



DR.C.V. RAMAN UNIVERSITY, KOTA, BILASPUR (C.G.)

DEPARTMENT OF LINGUISTICS

One day seminar

On

The Importance of Yoga in Life

(2021-22)

Date: 07-10-2021

ORGANIZED BY

DEPARTMENT OF LINGUISTICS & IQAC DR. C. V. RAMAN

UNIVERSITY KOTA, BILASPUR (C.G.)

IN ASSOCIATION WITH

GOVT. PT. MADHAV RAO SAPRE COLLEGE PENDRA ROAD, GPM

(C.G.)

BRIEF REPORT OF THE SEMINAR

A one day seminar on **The Importance of Yoga in life** was held under the auspice of the Department of Linguistics & IQAC in association with Govt. Pt. Madhav Rao Sapre College Pendra Road, GPM (C.G.) on 07-10-2021. Mrs. Sunila Patel delivered the welcome speech, and Prof. Shaji Thomas our keynote speaker (Department of Law, D.P. Vipra Law College Bilaspur C.G.). He spoke very well and said that Yoga is very essential for long life. It enhances flexibility to the body and helps the mind and body to remain fit and healthy. It enhances the power of concentration, helps stretch the muscles and also helps cure the muscular disorder and Nerves strain. It is a best natural relaxant, meant to relax the body and mind. The Constant practice of Yoga lends shine on the face, and also promotes a good sleep daily. It enhances sweating and promotes the opening up of skin. It also helps in the reduction of fat from the body. About half of the disease gets cured through the practice of yoga he said. He also said that it helps the problem of Rheumatic pain and is useful for arthritis patients. It is also useful for meditation even.

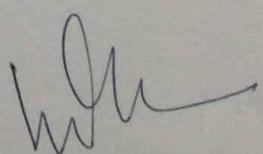
He told that several Yoga classes are held in various parts of our country as it is promoted by the government in power. It is also internationally adopted. Generally it is practiced at day break. Special diet food is also recommended for the people practicing yoga to make them more healthy fit and active. In general it is very effective, beneficial and useful. It means to reach the slim state of being. It also helps to improve the resistance power and hence control several diseases. He said that it is good for heart and intestine also .It depreciates the aging factor and reminds every-one practicing it keenly of the good old days of childhood. It is a monkey life truly to speak of. It is promoted generally in gurukuls, ashrams and through sages. It is an age old ancient practice known since fourth century.

He also talked about the popular styles of Yoga basically as tang yoga, hat Yoga, hot yoga, Iyengar yoga, kundalini yoga, power yoga, restorative yoga and vinyasa yoga. There also exists a slow yoga which is called as yinn yoga. He said in it possess are held for a minute and eventually up to five minutes or more. It is a type of yoga with martial arts rooted and is designed to increase the circulation in the joints and to improve the flexibility. The hutt yoga is the gentle lest yoga it is all about the basics in these slower moving classes that require one to hold each pose for a few breadths.

Then he told about the astanga, bikram, power-vinyasa, rocket and yinn yoga are the most difficult or hardest of all the yogas. Active intense styles of yoga helps one burn the most calories. This may help prevent weight gain. Astang vinyasa and power yoga are the examples of more physical types of Yoga. Vinyasa and power yoga are usually offered at hot yoga studios. There are some yoga asanas for mental health even. Uttan asanas or standing forward bent pose. Then he told about vipreet karni or legs up the wall pose and shrava asana or corpse pose are recommended for mental health.

He also told the participants the five hundred hours of yoga training is the highest international standard for yoga teachers. Thus yoga makes one feel rejuvenated. There at the concluding part Dr. Sarika Sinha came up with the vote of thanks and she also thanked all the participants for their active participation.


PRINCIPAL
Govt. Pt. Madhav Rao Sapre
College-Pendra Road
Distt.- Gaurella Pendra Marwahi (C.G.)


Dr. Manisha Dwivedi (Head)
Department of Linguistics
D.P. Ramaiah University
Kargi Road kota, Bilaspur (C.G.)

Gallery



Prof. Shaji Thomas spoke on Importance of Yoga in Life



DR.C.V.RAMAN UNIVERSITY

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CVRU/LING/.176../2021-22

Date- 01/10/2021

CIRCULAR

It is hereby informed to the faculty and the Students that the Department of Linguistics & IQAC in association with Govt. Pt. Madhav Rao Sapre College Pendra Road, GPM (C.G.) is going to organize a one day seminar on **The Importance of Yoga in Life** on 07-10-2021. Faculty and Students are requested to show their keen participation.

