Rani Asstt.Prof.	<i>[Signature]</i>
13	Dr. Vandana Gupta Asstt. Prof	<i>[Signature]</i>
14	Dr. Neeru Bala, Asstt. Prof.	<i>[Signature]</i>
15	Dr. Kuldeep Singh Asst. Prof.	<i>[Signature]</i>
16	Dr. Niti Goyal Asstt. Prof.	<i>[Signature]</i>
17	Dr. Suman Siwach Asstt. Prof.	<i>[Signature]</i>
18	Dr. Amit Kumar, Asstt. Prof.	<i>[Signature]</i>
19	Dr. Sudesh Kumar, Asstt. Prof.	<i>[Signature]</i>
20	Dr. Amit Verma, Asstt. Prof.	<i>[Signature]</i>
21	Dr. Neetu, Asstt. Prof.	<i>[Signature]</i>
22	Ms. Priyanka, Asstt. Prof.	<i>[Signature]</i>
23	Dr. Surinder Kumar Asstt. Prof.	<i>[Signature]</i>
24	Dr. Navin Kumari Asstt. Prof.	<i>[Signature]</i>
25	Mr. Rajbir Singh	<i>[Signature]</i>
26	Ms. Rajni Saini	<i>[Signature]</i>
27	Mr. Narender Sharma	<i>[Signature]</i>

**Non-Teaching Staff**

Sr. No.	Name (Sh./Ms.)	Signature
1.	Vijay Kumar	<i>[Signature]</i>
2.	Ravinder Sharma	<i>[Signature]</i>
3.	Muni Lal	<i>[Signature]</i>
4.	Joginder Singh	<i>[Signature]</i>
5.	Naresh Kumar	<i>[Signature]</i>
6.	Rakib	<i>[Signature]</i>
7.	Naresh Pal	<i>[Signature]</i>
8.	Raj Kumar	<i>[Signature]</i>
9.	Jagdeep Chahal	<i>[Signature]</i>
10.	Raj Pal	<i>[Signature]</i>
11.	Pooja Kamboj	<i>[Signature]</i>
12.	Saroj Saini	<i>[Signature]</i>
13.	Susheel Kumar	<i>[Signature]</i>
14.	Karnail Singh	<i>[Signature]</i>
15.	Roop Chand	<i>[Signature]</i>
16.	Parveen Kumar	<i>[Signature]</i>
17.	Mukesh Kumar	<i>[Signature]</i>
18.	Asha Devi	<i>[Signature]</i>

