



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES
(DEPARTMENT OF LAW)
Legal Services Clinic (विधि मित्र)
in collaboration with DLSA North West

Presents

A WEBINAR ON

Yoga, Nutrition and Lifestyle Modification

Date: June 21, 2021

Time: 5:00 pm-6:30 pm

Venue

Zoom Meeting

RESOURCE PERSON

**DR GOVINDA KUMAR TRIVEDI
CMO BALAJINIROGDHAM BNYS(MD)**

**DR ANKIT CHAUDHARY (BNYS)
MS NEHA JINDAL (NUTRITIONIST)**



Faculty Convenor : Ms. Purnima Gupta (Assistant Professor)



Clear your head, feel
the flow and celebrate

International Day of Yoga





Report on Webinar on "Yoga, Nutrition and Lifestyle Modification" on the occasion of 'INTERNATIONAL YOGA DAY' organized by the Legal Services Clinic - विवि वित्र (Department of Law), MAIMS in collaboration with DLSA (North West)

A webinar was conducted on the subject “Yoga, Nutrition and Lifestyle Modification” on the occasion of International Yoga Day, 2021 by Legal Services Clinic (विवि वित्र) 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 and Dr. Ankit Chaudhary.

Dr. Govinda Kumar Trivedi is MD in Clinical Naturopathy and has published various research papers in International Journal. He explained the meaning of yoga as “the one which holds us together”. He further elaborated that everything we do towards fulfilling our duties and obligations is in itself a YOGA. Moreover, he explained the importance of adopting natural herbs and plants in our daily routine and avoiding artificial medicines. He talked about various ways to cure diseases through natural sources. He also talked about the changing lifestyle of people in different fields including the students and working professionals and how we can stay healthy in today's times. The session was extremely informative and insightful.

The second speaker was Dr. Ankit Chaudhary. Sir specializes in Yoga and Nutrition. He showed various yoga poses which can be easily performed by beginners. He encouraged the participants to perform those asanas 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.

Overall, the Webinar was very insightful and taught the importance of yoga in our everyday life and the significant role played by beautiful Nature.

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 Convenor - Ms. Purnima Gupta, Convenor, Legal Services Clinic (विवि वित्र). Prof. Dr. Rajni Malhotra Dhingra Principal, Department of Law

delivered the Welcome Address. Dr. Praveen Kumar Gupta, Head, Department of Law addressed the participants and enlightened the participants with his words of wisdom.

Then, Prof. Dr.G.P. Govil, Advisor MATES addressed the participants and elaborated on the importance of having a healthy lifestyle through Yoga. Prof. (Dr.) Ravi Kumar Gupta, Director, MAIMS also enlightened the participants through his words of wisdom. Further, Prof. (Dr.) SK Garg, Director General, MAIMS while addressing the participants also explained various important asanyas for a healthy lifestyle.

At the end, Vote of Thanks was delivered by Shri MOHAN GARG JI, Joint Secretary, MAIMS. Students: Punnya Mann, Saakshi Khandelwal, Shriya Sondhi and Dipanita Singh from the Department of law coordinated the Event.

Few Screenshots of the event are as follows:



