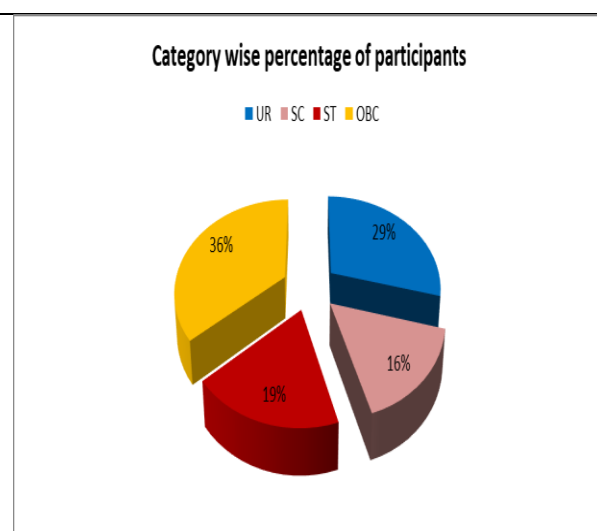
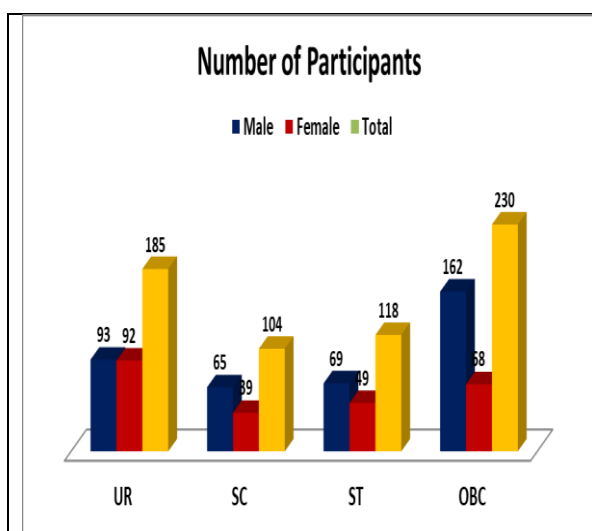


Sustainable life style through Yoga in Covid-19 Environment on the occasion of International Yoga Day	
Date of Workshop	June 29, 2021
Time	3.00 pm – 4.00 p.m.
Location	CAE, JNKVV, JABALPUR
1. Objective	
Awareness Programme on Sustainable life style through Yoga in Covid 19 Environment on the occasion of International Yoga Day.	
2. Participants	
Technical staff- Dr. R.K. Nema Dr. M.K. Awasthi, Dr. R.N. Shrivastava, Dr. A.K. Bajpai, Dr. Shivran Krishnan, Dr. S.K. Sharma, Dr. Sourabh Nema, Anjali Patel, Rachit Nema, Krishna Singh, Sumit Kakade, Om Prakash Prajapati.	
3. Content of Events	
Welcome	An online webinar entitled “Sustainable Life style through yoga in COVID-19 Environment” was held on the occasion of Seventh International Day of Yoga. Chief guest for the program was Yogrishi Swami Ramdev Ji from Patanjali Yogpeeth Haridwar and chaired by Prof. P.K.Bisen Hon’ble Vice Chancellor JNKVV Jabalpur. Convener for this program was Dr. Amit Kumar Sharma Dean Student Welfare and Dr. Dharendra Khare Dean faculty of Agriculture. The program was organized by Dr. R. K. Nema. Prominent speakers from different organization have graced the program and enriched the session with their word of wisdom.
Programme Summary - Discussion with participants	<p>Dr. Parimal Swami M.D. COVID-19 and Diabetic Specialist had briefed about the D.R.E.M.S Diet and its constituents, different food nutrients essential for our body to boost immune system in ongoing pandemic situation.</p> <p>Shri Yogendra Singh Kushwaha International Yoga Expert and Founder of YYC explained about the different types of Yoga Exercises for day as well as for night that can be included in our daily lifestyle. He also told about the various pranayama, hard and soft skills that add on as a stepping stone towards being a happy and healthy person.</p> <p>Prof. Smita Jain, Deptt. of Psychology Govt. M.K.B. Arts and Commerce College of Women described about the symptoms of stress and various types of mental disorders we had been came across due to this pandemic. She also detailed about what could be the possible life style, habits and self-care that will help to overcome from all these symptoms and lead to a healthy life. Every session was so much relevant for this time of</p>

	ongoing situation of recovering from the impact of the coronavirus disease (Covid-19) pandemic.
Output of programme	Six hundred thirty-seven participants registered for the awareness programme on Yoga Day.

Statistics of Registered participants

Number of Participation					Percentage of participation of Category				
Gender	UR	SC	ST	OBC	Total	UR	SC	ST	OBC
Male	93	65	69	162	389	23.9	16.7	17.7	41.6
Female	92	39	49	68	248	37.1	15.7	19.8	27.4
Total	185	104	118	230	637	29.0	16.3	18.5	36.1



Jawaharlal Nehru Krishi Vishwa Vidyalaya, Jabalpur (MP)
Cordially invites you for the **National Webinar on Sustainable Life Style through Yoga in COVID-19 Environment**
on the occasion of **International Day of Yoga**

21 JUNE 2021
11:58 AM onwards
Platform:

Chief Guest
Yogeshi Swami Ramdev Ji
Parangoli Yogeshi
Haridwar

Chairman
Prof. Pradeep Kumar Bisoi
In-charge Vice-Chancellor
JNKVV, Jabalpur

Dr. Dharendra Khare
Dean, Faculty of Agriculture
JNKVV, Jabalpur

Dr. B. P. Singh
Dean, Faculty of Agricultural
Engineering, JNKVV, Jabalpur

Speakers

Dr. Parimal Swamy
M.D.
COVID-19 and
Diabetic Specialist

Shri Yarendra Singh Kushwah
International Yoga Expert
and Founder of YVC

Prof. Smriti Singh
Dept. of Psychology
Govt. M.K.B. College
Commerce, Jabalpur

Dr. Amit Kumar Sharma
Dean Student Welfare
JNKVV, Jabalpur

Organized by:
Dean Student Welfare
JNKVV, Jabalpur

Webinar Link (Cisco Webex): <https://prgility.webex.com/prgility/Jaha2M11D::w92582368cca917081a78021ca194d>
YouTube Live Streaming Link: https://youtu.be/zw6_Xtkio

Anatomy of Happiness

Happiness through pleasure - this refers to the experience of positive emotion in the moment.

Flow →

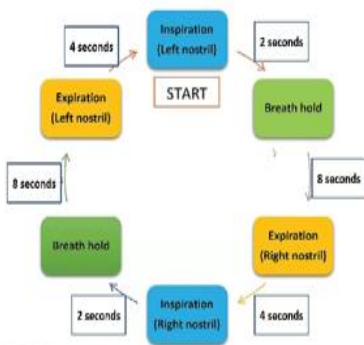
Meaning →

Pleasure

Happiness through flow - this refers to the joy resulting from using and building our skills.

Happiness through meaning - this refers to the joy experienced from using our skills and strengths

Thirumular Pranayama : Immunity & Stress



Basic D.R.E.M.S. Diet



Sleep

- Good stress reducer
- Difficult to cope when tired
- Wake refreshed after night's sleep
- Plenty of daytime energy



how to remain unoccupied



Mind Full, or Mindful?

Be in the moment