## मानसिक स्वास्थ्य के लिए यौगिक जीवन कौशल विषय पर कार्यशाला आयोजित

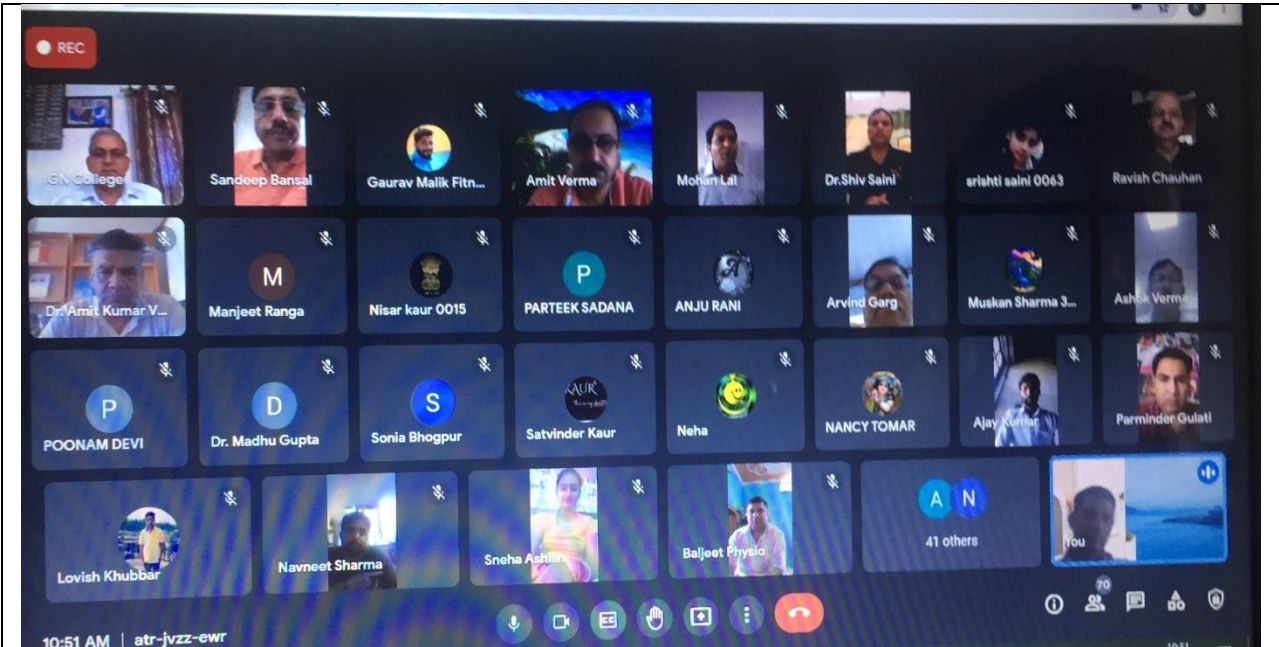
लाडवा (नरेश गर्ग) : लाडवा के इन्दिरा गांधी नेशनल कालेज के स्वामी विवेकानन्द प्रकोष्ठ और शारीरिक शिक्षा विभाग तथा स्वामी विवेकानन्द योग सेवा संस्थान, यमुनानगर के संयुक्त तत्वावधान में मानसिक स्वास्थ्य के लिए यौगिक जीवन कौशल विषय पर एक कार्यशाला का आयोजन करवाया गया। इसमें मुख्यवक्ता के रूप में डॉ. शिव कुमार, योग विशेषज्ञ, आयुष विभाग, सिविल अस्पताल, यमुनानगर रहे। कार्यशाला में 76 प्रतिभागियों ने प्रतिभागिता कर अपना ज्ञानवर्धन किया। इन्दिरा गांधी नेशनल 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 सुचारु ढंग से सम्पन्न करवाया। मौके पर सभी शिक्षक और गैर-शिक्षक वर्ग मौजूद थे।

