



**JAGAT TARAN GIRLS' P.G. COLLEGE**  
(A Constituent College of University of Allahabad)



**DEPARTMENT OF SANSKRIT**

*Cordially invites you to join an*

**International Webinar**

*On*

**Relevance of Yoga in the Present World Crisis**

वर्तमान वैश्विक संकट में योग की प्रासंगिकता

**20<sup>th</sup> and 21<sup>st</sup> June 2020**

*(from 9:00 AM IST onwards)*

**Patron:**



Prof. R.R. Tewari,  
Vice Chancellor, AU

**Resource Persons:**



Prof. Haridutt Sharma,  
President Awardee,  
Former HoD, Dept. of  
Sanskrit, AU



Prof. Shive Kr. Chaturvedi  
Ohio State University,  
Columbus, USA



Prof. S. Timalisina,  
San Diego State University  
USA



Prof. N. C. Panda,  
Silpakorn University,  
Bangkok, Thailand



Prof. C.S.  
Radhakrishnan,  
Pondicherry University



Dr. Biliانا Parvanova  
Mueller, Bulgaria,  
Visiting Faculty, DU



Prof. R.P. Mishra  
University of Kurkshetra,  
Haryana



Prof. Shashi Tiwari  
President Awardee  
President WAVES, Delhi

**Organizing Team**

**Convener**

**Dr. Kanak Lata Dubey**

Associate Professor  
Dept. of Sanskrit

**Organizing Secretary**

**Dr. Darshan Kumar Jha**

Assistant Professor  
Dept. of Geography

**Director**

**Prof. Kamla Devi**

Principal  
J.T.G.P.G. College

**Co-conveners**

**Dr. Prama Dwivedi, Dr. Pratibha Arya** (Asst. Professor, Dept. of Sanskrit)

## About the Webinar

Yoga is an ancient heritage of India since time immortal. Yoga is a way of life to fit yourself physically, mentally and spiritually. Over the last few decades, there has been an upsurge in the relevance and prevalence of yoga. In this present crisis of COVID19 Pandemic, yoga become more popular across the world to maintain physical and mental well-being. The aim of this Webinar is to discuss and disseminate the various aspects of Yoga and its relevance in the present crisis to make better world and individuals' lives.

The Webinar has following sub-themes:

- Yoga: As Ancient Heritage of India
- Different Schools of Yoga
- Spatial variations in Yogic Practices
- Yoga as a source of Physical, Mental and Spiritual Energy
- Importance of Yoga in COVID -19 Pandemic
- Effect of Yoga on Human and Nature
- Relevance of Yoga in Contemporary World
- Yoga for All

## वेबिनार के सम्बन्ध में

योग भारत की शाश्वत प्राचीन धरोहर है । यह शारीरिक, मानसिक और आध्यात्मिक रूप से स्वयं को स्वस्थ रखने के लिये जीवन जीने की पद्धति है । पिछले कुछ दशकों में योग की प्रासंगिकता एवं व्यापकता में अत्यधिक वृद्धि हुई है । कोविद –19 वैश्विक महामारी के इस वर्तमान संकट में शारीरिक और मानसिक स्वास्थ्य के लिये योग सम्पूर्ण विश्व में अधिक लोकप्रिय हो गया है। इस वेबिनार का उद्देश्य वर्तमान संकट में योग के विभिन्न पक्षों पर परिचर्चा और प्रसार करना है ताकि विश्व समुदाय और व्यक्ति का जीवन बेहतर हो सके ।

वेबिनार के उपविषय हैं:

- योग: भारत की प्राचीन विरासत
- योग के विभिन्न प्रकार
- यौगिक क्रियाओं में स्थानिक भिन्नता
- शारीरिक , मानसिक और आध्यात्मिक ऊर्जा के स्रोत के रूप में योग
- कोविद– 19 वैश्विक महामारी में योग का महत्त्व
- मानव एवं प्रकृति पर योग का प्रभाव
- समकालीन विश्व में योग की प्रासंगिकता
- योग की सार्वजनीनता



### **About the College**

Jagat Taran Girls' P.G. College is a constituent College of University of Allahabad (A Central University). It was established in the year 1975. It has completed 45 successful years of academic excellence in Higher Education. The college was accredited 'A' grade with 3.19 CGPA by NAAC and got the status of 'College for Potential of Excellence' (CPE) in two consecutive phases, by UGC. The College has the distinction of having a galaxy of meritorious teaching faculty.

### **Call for Paper**

Abstract in 250 words and full paper in 3000 words should be submitted either in English (Times New Roman, 12 Font) or in Hindi (Krutidev 010, 14 font) in softcopy to the convener at [jtwebinar2020@gmail.com](mailto:jtwebinar2020@gmail.com). Last date of abstract submission is 17<sup>th</sup> June 2020. E-certificate will be issued to all participants who will attend all sessions and submit the feedback form. Paper presentation certificate will be issued to paper presenters only.

### **About Registration**

Registration is free of cost but mandatory for all participants and paper presenters. The webinar will be conducted on Zoom app. Link of webinar, meeting id and password will be provided before the webinar on email/WhatsApp to registered participants only.

Registration Link: <https://forms.gle/fbWHhGbcGARjc7Fs9>

**WhatsApp Group:** Please join any one of the following WhatsApp groups for updates and Zoom meeting link.

<https://chat.whatsapp.com/FBqgBRPYzQIAjQ616D8SJb>

<https://chat.whatsapp.com/DpDdhyEAKUPItD3dsAU4bK>

<https://chat.whatsapp.com/Be4OEAoYC8XCEkLWNdjRdY>

<https://chat.whatsapp.com/I7YlKmNxlyL0YQ3Xm5eaoc>

**For any query, please contact Dr. Kanak Lata Dubey, Mobile: 9452584676  
Dr. Prama Dwivedi, Mobile: 9455686800**