

REPORT ON WEBINAR ON YOGA, NUTRITION AND LIFESTYLE MODIFICATION

21 JUNE 2021



A webinar was conducted on the subject “Yoga, Nutrition and Lifestyle Modification” on the occasion of International Yoga Day, 2021 by Legal Services Clinic (विधि मित्र) Department of Law, MAIMS in association with DLSA (North West). The Webinar aimed at encouraging and motivating the students to adopt a healthy lifestyle and making them understand the significance of Yoga.

The eminent speakers were Dr. Govinda Kumar Trivedi (MD in Clinical Naturopathy) who explained the meaning of yoga and explained the importance of adopting natural herbs and plants in our daily routine and avoiding artificial medicines and Dr. Ankit Chaudary (Yoga and Nutrition Specialist), who showed various yoga poses which can be easily performed by beginners. He encouraged the participants to perform those asanyas along with him. The session was very enthusiastic and motivating. He encouraged and motivated students and teachers alike to have a positive mindset and thinking during these uncertain times.

The Webinar was attended by over 100 students and Faculty members attended the Webinar on Zoom meetings and YouTube Live. The Event was initiated and coordinated by Faculty Convener - Ms Purnima Gupta, Convener, Legal Services Clinic.