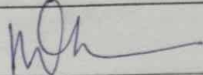
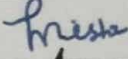
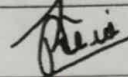
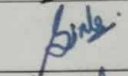
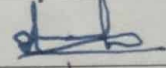

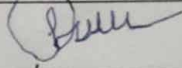
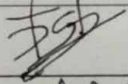
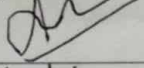
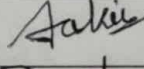
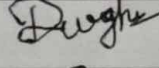
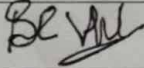
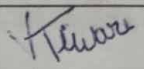
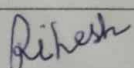
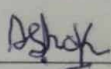
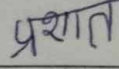
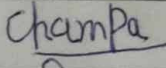
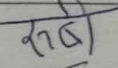
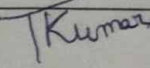
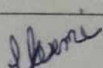

For Further queries please contact to the respective Department.

Dr. Manisha Dwivedi (Head)
Department of Linguistics
Department of Linguistics
Dr. C. V. Raman University
Kargi Road kota, Bilaspur (C.G.)


List of Participants


A one day seminar on the Importance of Yoga in Life

Date 07/10/2021

S.No.	Name of Participants	Course	Signature
1	Dr. Manisha Dwivedi	Faculty	
2	Dr. Prakash Mishra	Faculty	
3	Dr. Sunila Patel	Faculty	
4	Dr. Sarika Sinha	Faculty	
5	Dr. Anupa Thomas	Faculty	
6	Mr. Anil Kumar Khandey	Faculty	
7	Dr. Rekha Dubey	Faculty	
8	Mr. Digvijay	Faculty	
9	Dr. Aanchal	Faculty	
10	Aakriti Dwivedi	B.A. English II Sem.	
11	Durgeshwar	B.A. English II Sem.	
12	Sevaram	B.A. English II Sem.	
13	Vidit Tiwari	B.A. English II Sem.	
14	Ritesh	B.A. English II Sem.	
15	Ashok Saha	B.A. English II Sem.	
16	Prashant Singh	B.A. English IV Sem.	
17	Champa Patel	B.A. Hindi II Sem.	
18	Rubi Baiga	B.A. Hindi II Sem.	
19	Tomesh Kumar Jaiswal	B.A. Hindi II Sem.	
20	Vijay Laxmi Sahu	B.A. Hindi II Sem.	
21	Reema	M. A. English II Sem.	

22	Shivani Pratam	M. A. English II Sem.	<i>Shivani</i>
23	Gauri Tripathi	M. A. English II Sem.	<i>Gauri</i>
24	Shitla	M. A. English II Sem.	<i>Shitla</i>
25	Ramnarayan	M. A. English II Sem.	<i>Ram</i>
26	Priya	M. A. English II Sem.	<i>Priya</i>
27	Shalini Rathore	B.A. Sanskrit IV Sem.	<i>Shalini</i>
28	Tripti	B.A. Sanskrit II Sem.	<i>Tripti</i>
29	Ranjeeta	B.A. Hindi IV Sem.	<i>रंजीता</i>
30	Surya Dev	B.A. Hindi IV Sem.	<i>Surya</i>
31	Ramkumar	B.A. Hindi IV Sem.	<i>Ramk</i>
32	Chandraker	B.A. Hindi IV Sem.	<i>Chander</i>
33	Garima	M.A. English IV	<i>Garima</i>


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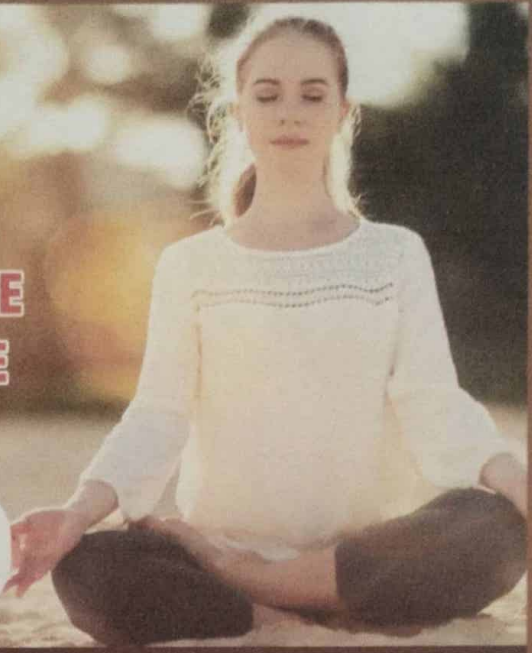

 Dr. Manisha Dwivedi (Head)
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 Kargi Road kota, Bilaspur (C.G.)



One Day Seminar On
**THE IMPORTANCE
OF YOGA IN LIFE**

DATE : 07/10/2021,
TIME : 11:00AM TO 02:00PM

Keynote Speaker
Prof. Shaji Thomas
Assistant Professor Law
D.P. Vipra Law College, Bilaspur, C.G.



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