मंगलवार • 28.09.2021

## अमर उजाला

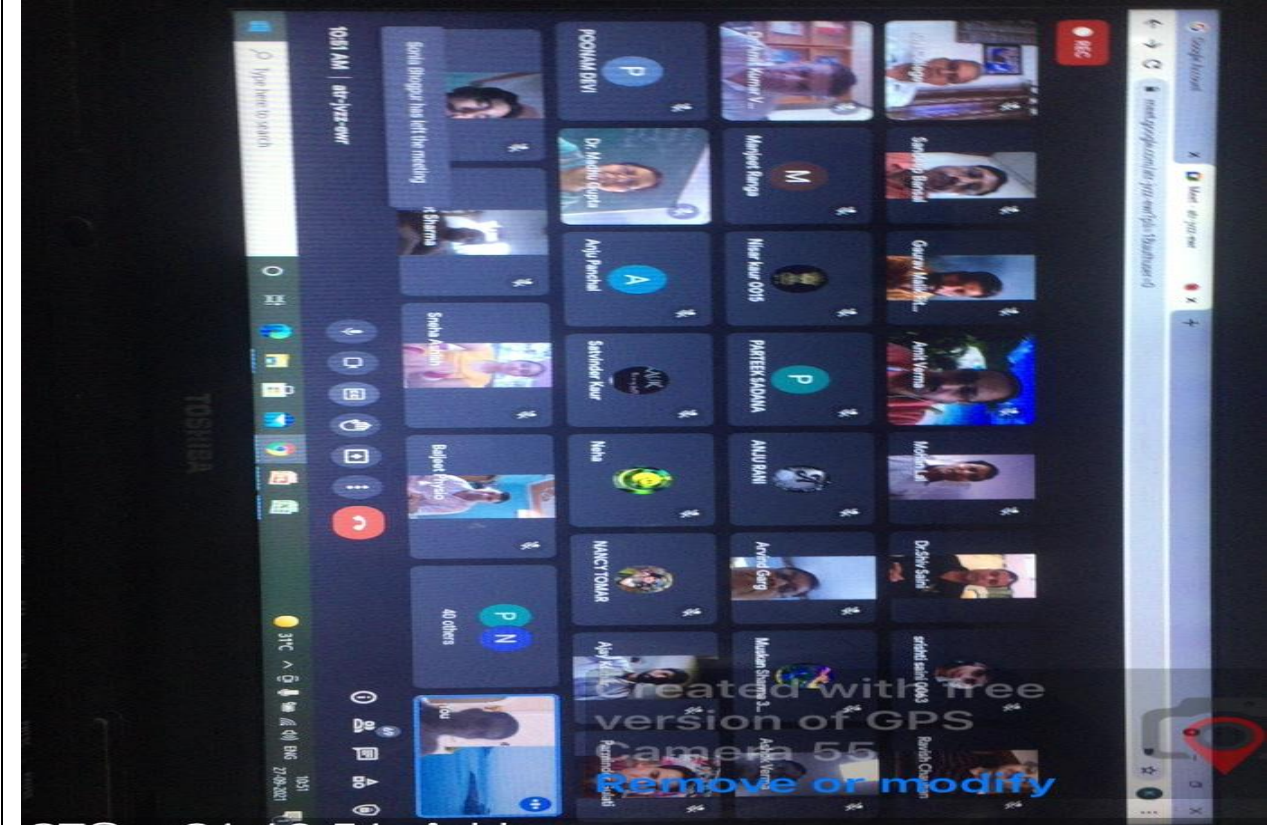
### योग से होता है शारीरिक, मानसिक विकास

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 हुए। 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 शरीर, मन, आत्मा और मस्तिष्क में संतुलन स्थापित होता है, जिससे जीवन निर्वाह निर्बाध गति से चलता है। मन में सकारात्मक भाव आते हैं। 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



10:51 AM | atr-jvzz-ewr

WGS84 ±5m 30.01089, 77.05001  $\Delta$  ±4m 267 °T ±25



27Sep21 10:51 Ad-hoc Kurukshetra 136132, HR, IN 27-Sep-21 10:51:39

Workshop on "Logic Life Skill for Mental Health" Participants feedback.

