

**Nehru Gram Bharati (Deemed to be University)**  
**Brief Summary Report**  
**Department of Philosophy, N.G.B.(DU):**

**(I) GENERAL INFORMATION:**

**Name of the dept :** Department of Philosophy

**Date and time of the Webinar :** 21, June 2020, 09 to 10 AM

**Theme/Topic of the Webinar :“Yoga & Health: COVID - 19”**

**Aims and objectives of the Webinar :**

By adopting yoga, how people become healthy and escape themselves from covid-19 pandemic.

हम सब योग शब्द से परिचित हैं, कुछ लोग योग पर चर्चा करते हैं, कुछ लोग ध्यान करते हैं, कुछ लोग योगासन करते हैं, परन्तु बहुत कम लोग योग को जानते हैं, आइए जानते हैं योग क्या है? क्या है इसका दार्शनिक पक्ष?

**Patron Speech honourable :**

Shri. J. N. Mishra (Honorable Chancellor, NGB(DU), Prayagraj)

**Presidential address:**

Dr. S. C. Tiwari, Honorable Vice Chancellor of NGB(DU), Prayagraj, U.P.

**Key note address/speaker:**

DR. Bhaskar Shukla(Yogacharya)  
Association professor dept. of Physical Education H.N.B. Govt. P.G.College,  
Naini, Prayagraj,U.P.

**Vote of Thanks by :**

Shri. R. L. Vishwakarma, Registrar, NGB (DU), Prayagraj

**Other Invited Speakers(for technical session):**

Name with designation and representing organization along with topic/sub theme):

**Total No of beneficiaries/ participants attended : 33**

**Name of the organizing secretary and convener :**

Dr. Arvind Shukla & Dr. Prabhuddh Mishra

**Technical assistance provided:**

1. Dr. Sandeep Gupta
2. Dr. Ujjawal Das
3. Dr. Pankaj Yadav

**Name of all teachers in the department, attended the webinar:**

Dr. Prabhuddha Mishra (HOD, Department of Philosophy)

Dr. Arvind Shukla

Dr. Rajesh Ku.Tripathi

Santosh Shukla (Yoga Prashikshak)

**Name, email and tel nos of participants:**

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Etc.



National Workshop

6वां अंतर्राष्ट्रीय योग दिवस के तत्वावधान में

Join on: Sunday, 21th June 2020, Time: 09 am to 10 am

विषय - 'योग एवं स्वास्थ्य: कोविड-19 के परिपेक्ष्य में'



Patron



Shri. J. N. Mishra  
Hon'ble Chancellor  
N. G. B.(D.U.), Prayagraj

Chief Guest



Dr. S. C. Tiwari  
Vice Chancellor  
N. G. B.(D.U.), Prayagraj

Expert Talk



Dr. Bhaskar Shukla  
H.N.B. Govt. PG College,  
Naini, Prayagraj (UP)

Convenor



Dr. Arvind Shukla  
Department of Philosophy  
N. G. B.(D. U), Prayagraj

Free registration open via online :  
[https://docs.google.com/forms/d/e/1FAIpQLSdpNrDBxLEQDlk2\\_9hIPt\\_sM2gaI4DezyJAX2zWNKct7gQSC7w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdpNrDBxLEQDlk2_9hIPt_sM2gaI4DezyJAX2zWNKct7gQSC7w/viewform?usp=sf_link)

Coordinator :

Dr. Prabhuddh Mishra  
Dr. Rajesh Ku. Tripathi  
Mr. Santosh Ku. Shukla



Organised by : Department of Philosophy,

Nehru Gram Bharati(Deemed to be University), Prayagraj, U.P., India

"करें योग रहें निरोग"