

## **CRITERION V**

### **5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following**

The Yoga department runs a one year Diploma Course in Yoga, Affiliated to M.J.P.R.U as well as six month certificate course certified by the college. The department is equipped for conducting Yoga Classes and providing advice to students and staff in health issues through yoga, acupressure and colour therapy. The room is equipped with yoga mats, health -hygiene charts, etc.

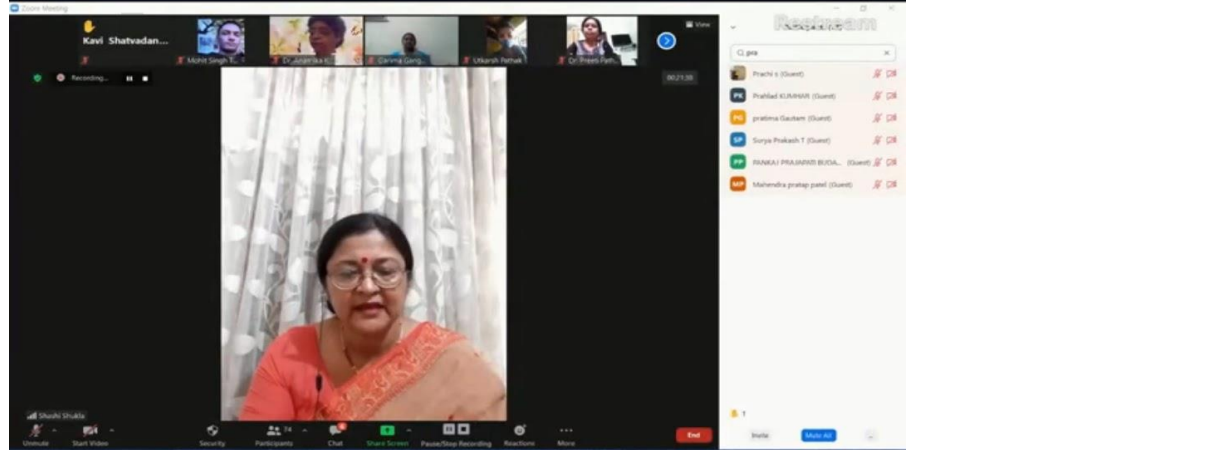
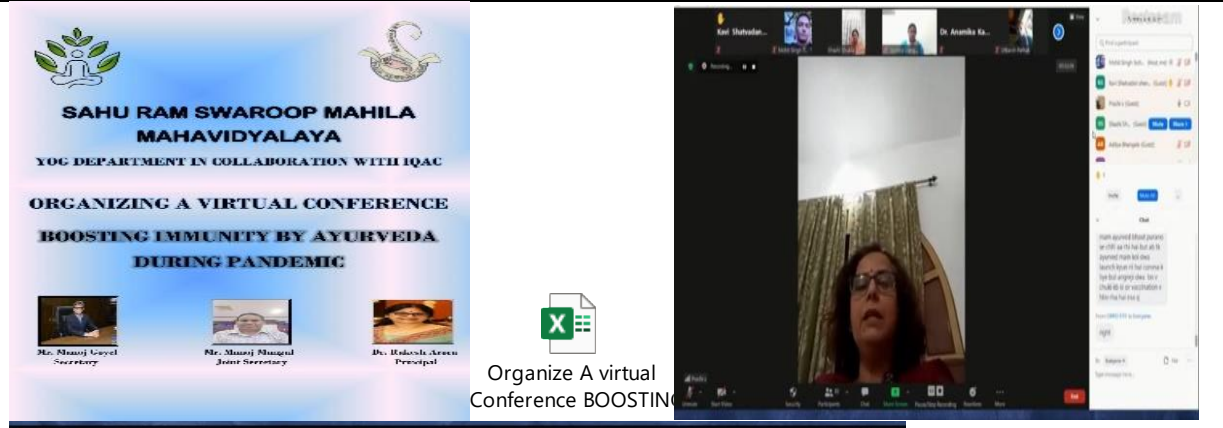
The department conducts workshops for students and Staff on Yoga, Health and Hygiene. During the Lockdown period of 2020-21, many online webinars were hosted by the department.