Timestamp	Email Address	Name of the Part	Class/Designat	Name of the coll	Class Roll Nc	Contact No.	का	आप	न	इस	कार्यशा	का	यह	का
9-26-2021 17:22:46	kuldeepkskr@gmail.com	Kuldeep Singh	Asstt. Prof.	IGNC Ladwa		1.1111E+12	5	5	5					
9-27-2021 12:31:42	gouravpanchal790@gmail.com	Gourav Kumar	Fitness and per	Indira Gandhi National College		9728009760	5	5	5					
9-27-2021 12:32:23	jaagmeets13@gmail.com	Jaagmeet Singh	Jagmeet Singh	Jagmeet Singh	1545910058	7056078270	5	5	5					
9-27-2021 12:32:33	nk2041598@gmail.com	Neha Rani	B.com 2nd year	Indira Gandhi Na	1.2021E+11	9306936209	4	5	5					
9-27-2021 12:32:34	mahimapas14@gmail.com	Mahima	B.com final year	Indira Gandhi Na	3162820034	9817934875	5	5	5					
9-27-2021 12:32:44	sr343326@gmail.com	Shree Ram	BA	Ign college Ladw	3162710101	7027016201	5	5	5					
9-27-2021 12:32:56	poojamadaan402@gmail.com	Pooja	B.com final year	Indira Gandhi Na	3162820017	9053226426	5	5	5					
9-27-2021 12:33:25	harneet@igncollege.ac.in	Harneet Kaur	Assistant Profe	Indira Gandhi National College		9896322680	5	5	5					
9-27-2021 12:33:28	gmalk2116@gmail.com	Yodhraj	D. Fitness & pe	IGN College		9571116455	5	5	5					
9-27-2021 12:33:36	sahilbasatya789@gmail.com	Sahil basatya	BA	I.G.N college lad	3162710035	9306062967	5	5	5					
9-27-2021 12:33:48	ravinakashyapbapda@gmail.com	Ravina Devi	B.com final year	Indira Gandhi nat	3162820008	9350146197	5	5	5					
9-27-2021 12:34:02	garg.ardvnd2010@gmail.com	Dr. Arvind Garg	Associate Prof	I.G.N.College, Ladwa		09416465564	4	4	4					
9-27-2021 12:34:35	poonamdevi86074@gmail.com	Poonam	B.com final year	Indira gandhi nat	3162820016	8607487928	5	5	5					
9-27-2021 12:34:47	athiadhan444@gmail.com	Yodhraj	BA 2 nd year	Indra Gandhi nat	3162710010	8816990019	5	5	5					
9-27-2021 12:34:50	gouravkabi28003@gmail.com	Gaurav kumar	Diploma in Exe	IGN COLLEGE L	1014	8901028003	5	5	5					
9-27-2021 12:35:17	neharani15334@gmail.com	Neha	B.A. 3rd year	Indira Gandhi Na	3162720106	8607751334	5	5	5					
9-27-2021 12:36:17	drneerubala56@gmail.com	Dr Neeru Bala	Assistant profe	Indira Gandhi National College		9416765118	5	5	5					
9-27-2021 12:36:35	Parteeksadana@gmail.com	PARTEEK	Diploma for exe	indira gandhi nat	1006	9306116100	5	5	5					
9-27-2021 12:36:42	profandeepbansal@gmail.com	Sandeep Bansal	Associate Prof	IGN College, Ladwa		9896000133	5	5	5					
9-27-2021 12:36:45	priyankamathsing@gmail.com	PRİYANKA	Assistant profe	I.G.N COLLEGE, LADWA		7015461106	5	4	4					
9-27-2021 12:37:01	tomaralisha174@gmail.com	Alisha	B.com final ye	Indira Gandhi Na	2281520005	8930721197	5	5	5					
9-27-2021 12:37:04	vandana223394@gmail.com	Dr. Vandana Gup	Assistant Profe	IGN COLLEGE LADWA		9468367118	5	5	5					
9-27-2021 12:37:08	rhanjanju387@gmail.com	Anju rani	BA	Indira Gandhi Na	1.2021E+11	8685030748	5	5	5					
9-27-2021 12:37:19	shilpisingla12410@gmail.com	Shilpi	B.com final	Indira gandhi nat	3162820025	7206620089	5	5	5					
9-27-2021 12:37:21	parvinderlohara95@gmail.com	Workshop	BA	I.G.N COLLEGE	1545910096	8396550306	4	4	4					
9-27-2021 12:37:26	Vikasmathaan170@gmail.com	Vikas Mathaan	BA	IGN COLLEGE I	1545910140	9896550298	4	4	4					
9-27-2021 12:38:01	sarishtisaini5722@gmail.com	arishti	b.a final	indira gandhi nati	281420063	9812770544	5	5	5					
9-27-2021 12:38:09	NancyTomar2002@gmail.com	Nancy	B.Com Final Y	Indira Gandhi Na	3162820020	9053575235	5	5	5					
9-27-2021 12:38:10	anjalikaushi1319@gmail.com	Anjali Sharma	B.com final	Indira Gandhi Na	3162820007	9896203931	5	5	5					
9-27-2021 12:38:19	ksaini60041@gmail.com	Kajal devi	B.com final year	Indira Gandhi nat	3162820019	9416945163	5	5	5					

(Principal)

(Convener)

(Organising Secretary)

