

# **International Webinar**

**on**

**Indigenous Solution of Health Problems arising during Pandemic  
with special reference to Yoga**

**07<sup>th</sup> – 09<sup>th</sup> June 2021**



**Organized by**

**Vipra Arts, Commerce and Physical Education College, Raipur,  
Chhattisgarh.**

## SUB THEMES –

- The Role of Yoga in the management of health problems
- Importance of Ayurveda in the Survival during Pandemic.
- Transformed Way of Living: YOGA is the solution during & post Pandemic
- Disaster of Pandemic- Compulsion of YOGIC Lifestyle.
- YOGA is the "Quick Fix" for the survival during & post Pandemic
- New Variants of Covid-19: Symptoms and Prevention .

## About College

Vipra Arts, Commerce & Physical Education College is Affiliated by **U.G.C.** and **N.C.T.E** and it comes under **Pt. Ravishankar Shukla University**. So, the Syllabus, Education and Examination is held by following the rules of the University. Our College organizes many other events apart from academic ,sports and cultural activities for the growth and development of students personal skills.

## About Webinar

In the present scenario the entire world is facing pandemic and its variants. In this transformed era, we are living a with so many challenges specially related to health and that too further immunity issues. The role of Ayurveda, Yoga and in one word the Indigenous Methods are being recognized and accepted undoubtedly. This webinar is an attempt to throw light in a deeper sense on these values based methods and measures in the presence of eminent speakers and guests. This institution cordially invites you to participate and present your paper for the same.

07/06/2021



**Dr. Bhagwant Singh**  
Professor & Head, SoS  
Philosophy & Yoga, Dean, Faculty  
of Arts, PRSU

**Chairperson**



**Mr. Darpan Chawda**  
California fitness & Yoga center,  
Vietnam

**Topic: Fitness & Yoga**

**1<sup>st</sup> Technical Session**



**Dr. Pranita Singh**  
Yoga Expert, Ranchi University,  
Ranchi, India

**Topic: Yogic Lifestyle**

**2<sup>nd</sup> Technical Session**

08/06/2021



**Dr. Rajeev Chaudhary**  
Professor, SoS Physical  
Education, HOD, SoS Law, PRSU.  
Best Teacher Educator Awardee

**Chairperson**



**Leila**  
Yoga Teacher, Vancouver Island  
BC, Canada

**Topic : Transformed way of  
Living YOGA & Meditation**

**1<sup>st</sup> Technical Session**



**Dr. Vikas Mishra**  
MBBS, MS (Ophthalmology) Phaco  
Surgeon, Shashwat Hospital, Raipur,  
Chhattisgarh, India.

**Topic: New Variants of Covid-19**

**2<sup>nd</sup> Technical Session**

09/06/2021



**Dr. Harindra Mohan  
Shukla**  
Associate Professor, AYUSH,  
Chhattisgarh, India

**Chairperson**



**Dr. Megha Tyagi**  
Health Consultant, Ega  
Wellness, Singapore

**Topic: Food & Medicine**

**1<sup>st</sup> Technical Session**



**Dr. Kewal Ram Chakradhari**  
HOD, Department of Yoga, Shri  
Rawatpura Sarkar University, Raipur,  
Chhattisgarh

**Topic: Yoga for immunity**

**2<sup>nd</sup> Technical Session**





### Patron

**Shri Gyanesh Sharma**

Chairman, Vipra Shikshan Samiti



### Principal

**Dr. Meghesh Tiwari**

Vipra Arts, Commerce & Physical  
Education College, Raipur



### Mentor

**Prof. Usha Dubey**

Retired Professor & Head Dept. of  
Economics Pt. R. S. U.



### Convener

**Dr. Ranjana Mishra**

Assistant Professor, Yoga,  
Vipra Arts, Commerce & Physical Education College,  
Raipur

### Advisory Board

**Dr. Vivek Sharma**

Head of Department  
Commerce

**Dr. Divya Sharma**

Head of Department  
Education

**Mr. Mohit Shrivastava**

Head of Department  
Computer & Science

### Organizing Committee

**Dr. Milind Bhandeo**

Assistant Professor,  
Department of  
Physical Education

**Dr. Aradhana Shukla**

Assistant Professor,  
Department of  
Commerce

**Mrs. Preeti Yadav**

Assistant Professor,  
Department of C.S.

