

REPORT ON WEBINAR

“LOCKDOWN AUR COVID-19 KE PARIPEKSH MEIN YOG KA MEHETVA”

5th MAY 2020

In the second lecture in the joint-series, our IQAC and the Anand School of Social Work, Anand, and Bhopal School of Social Sciences, Bhopal, organised a webinar on the topic **“Lockdown aur Covid-19 ke Paripeksh mein Yog ka Mehetva”**. The speaker was Dr. Vijay Kumar Karn, Associate Professor at Vidyant Hindu PG College, University of Lucknow. He introduced the benefits of Yoga, especially in the context of the present times.

The programme began with the welcome address by Dr. Deepak Sharma, the IQAC coordinator of Sri Guru Nanak Dev Khalsa College. Dr. Savilata Yadav gave a brief introduction of the speaker and thereafter invited him to present his views on the subject.

Dr. Vijay Kumar Karn explained how Yoga is not, and must not be seen, as merely a form of physical exercises, but should be seen as a perspective and a way of life. He cited several examples from Patanjali shastra and the Bhagwad Gita, which connected Yoga to a higher sense of being. Dr. Karn then proceeded to explain the various kinds of Praanayam in detail. Apart from the physical exercises that Yoga represents, he encouraged the participants to use it as a means to look inwards. As the period of the lockdown is one of social distancing, he argued, that this should be seen only as physical distancing, but one must use one’s thoughts to connect with others as well as conquer our doubts and fears.

The programme came to an end with Dr. Ninad Jhala, Principal, Anand Institute of Social Work, giving the vote of thanks.

