

Department of Yogic Science and Naturopathy
Mahapurusha Srimanta Sankaradeva Viswavidyalaya,
Nagaon, Assam



Organises

International Webinar

On

**Health Challenges Arising in COVID-19 Pandemic and Lockdown Period
and Their Yogic Solutions**

(20th – 21st May 2020)

Background:

In the present time, every person in the world is facing challenges in their lives due to COVID-19 pandemic. In order to control its spread, various countries executed lockdown from several days and in many countries, it's still going on. Due this pandemic and lockdown, every person, from layman to most powerful personalities of the world are worried due to its effect on economy, physiological, psychological as well as social well-being. Health experts from all over the world are working hard to give solutions for the prevention and cure of this COVID-19 pandemic. Millions of people are tested positive and the data is on increasing every day. Those who are not tested positive are also facing various physiological as well as psychological issues. Among psychological challenges fear, anxiety, depression are common. To combat with this COVID-19 and to keep it away, it is commonly suggested to increase the immunity power. People are hopefully looking towards Yogic practices to raise their immunity.

In this webinar, experts of Yoga and allied sciences from the corners of the world will discuss how the integrated approach of Yoga, Naturopathy, Diet & Nutrition, Ayurveda, Prayer, Yagya, Music etc. can be effective to the persons who are Corona infected, their families, the health workers engaged in the treatment of the infected people and their families, health of the people providing essential services, health of police personnel, officers, employees, farmers, students and common people. On this background, two-days International Webinar is being organised by the Department of Yogic Science and Naturopathy, Mahapurusha Srimanta Sankaradeva Viswavidyalaya.

Objectives/ Outcomes from the Webinar-

- To provide an international platform to all the stakeholders to get benefit from the guidance, views and experiences of Yoga experts.
- To aware the people about the benefits of Yoga and allied sciences in this COVID-19 pandemic and lockdown period.
- To know the means to increase immunity.
- To know how to use Yoga and alternative therapies.
- Recommendations to combat the challenges arising in COVID-19 pandemic and lockdown period.

Main these:

Health Challenges Arising in COVID-19 Pandemic and Lockdown Period and Their Yogic Solutions.

Sub-themes:

To combat the health challenges arising in COVID-19 pandemic and Lockdown period, role of-

- | | |
|-----------------------|---------------------------|
| 1) Yogasanas | 8) Ayurveda |
| 2) Pranayama | 9) Din-charya |
| 3) Yama-Niyama | 10) Music |
| 4) Meditation | 11) Yagya |
| 5) Shat-karma | 12) Prayer |
| 6) Yoga Nidra | 13) Swadhyay (Self study) |
| 7) Diet and Nutrition | |

Eminent Speakers**Prof. Ishwar Bharadwaj,**

Dean of Health Sciences, Gurukula Kangri University, Haridwar

Prof. Suresh Barnwal,

Head, Dept. of Yogic Sciences & Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar

Prof. Ganesh D. Sharma,

Chief Advisor, School of Yoga and Naturopathy, Shoolini University, Solan, Himachal Pradesh

Prof. K. Krishna Sharma,

Chairman, Human Consciousness and Yogic Sciences, Mangalore University, Mangalore

Dr. Kamakhya Kumar,

Head, Department of Yoga, Uttarakhand Sanskrit University, Haridwar

Dr. Yatindra Dutta Amoli,

Yunnan Minzu University, Kunming, China

Prof. Paul Madan,

Director, Homeopathic Medical College, Abohar, Panjab

Dr. Vinod Kumar (MBBS),

Professor, School of Yoga and Naturopathy, Shoolini University, Solan

Dr. Dipeshwar Singh,

Associate Professor, Swami Vivekananda Yoga Anusandhan Samsthan, Bengaluru

Dr. Gopal Krishna Sharma,

Dev Sanskriti Vishwavidyalaya, Haridwar

Dr. Ganesh Prasad Semwal,

Yoga Training Manager, Elite Fitness, Vietnam

Registration Registration is free.
Registration link- <https://forms.gle/Ae4utN8aB3Xd9d4A6>

Participation Students, research scholars, faculty members and common people.
Participants who will attend all the sessions of Webinar will be awarded with e-certificates.

International Webinar Committee-

Chief Advisor Prof. K. K. Deka, Hon'ble Vice Chancellor, MSSV, Nagaon, Assam
Advisors Dr. S. K. Sarkar, Assistant Registrar (Admin.) & Campus In-charge, MSSV
Shri. Bichitra Bikash, Assistant registrar (Acad.), MSSV
Dr. Nayanmoni Saikia, Assistant Registrar (Admin. II), MSSV
President Prof. B. N. Phukan, Head, Dept. of Yogic Science and Naturopathy, MSSV
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