The videos of these are uploaded on the Youtube channel of Dr. Garima Gangwar

<https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFqg>

**ACTIVITY – Virtual Conference in Boosting Immunity through Ayurveda During pandemic**

Date of Activity	15/4/2021, Dept of Yoga in Collaboration with IQAC
Speaker :	Dr. Preeti Sharma, M.D. in Ayurveda, Gynecologist Dept. SRM Govt. Ayurveda College, Bareilly
Convenor	Dr. Anamika Kaushiva
Co-conveor	Dr.Garima
Organising Committee	Dr. Shashi Shukla, Assoc. Prof. Music Dr. Kanak lata Singh, Assoc. Prof. , Sociology Dr. Preeti Pathak, , Assoc. Prof. , pol Sc Dr. Asha Gupta, , Assoc. Prof. , Hindi Dr. Radha Yadav, , Assoc. Prof. , Education
Number of participant	323+ students and Faculty participated
Activity Details	Participants learned to protect themselves through their kitchen and learnt simple concoctions which they could make to increase immunity: mixture of celery, basil, cinnamon, black pepper and long white cardamom etc. They were advised to take Immunity boosting medicines such as Giloy



Speaker	Dr.Ranjana Devi , ranjana.devraj@gmail.com from university of Jammu, Jammu डॉ. शैलेश मिश्र, असिस्टेंट प्रोफेसर, शिक्षक प्रशिक्षण महाविद्यालय, नरगा कोठी, चंपानगर, भागलपुर, बिहार Shashank Yadav (Student) R.K.Talreja College OF Arts Science And Commerce Ulhasnagar 03 District Thane state Maharashtra. Asst.Prof. Anil Kumar Raipur(C.G.)
Youtube video	<a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgg">Dr. Garima gangwar - YouTube</a> <a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgg">https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgg</a>


**ACTIVITY – Yoga E Quiz**

Date of Activity	25 March to 02 April
Organizer	Dr Garima
Number of participant	1448+ students and Faculty participated
Activity Details	A quiz on Yoga, related to the curriculum of the students, was organized so that the students could be in touch with the subject.



2021 Yoga Quiz  
Organized by Yoga D

**Sahu Ram Swaroop Mahila Mahavidyalaya**  
Department of Yoga  
**INTERNATIONAL YOGA QUIZ**  
Dear Academicians/Students from various institutions  
We are inviting you all for the E-Certified online  
Yoga Quiz from 25.03.2021 to 31.03.2021.  
(Note: Minimum Score is 60% to receive E-Certificate on your registered email. / Only one attempt allowed)  
Quiz Link:  
[https://docs.google.com/forms/d/e/1FAIpQLSdn1wpOqP2P4u8VVRcAwdQ0mg\\_YmQ\\_QWknkDk7l00zjZkCGp1w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdn1wpOqP2P4u8VVRcAwdQ0mg_YmQ_QWknkDk7l00zjZkCGp1w/viewform)  
Dr. Garima  
Assistant Professor  
Yoga Department  
Sahu Ram Swaroop Mahila Mahavidyalaya  
SCAN QR CODE FOR QUIZ LINK



**ACTIVITY –Workshop on Physiology of Yoga**

Date of Activity	09/5/2021
Speaker :	Dr. Ajay Pal Assistant Professor Yoga Department Central university of Haryana
Organizer	Dr Garima
Organising Committee	Dr. Shukla Dr. Ruchi Gupta, Dr. Asha Gupta, Dr. Radha Yadav, Dr. Seema Gautam,
Number of participant	884+ students and Faculty participated
Activity Details	Shat karma, also known as ENT kriya, explained in detail. The positive effects of jal neti can be seen in migraine, eyesight, sinus in the nose, an increase in the bone of the nose, serious diseases related to cold, najla,jukham . etc.

