

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

Glimpses of the Yoga Awareness Program

मुक्त चिन्तन News Letter
 30प्र0 राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज
 15 मई, 2023

मुक्त चिन्तन
 मुक्त विश्वविद्यालय ने ने गोहरी की पाठशाला में लगाया योग शिविर

हृदय रोग व डायबिटीज को रोकने के लिए दिया योग का प्रशिक्षण
 उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज के विज्ञान विद्याशाखा द्वारा सोमवार दिनांक 15 मई, 2023 को गोद लिए गए गांव गोहरी में योग जागरूकता कार्यक्रम का आयोजन किया गया। उक्त कार्यक्रम गोहरी गांव स्थित बेपू का पूरा प्राइमरी पाठशाला के परिसर में आयोजित किया गया। योग जागरूकता कार्यक्रम में विश्वविद्यालय के स्वास्थ्य विज्ञान विद्याशाखा के असिस्टेंट प्रोफेसर श्री अमित कुमार सिंह द्वारा उपस्थित ग्रामीणों तथा पाठशाला के बच्चों सहित विश्वविद्यालय के अधिकारियों एवं कर्मचारियों को योग का अभ्यास कराया गया। योगाभ्यास में ग्रामवासियों को हृदय रोग व डायबिटीज को रोकने के लिए योग का प्रशिक्षण दिया गया। इस अवसर पर विज्ञान विद्याशाखा के निदेशक प्रोफेसर आशुतोष गुप्ता ने योगाभ्यास के महत्व एवं विश्वविद्यालय द्वारा संचालित योग जागरूकता कार्यक्रम के बारे में विस्तार से बताया तथा साथ ही इस विश्वविद्यालय की कुलपति प्रोफेसर सीमा सिंह के योग कार्यक्रम से संबंधित संदेश को साझा किया।









List of participants of yoga program

डॉ. प्र. राजर्षि टेंडन मुन्ध विद्यापीठ, प्रयागराज

" योग जागरूकता कार्यक्रम "

आयोजक : विद्यालय विद्या शाळा + स्वच्छ-पथ विद्यालय
+ माहेला अक्षयपथ के-5

स्थान - ग्राम - गोहरी (पार्श्व) पाठशाळा - केंद्र कोटवाडी

दिनांक - 15-5-2023, समय - प्रातः 8-9 वजे

* उपस्थित → पुढीलप्रमाणे ज्ञात आहे की
उक्त कार्यक्रम यथासमय संपन्न झाला
आणि निम्नलिखित उपस्थित
हुले.

1. कुलदीप कुमार शुक्ल, प्रभात @shukla
2. शिवपूजन चटेल ग्राम प्रधान गोहरी
3. तुलसा देवी ठापा

(4) सुभाष कुमार निर्मल

(5) मंगलेश कुमार

(6) मनोज कुमार - (9026818261)

(7) प्रो. जे. पी. कर्कर - (9026818261)

<p>8- डॉ. भास्कराक्षर शुभा</p> <p>9- डॉ. चक्रवर्ती सिंह</p> <p>10- डॉ. अशोक प्रसाद गौतम</p> <p>11- Dr. Gopal Krishna Singh</p> <p>12- अमित कुमार सिंह - अमित सिंह</p> <p>13- डॉ. राधिका सिंह - राधा</p> <p>14- Dr. Manoj Singh - 15/5/23</p> <p>15- Dr. Dinesh Chandra Singh - 15/5/23</p> <p>16- Dr. Deepmala Gupta - Deepika</p> <p>17- Sushma Singh</p> <p>18- Dr. Ravindra Pratap Singh - Pratik</p> <p>19- Dr. Deepa Singh - Dr. Deepa</p> <p>20- Dr. Deepa Chaudhary - @shukla</p> <p>21- Dr. Sushma Chaudhary - (कुलदीप कुमार शुक्ल) प्रकारधायक प्रा. वि. सं. 161 पूरा, गोहरी खेरा, प्रयागराज</p>	<p>22- वीरेंद्र कुमार वर्मा सिंह</p> <p>23- अनूप कुमार - Anup</p> <p>24- मनोज कुमार - मनोज कुमार</p> <p>25- सतीश कुमार - SK</p>
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Pratik Singh
शक्ति सिंह