9-27-2021 12:38:25	kaurnisar001@gmail.com	Nisar kaur	B.com 3rd year	Indira Gandhi Na	3162820015	8803951000	5	5	5					
9-27-2021 12:38:49	pkpanjeta1111@gmail.com	Parneet kaur	BA 2sam	Indira Gandhi Nat	1.2021E+11	7056491896	5	4	5					
9-27-2021 12:39:07	rajik4220664@gmail.com	Meenakshi	B.com2nd	Indira Gandhi Na	1.2021E+11	9817088108	5	3	4					
9-27-2021 12:39:20	drghahawat70@gmail.com	Dr Navin Kumari	Assistant profe	Indira Gandhi National College		8053705071	5	4	4					
9-27-2021 12:39:26	rangamanjeet1997@gmail.com	Manjeet	BA 3rd year	IGN college ladw	3162720004	8397871265	5	5	5					
9-27-2021 12:39:45	ashokvermaignc@gmail.com	Dr Ashok Verma	Associate profe	Indira Gandhi National College		9468009137	5	5	5					
9-27-2021 12:39:46	sunita16475@gmail.com	Sunita Rani	Assistant profe	Indira Gandhi National College		9416912812	5	5	5					
9-27-2021 12:39:59	amitvrm11@gmail.com	Dr Amit Verma	Assistant Profe	Indira Gandhi National college,		9996420608	5	5	5					
9-27-2021 12:40:06	aanchal01saini@gmail.com	Aanchal	B.sc. complete	INDIRA GANDHI B sc 3rd		8307276098	4	4	5					
9-27-2021 12:40:15	rmathana@gmail.com	Dr Rajesh Kumar	Assistant Profe	Indira Gandhi National College		9416296058	5	5	5					
9-27-2021 12:40:29	rkchauhan307@gmail.com	Dr R. K. Chauhar	Associate Profe	IGN College Ladwa		9466070477	5	5	5					
9-27-2021 12:40:37	amitvash76@gmail.com	Dr. AMIT KUMAR	Assistant Profe	IGN College, Lad	---	9896095215	5	5	5					
9-27-2021 12:40:48	ramanku143@gmail.com	Raman Kumar	Beachelor of PI	Kurukshetra Univ	19	8685865310	5	5	5					
9-27-2021 12:41:02	ankitbangar422@gmail.com	Amarpal	Bachelor of art	ign college ladwa	1.2021E+11	8689083610	5	5	5					
9-27-2021 12:41:50	gaurrupesh@gmail.com	Dr. Rupesh Gaur	Librarian	Indira Gandhi National College		9466694800	5	5	5					
9-27-2021 12:42:04	nehabenwal51@gmail.com	Neha Rani	B. P. Ed	Kurukshetra univ	25	7056310461	5	5	5					
9-27-2021 12:42:20	princek2216@gmail.com	Prince kumar	Bachelor of art	IGN college ladw	1.2021E+11	8059145807	5	5	5					
9-27-2021 12:42:30	mlal.ign@gmail.com	DR MOHAN LAL	Assistant Profe	I.G.N. College, Ladwa		9466271105	5	5	5					
9-27-2021 12:45:53	sumansiwach01@gmail.com	Dr.Suman Siwach	Assistant Profe	I.G.N. College, Ladwa Kuruksh		9466979619	5	5	5					
9-27-2021 12:46:20	ajaykmi1595@gmail.com	Ajay Kumar	D Y S M	Indira Gandhi Na	102	8930834420	5	5	5					
9-27-2021 12:49:52	nehagurjar87@gmail.com	Neha Rani	B.A. 1st year	Indira Gandhi int	1.2021E+11	7206169466	5	5	5					
9-27-2021 12:50:04	sumitmanjol12@gmail.com	Sumit kumar	B.A 1st	Indira Gandhi Na	1.2021E+11	7206541866	2	5	4					
9-27-2021 12:50:21	priyankadandyan12@gmail.com	Priyanka	B.a 3year	Priyanka	3162720111	9350281871	4	5	4					
9-27-2021 12:50:39	shubhamkashyap6816@gmail.com	SHUBHAM	B.com	Indira Gandhi Na	1.2021E+11	9671610794	5	5	5					
9-27-2021 12:50:43	sahilsai491@gmail.com	Sahil Kumar	BA	Indira Gandhi Na	3162710169	9499224238	5	4	4					
9-27-2021 12:51:20	jiyotipandayjiyotipanday90@gmail.com	Jyoti panday	Ba 3rd year	lgnn college	3162720045	9306989613	5	5	5					
9-27-2021 12:51:21	sachinjodha93@gmail.com	Sachin kumar	BA	Indira Gandhi nat	191071180	9896885349	5	1	5					
9-27-2021 12:51:40	souravramdasias85@gmail.com	Sourabh	2nd 4 sem	I g n college ladw	3162710086	7988236572	4	4	5					
9-27-2021 12:52:14	gurcharanpals522@gmail.com	Gurcharan Singh	B.A 4th Sem	IGN College	3162710140	7082131522	5	4	5					
9-27-2021 12:52:25	aartidev2333@gmail.com	Aarti devi	B.a.2nd year	Indira Gandhi Na	3162720084	9050247903	4	4	5					
9-27-2021 12:53:01	shivanidhillon8@gmail.com	Shivani	BA 3rd year	Indira Gandhi National rural		Indira Gandhi	5	5	5					

