Report

Awareness program on Yoga

Name of Program: Awareness program on Yoga

Date of Program: 15-05-2023

Venue of Program: Primary school at Bechu Ka Pura, Gohri,

Name of Adopted Village: Gohri, Soraon, Prayagraj

Director of Program: Professor, Ashutosh Gupta

Convener of Program: Prof. J.P. Yadav

Coordinators of Program: All faculties, School of Sciences

Yoga Instructor: Mr. Amit Singh

Program organizer: School of Sciences with the association of

School of Health Sciences and University

Woman Study Cell



Program Report

Awareness program on Yoga

The Awareness program on Yoga was conducted at adopted village of School of Sciences, Uttar Pradesh Rajarshi Tandon Open University, Prayagraj. The program was organized with the association of School of Health Science and University Woman Study Cell on dated 15/05/2023 at 8:00 AM at Bechu Ka Pura of Gohri village, Soraon, Prayagraj. In this one day yoga awareness programme, students of primary school, Bechu Ka Pura and villagers participated. The total numbers of participants are 25. This program was conducted by Professor J.P Yadav, Professor School of Sciences; he welcomed all the villagers, primary school teachers, children's and all the teachers and employees who came from the University to participate in the program. He also welcomed the Director of Health Sciences and the faculties of women's cell of the University. The villagers, children, teachers and employees of the university were made to practice on yoga by Mr. Amit Singh, Assistant Professor School of Health sciences of the university.



Mr. Amit Singh addressing about Yoga to villagers, children and employees of the university



Yoga practicing by Mr. Amit Singh





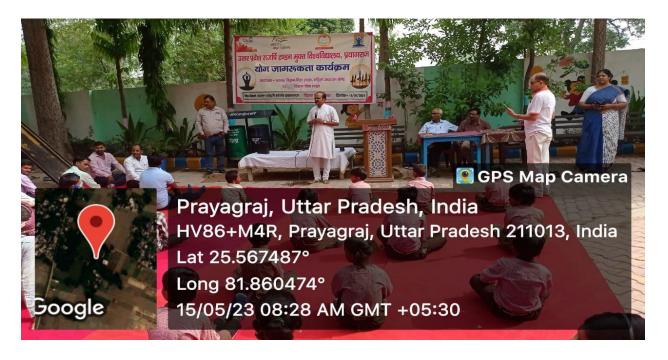




The main objective of this program was to make people aware about the role of yoga in solving physical, mental and emotional problems that occurs in their lives. In this one-day program, he gives suggestions on serious problems like diabetes, thyroid, high blood pressure and mental stress and how to treat them through yoga. Mr. Amit Singh has told that Yoga is the basis of our life, Yoga teaches us the way to live, and it is possible to solve the most difficult problems that come in life only with Yoga. If we do Yoga daily, positive energy circulates in our body. Due to which all the disorders inside us such as stress, blood pressure, diabetes, thyroid etc. can be relieved. He told that if we want a healthy and disease-free body, then we have to give a place to yoga in our daily routine. Yoga is also included in our Vedas, philosophy and worship methods, which leads us to a self-controlled and better way of life. He also told that through balanced diet and yoga, we can wish for our health and long life.

Addressing the villagers those participating in this program, Mr. Amit said that the people doing agriculture fields that they do hard work every day, so why do they need to do yoga? He says it is only exercise, but complete and mental exercise can be achieved only through yoga, so exercise is essential for people of all ages and different occupations for their physical and mental stability. He said that we can stay healthy by doing yoga and instead of spending our village's money in Hospitals; we can use this money for the upliftment to our family and society.

Mr. Amit practiced Surya Namaskar, Sukhasana, Naukasana, Dhanurasana, Bhujangasana, Halasana and Alom Vilom.



In this awareness program, Professor G.S Shukla, Director of the Health Sciences, gave a specific description of the effect of yoga on health and also advised to practice yoga regularly. He suggested to be cured by yoga.



Professor G.S Shukla, Director, Health Sciences advising to do regular exercise

Co-coordinators of the University Woman Study Cell, Dr. Meera Pal (Associate Professor) and Dr. Deepti Srivastava (Assistant Professor) made rural women aware of yoga. They said that by doing yoga in the morning, women will feel fresh if they do yoga along with healthy and balance diet. She advised women to take suffrage seriously, and vote. Dr. Pal said that women should make efforts to make children and elders in their family to do practice of yoga, so that the children develop an affinity for yoga from their childhood and develop physically and mentally. During the program, Principal of the primary school, Mr. Kuldeep Mishra also explained in brief about the benefits of yoga and he gave the certificate of organizing the yoga camp to the university. Village head Mr. Shivpujan, who is cooperating in this program and also shared the benefits of yoga with the villagers.

On this occasion, Professor Ashutosh Gupta, Director, School of Science, explained in detail about the importance of yoga practice and other programs being conducted by the university, He also advised the villagers to vote along with yoga. Professor Gupta said that just as yoga is necessary to stay healthy, in the same way it is necessary to vote to form a good government, so that we can change the future of ourselves, our society and the country. He thanked to all the villagers, children's, school teachers, faculties and staff from the university who came for the programme. Professor Gupta also thanked Mr. Kuldeep Shukla, Head Teacher, Primary School and his associate teachers and village Head Mr. Shivpujan, with whose cooperation this one-day program could be completed.



Thanking to people for their participation and highlighting the importance of Yoga practice, by Director, School of Sciences, Prof. Ashutosh Gupta.

After the program, sprouted gram, fruits and juice were distributed to all the participants. In the program, Assistant Professor of School of Sciences Dr. Dinesh Kumar Gupta, Dr. Dharamveer Singh, Dr. Ravindra Pratap Singh, Dr. Deepa Choubey, Dr. Sushma Chauhan, Dr. Raghavendra Singh, Sadhna Singh, Dr. Deepmala Gupta, Dr. Gopal Krishnan Singh, Dr. Chandreshwar Yadav and other dignitaries including the non-academic staff of the School of Sciences Mr. Virendra, Kumar Verma, Mr. Anoop Kumar, Mr. Manish Kumar and Mr. Santosh Kumar and other staff of university were also present.



Members of University Women Cell with other faculties and school teachers



Convincing for yoga to villagers by faculty members



Arrangement of Refreshments



Members of the University distributing the refreshments to children's



School children and other villagers having refreshments



Villagers and other people having refreshments



Faculty members of School of Sciences, UPRTOU



















