

**Report on National Webinar on
“Post Covid 19 Health Management through Yoga, Naturopathy and
Alternative Medicine”**

**Jointly Organised By the Department of Physical Education & NCC Units of Netaji
Subhas Mahavidhyalaya on 25th June, 2021 from 2pm to 4pm.**

On 25th June, 2021 a National Webinar entitled “Post Covid 19 Health Management through Yoga, Naturopathy and Alternative Medicine” was jointly organised by the Department of Physical Education in collaboration with NCC (Boys & Girls) Units of the college from 2pm to 4pm. The webinar was held in online mode on StreamYard and live streamed on Youtube.

The webinar was started by the opening remarks of Smt. Patriot Debbarma, Assistant Professor in English & CTO, 71 Tripura Girls NCC (I) Coy, who also moderated the entire session. Dr. Rita Das Nayak, Principal in-charge, Netaji Subhas Mahavidyalaya, Udaipur welcomed the participants through her welcome address. Thereafter, the first resource person, Dr. Navdeep Joshi, (Assistant Professor, Lal Bahadur Shastri Central Sanskrit University, New Delhi) & International NADA YOGA GURU spoke elaborately on the topic, “Panch Kosha” and enlightened the participants on how to deal with the pandemic situation by strengthening one’s sheaths. The second resource person, Dr. Satyendra kr. Mishra, Faculty member, Yoga and Alternative Medicine, University of Lucknow, Uttar Pradesh spoke on the several dimensions of understanding and countering Covid19 disease through Naturopathy. The third resource person, Dr. Ashok kr. Mishra, Yoga Instructor & Ex Member, World Acupressure and Acupuncture Association, Specialist in Naturopathy, Varanasi, Uttar Pradesh spoke at length about the importance of strengthening one’s immunity against Covid19 disease through Yoga, naturopathy and alternative medicine. After the deliberation of each resource person, an interactive session was followed in which the participants clarified their doubts regarding the topic of discussion. Last but not least, Dr. Rabindra Kumar, Assistant Professor & HOD in-charge, Physical Education proposed the Vote of thanks and thanked everyone responsible for organising such an important event.

The National Webinar recorded the registration of around 200 participants and live participation of more than that on YouTube. The programme was hailed by the participants from various parts of the country as one of the most informative webinars held on health

management during the pandemic period. The Webinar can be accessed anytime at the Youtube link: <https://youtu.be/pKeFhNGMMdE>.

Some Screenshots of the Webinar