(Principal)

(Convener)

(Organising Secretary)


9-27-2021 12:55:10	vishalsharma81980@gmail.com	Vishal sharma	BA 2	INDIRA GANDH	3162710179	8222812447	5	5	5					
9-27-2021 12:55:24	psrjapats442@gmail.com	Sonu	BA	Indira Gandhi Na	3162710036	9728896987	4	4	5					
9-27-2021 12:55:41	msetpannu571@gmail.com	Satvinder kaur	BA	Indira Gandhi Na	1.2021E+11	8685062818	3	5	5					
9-27-2021 12:56:17	baljeethphysioladwa@gmail.com	Baljit singh	Yog exercise a	IGN college ladw	1020	9255430595	5	4	4					
9-27-2021 12:56:31	rs1783586@gmail.com	Rahul	BA1 sec A	I G N collage lai	1.2021E+11	9728309456	5	4	5					
9-27-2021 12:57:48	udayjaat077@gmail.com	Uday Singh	IGN college Ladw	1.2021E+11		9468438632	5	5	5					
9-27-2021 12:58:06	ajkumar3921@gmail.com	Ajay kumar	DYSM	Indira Gandhi Na	101	9306181480	5	5	5					
9-27-2021 12:59:30	kumar.jugnu2626@gmail.com	Jugnu	B.A first year	Indira Gandhi Na	1.2021E+11	929708756	2	4	4					
9-27-2021 13:00:13	ankushjaat202@gmail.com	Ankush kumar	BA final	IGN college ladw	2281410003	9951214202	5	5	5					
9-27-2021 13:02:35	nishantbrewal@gmail.com	Nishant	B.a	Indira Gandhi Na	1.2021E+11	8571897622	5	4	4					
9-27-2021 13:03:08	rsm60608@gmail.com	Resham Singh	B.A. First Year	Indira Gandhi Na	1.2021E+11	8683066068	5	4	5					
9-27-2021 13:03:33	kumarirohini96343@gmail.com	Rohini	BA	Indira Gandhi nat	1.2021E+11	9729618643	5	5	5					
9-27-2021 13:04:53	udayjaat077@gmail.com	Uday Singh	BA 2nd year	IGN college Ladwa		9468438632	5	3	5					
9-27-2021 13:06:55	ankushdeswal99@gmail.com	Ankush	Fitness trainer	Indira gandhi nat	2017	7056207364	1	2	1					
9-27-2021 13:08:52	sahistabakali@gmail.com	Sahista	Ba,3rd year	Indira gandhi nat	3162720059	8053251295	5	5	5					
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9-27-2021 13:21:19	abhisheksriswal12dec@gmail.com	abhishek	B											

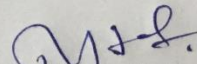


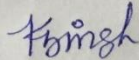
**Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra**  
**Yogic Life Skill for Mental Health Workshop Report**

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