

“Be with yoga, Be at home”



On the occasion
Of

7th International Yoga Day

7-Day National Workshop

15th June to 21st June, 2021

On

**Role of Yoga & Traditional Therapies
To Combat COVID-19**

(As Per Direction of Ministry of AYUSH-D.O NO.-M-
16011/24/2021/YN, DT-04/05/2021)



Organized by

Faculty & Department of Yoga

Indira Gandhi National Tribal University

Amarkantak, M.P

Concept Note

The entire world is badly affected from COVID-19. It has taken the form of a global pandemic causing huge loss of life and property across globe. All our efforts are proving futile. As on today, the total number of people getting infected by it is approximately 153,738,171 in the world and 20,665,148 In India and the number of people died in the world are approximately 3217281 and in India almost 226,188.

Due to this, all the arrangements related to health of the whole world have been failed. We are in a quandary. On the one hand, the people directly infected by it are struggling with their families, on the other hand, our frontline personnel, paramedical staff, police administration, scavengers and personnel of the necessary services and their families are also apprehended in fighting it and are afraid too. Such victims, their families, people involved in their medical care and their families, people conducting essential services and their family members, personnel of police administration and their families, daily laborers, farmers, students-teachers, working professionals, media persons, youth, leadership all are being affected psychologically, emotionally, socially and physically. Prevention is the only way to fight it and people are looking at yoga & Traditional medicine methods with hopeful eyes. Whichever fields of therapy we represent, we all have to attack on it and try to smash it with the arrow of our knowledge.

How Yoga, Meditation, Naturopathy, Ayurveda, Exercise, Psychological Counseling, Diet and Nutrition Swashtya vritt, Jeevan Charya and Ritu Charya etc. (Integrated Approach to Yoga, Naturopathy, Ayurveda, Homeopathy, Diet and Nutrition, Psychology, Yagya therapy (Hawan), Music

Therapy, Prayer Therapy, Yog Pran Vidya etc.) Alternative and complementary medical practices can be effective to those who are Corona infected, their families, the workers engaged in the treatment of the infected people, the health workers and their families and the health of the people of the neighborhood, health of those who are providing essential services and health of the police personnel and their families, the workers, the farmers, students, teachers, officers, employees, and common people.

Viewed against this backdrop, a 7-day webinar at a national level is being organized by Faculty & Department of Yoga, Indira Gandhi National Tribal University, Amarkantak, M.P from 15th June 2021 to 21st June 2021. The focal theme of this webinar is the role of Yoga & Traditional therapies in prevention & healing of COVID-19 infection, providing support in its treatment and to deal with the subsequent conditions effectively.

Subthemes

To combat COVID-19, role of:

- (1) Yoga and meditation
- (2) Naturopathy
- (3) Ayurveda
- (4) Homeopathy
- (5) Diet and nutrition
- (6) Psychotherapy and counselling
- (7) Jeevan charya and Ritu Charya
- (8) Yagya therapy
- (9) Music therapy
- (10) Rehabilitation
- (11) Prayer therapy
- (12) Yoga Prana Vidya
- (13) Healthy life style
- (14) Psychosocial factors

Objectives

1. Propagating yoga against the backdrop of the recent surge in pandemic
2. How to increase immunity from Corona Virus?
3. How to control the mortality rate?
4. How to use alternative and complimentary therapiesscientifically?
5. Recommendations to combat COVID-19.

Organizing Committee

Chief Patron

- Prof. Shri Prakash Mani Tripathi
Honorable V.C

Director

- Prof. Alok Shrotriya

Convenor

- Prof. Jitendra sharma

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- Dr. ShyamSundar Pal (Press/Media/Social Media)
- Dr. Sandeep Thakre (Technical)
- Dr. Neelam Shrivastav (Co-ordination)

Technical Support

- Shri Arvind Gautam.

Official Support

- Shri Gurunath Karnal
- Shri Vivek Negi

Time

- Morning: 7am to 8am (Exercise, Yogasna, Pranayama & Meditation)
- Evening 3pm to 5pm (Expert Lectures)

Eminent Guests & Speakers

- Padmshri H.R.Nagendra ,Honble,chancellor,S-VYASA,Bengaluru
- Prof.A.D.N.Bajpai Honble V.C Pt.A.B.B.University,Bilaspur
- Shri Ved Prakash sharma IPS,President,yoga sports association,M.P
- Prof. J P N Mishra (Former DEAN &HOD, Department Of Life Science, Central University, GUJRAT)
- Prof. Yamini Bhushan Tripathi,Former Dean, Faculty of Ayurveda Institute of Medical Sciences, BHU, Varanasi
- Wing Commander N. J. Reddy, Founder, Yoga Prana Vidya Ashram, Thaily, Tamilnadu
- Prof. Rajendra Rajput, Principal, Govt. Homeopathy Medical College.Azamgadh
- Prof. K. Satya Lakshmi, Director, National Institute of Naturopathy, Ayush Ministry, Govt. of India
- Prof. Monika Jain, Professor (Food and Nutrition), Banasthali Vidyapith , Rajasthan
- Prof.Kismat kumar singh,HOD,Deptt.of philosophy,V.K.S.University,Ara
- Prof.Jitendra Sharma,Deptt.of yoga,IGNTU,Amarkantak
- Dr. Amit Singh,,Associate professor ,department of yoga & life science,Swami Vivekanand Yoga Anusandhan samsthan,Bengaluru
- Dr. Satyaprakash Pathak, Department of Yoga Studies, Himachal Pradesh University, Shimla
- Dr. Durgesh Upadhyay,Asst.prof.,department of psychology,MGKVP,Varanasi
- Dr. Kashinath Maitree,Asst.prof.Department of yoga,central university,Rajasthan
- Yogacharya Rajeev Kumar, Founder, Agnihotra Mission
- Dr.Anchal singh,Asst.prof.Deptt.of Home Sc.(Diet&Nutrition),J.P.Univ.Chapra
- Dr. Prashant Rai,Associate prof.sriGandhi P.G.College,Maltari,Azamgadh
- Dr. Anita Chaudhary, MBBS, MS, Teacher,Art of Living
- Dr.Mangala Gauri,Asst.prof.Department of Sasthvirrit &Yoga,Faculty of Ayurveda,IMS,BHU,Varanasi
- Dr.Amrit Gurvendra,H0D,Department of Complementry &Alternative medicine,Dev Sanskriti vishwa vidyalay,Haridwar
- Dr.S.Rupendra Rao,HOD,Deptt.of yoga & psychology,Pt.Sundarlal sharma open university,Bilaspur
- Dr.Saumitra Tiwari,HOD,Deptt.of yoga,pt.Atal Bihari Bajpai University,Bilaspur

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For Registration

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Contact

(9:30 am to 5:30 pm)

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NOTE: e-Certificate will be provided