**Mr. Sanjeev Kashyap**

Yoga Instructor

**Mrs. Reena Shukla**

Assistant Professor,  
Department of  
Education

**Mrs. Suman Pandey**

Assistant Professor,  
Department of  
Education

### N O T E

- There is no registration fee.
- After the technical sessions, selected papers/articles will be presented by the faculty members and scholars.
- All the registered active participants will get an e-certificate after submission of the feedback form.
- Feedback link will be shared on WhatsApp group.
- The e-certificate will be shared through e-mail. Registration Link : <https://forms.gle/FCsnaDH41sg7L5H27>



*Invitation for inaugural function of*

## **International Webinar**

**on**

**Indigenous Solution of Health Problems arising  
during Pandemic with special reference to Yoga**

*We solicit your gracious presence at the  
inaugural function of the 3 day International  
Webinar on 07. 06. 2021.  
Time : 2:00 p.m. Onwards*

### **Chief Guest**



**Sushree Anusuiya Uikey**  
Governor of Chhattisgarh



**Presided  
by**

**Prof. K.L. Verma**  
Vice Chancellor,  
Pt. R.S.U., Raipur



**Special  
Guest**

**Shri Gyanesh Sharma**  
Chairman,  
Vipra Shikshan Samiti



**From**

**Dr. Meghesh Tiwari, Principal,  
Vipra Arts, Commerce & Physical  
Education College, Raipur**



*Invitation for Valedictory function of*

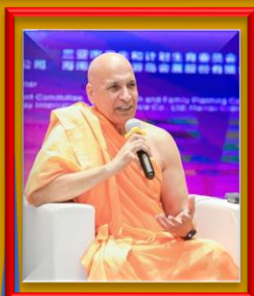
## **International Webinar**

**on**

**Indigenous Solution of Health Problems arising  
during Pandemic with special reference to Yoga**

*We solicit your gracious presence at the  
Valedictory function of the 3 day  
International Webinar on 09. 06. 2021.  
Time : 11:00 p.m. Onwards*

### **Chief Guest**



**Padmashri Swami Bharat Bhushan Ji**  
Founder President - Governing Council (GC)



**Presided  
by**

**Bramhachari Dr. Indu  
Bhavanand ji Maharaj,**  
Pramukh, Shankaracharya  
Ashram, Raipur, Chhattisgarh

**Special  
Guest**



**Shri Gyanesh Sharma**  
Chairman,  
Vipra Shikshan Samiti



**From**

**Dr. Meghesh Tiwari, Principal,  
Vipra Arts, Commerce & Physical  
Education College, Raipur**



# Certificate of Participation



This is to certify that

*Dr. Divya Sharma*

**HOD, DEPARTMENT OF EDUCATION from VIPRA ARTS, COMMERCE AND  
PHYSICAL EDUCATION COLLEGE, RAIPUR, CHHATTISGARH, INDIA**  
has participated in the International Webinar on "Indigenous Solution of  
Health Problems arising during Pandemic" organized by Department of  
Department of Yoga, Vipra Arts, Commerce and Physical Education College,  
Raipur, Chhattisgarh, dated 07<sup>th</sup> - 09<sup>th</sup> JUNE, 2021.

Mrs. Ranjana Mishra  
Convenor

Dr. Meghesh Tiwari  
Principal



Nidhi Shri



vipra college



Hello



Dr. Divya Sharma



Bharat bhushan

Dr. Kewal Chakra...



OnePlus 7

Rinke Singh

vipra college

DR MEGHESH TL

Mohit Shrivastav



Sonia Israni

Rasika malviya

Dr Ranjana Mis...



Reena Shukla

Dr Megha Tyagi

Dr Harindra Mo...

Pooja Sonkar

Kailash Sharma



Harsh Sharma

Saniiv

Chandra sahu

Ankur Gupta



Gyas Ahmed



Dhanraj Sahu



Stop Video



Participants 30

Chat



Pause/Stop Recording



More

End

ENG 09-06-2023