**SAHU RAM SWAROOP MAHILA MAHAVIDYALAYA**  
Workshop on  
PHYSIOLOGY OF YOGIC SHATKARMA  
Organized by  
**YOGA DEPARTMENT**



**Registration Link**  
<https://docs.google.com/forms/d/e/1FAIpQLSfnTIKLIgrQSnGD4MNTmicnlz4k8pwwNGybPzoBclGcbuu2A/viewform>  
Date 09-MAY-2021 Time Morning 11.00 AM

**Join Zoom Meeting**  
<https://us02web.zoom.us/j/81233789323?pwd=VW84cmhwbEdiZnBHeGZna3lzZ3N5dz09>  
Meeting ID : 812 3378 9323  
Passcode : 948258

Google form Qr Code      Zoom Meeting Qr code



Scan QR for direct Access

PHYSIOLOGY OF YOGIC SHATKARMA (I

Youtube video url	<a href="https://www.youtube.com/watch?v=hREN0Lh6yxU&amp;t=129s">https://www.youtube.com/watch?v=hREN0Lh6yxU&amp;t=129s</a>
-------------------	---

<b>ACTIVITY - Virtual Conference on Importance of Yoga in Covid-19</b>	
Date of Activity	11/5/2021
Speaker :	<b>Dr. Malik Rajendra Pratap, Head of the Department of Yoga, Motiram Baburam Government PG College, Haldwani, Nainital</b>
Organizer	Dr Garima
Number of participant	521+ students and Faculty participated
Activity Details	Importance of yoga in tackling Covid-19.
PHOTO	<p><b>SAHU RAM SWAROOP MAHILA MAHAVIDYALAYA</b> Virtual Conference on IMPORTANCE OF YOGA IN COVID-19 Organized by <b>YOGA DEPARTMENT</b></p> <p><b>Registration Link</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSd2LgM7IQdkc8aSKPR2XEVGShr-DwL7zUBCsZnbf6fjhvx8cQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSd2LgM7IQdkc8aSKPR2XEVGShr-DwL7zUBCsZnbf6fjhvx8cQ/viewform</a></p> <p>Date 11-MAY-2021 Time Morning 11.00 AM</p> <p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/88211647555?pwd=WGdPUM5KR2pkakptTW5kVktczhFz09">https://us02web.zoom.us/j/88211647555?pwd=WGdPUM5KR2pkakptTW5kVktczhFz09</a></p> <p>Meeting ID : 882 1164 7555 Passcode : 226896</p> <p>Google form Qr Code      Zoom Meeting Qr code</p> <p>Scan QR for direct Access</p> <p>Virtual Conference on IMPORTANCE OF YOGA</p>
Youtube video url	<a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq">Dr. Garima gangwar - YouTube</a> <a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq">https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq</a>

<b>ACTIVITY – Workshop on "Post COVID-19 Care Guide and Rehabilitation"</b>	
Date of Activity	28/5/2021
Speaker :	<b>Dr Mithun Prakash Sharma Consultant And Ex Consultant ApolloMedics Hospital Lucknow,SRMS Hospital Unnao,SRMS Step 2 Life Rehabilitation Center Lucknow</b>
Organizer	Dr Garima
Number of participant	614+ students and Faculty participated
Activity Details	Highlighted the importance of Yoga in handling post-covid complications.
PHOTO	<p><b>SAHU RAM SWAROOP MAHILA MAHAVIDYALAYA</b> Workshop on Post Covid-19 Care Guide &amp; Rehabilitation Organized by <b>YOGA DEPARTMENT</b></p> <p><b>Registration Link</b> <a href="https://docs.google.com/forms/d/e/1FAIpQL5C7ytkiXhWspG-DIBuchttuAR96CFJAPQX-L6cJiv6F15Q/viewform">https://docs.google.com/forms/d/e/1FAIpQL5C7ytkiXhWspG-DIBuchttuAR96CFJAPQX-L6cJiv6F15Q/viewform</a></p> <p>Date 28-MAY-2021 Time Morning 11.00 AM</p> <p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/87809201527?pwd=VEFwOFFzMGFzZzEvVms3bXVqWDZsZz09">https://us02web.zoom.us/j/87809201527?pwd=VEFwOFFzMGFzZzEvVms3bXVqWDZsZz09</a></p> <p>Meeting ID : 878 0920 1527 Passcode : 205220</p> <p>Google form Qr Code      Zoom Meeting Qr code</p> <p>Scan QR for direct access link</p> <p>Covid-19 care guide and rehabilitation (Re)</p>
Youtube video url	<a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq">Dr. Garima gangwar - YouTube</a> <a href="https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq">https://www.youtube.com/channel/UCoTvDBNRrTPb1FKbFfGFFgq</a>