

EPCH observes International Yoga Day 2020, virtually

'Yoga from Home'; 21st June 2020

EPCH-FASCO (Fitness and Sports Committee) observed the International Yoga Day (21 June 2020) virtually with the theme, 'Yoga from Home.' "This year due to the pandemic, performance of yoga in public places was not possible but where there is a will, there is way. This was justified by EPCH and FASCO by observing

Passi, Chairman, EPCH; Mr. Raj K Malhotra, Vice Chairman, EPCH; Mr. Prince Malik, Coordinator, FASCO; Mr. R K Verma, Executive Director, EPCH; and members of Committee of Administration, EPCH. Around 200 participants joined the session.

While addressing the participants in the virtual yoga session,



Shri Shantmanu, IAS, Development Commissioner (Handicrafts), said, "due to the pandemic we are not able to perform yoga in an open place but it has given us an opportunity to perform it indoors with our family members," and added, "a lot has been mentioned in the Gita about yoga and that yoga is not only about *aasnas* but is a skill. To get the real benefits of yoga, everyone should perform it regularly for a longer period and with honour and respect."

Speaking on 'Mind matters most' **Dr. Arunima Sinha, Senior Art of**

21st June on a virtual platform," said **Mr. Rakesh Kumar, Director General, EPCH**. Shri Shantmanu, Development Commissioner (Handicrafts) was the Chief Guest. Among invited speakers were, Dr. Arunima Sinha, Senior Art of Living faculty; Dr. Nitin Agarwal, National Secretary, Vishwa Ayurveda Parishad & Managing Director, Bliss Ayurveda Pvt. Ltd. & Health Village, Greater Noida; Dr. Era Dutta, MD, Psychiatry & Consultant Neuropsychiatrist, Fortis Healthcare Life, Kolkata; and Mr. Mohit Dahiya, Hath Yoga practitioner. The yoga session was virtually graced by Mr. Ravi K

Living faculty, emphasised that *aasnas* and *Pranayama* play a vital role in nurturing a healthy mind and everyone should follow these regularly, particularly in present times when the pandemic is taking a large number of people in its grip. She also spoke about the importance of Art of Living and the right balance between body, mind and soul. **Dr. Nitin Agarwal, National Secretary, Vishwas Ayurveda Parishad**, said that he would like to call yoga day as Day of Health. He further said that Ayurveda plays a vital role in keeping everyone healthy and increasing immunity. He also suggested home remedies to enhance the immune system and named some of the prominent herbs such as Ashvagandha and Giloy. **Dr. Era Dutta, MD, Psychiatry & Consultant Neuropsychiatrist, Fortis Healthcare Life, Kolkata** spoke on Depression and Wellness, very relevant topics during this pandemic. She explained how depression is not the weakness of character, but is a chemical problem that arises because of bad lifestyle & habits, family issues and issues related to diseases being faced by people. She suggested that depression





Best Yoga performer - **Flexible Body yogi category** - Ms. Meenu Chopra

Best Yoga performer - **Oldest yogi category** - Mr. Rajinder Kahsyap, aged 78 years



Best Yoga performer - **Elderly yogi category** - Mr. Raj Kumar Malhotra, Vice Chairman, EPCH

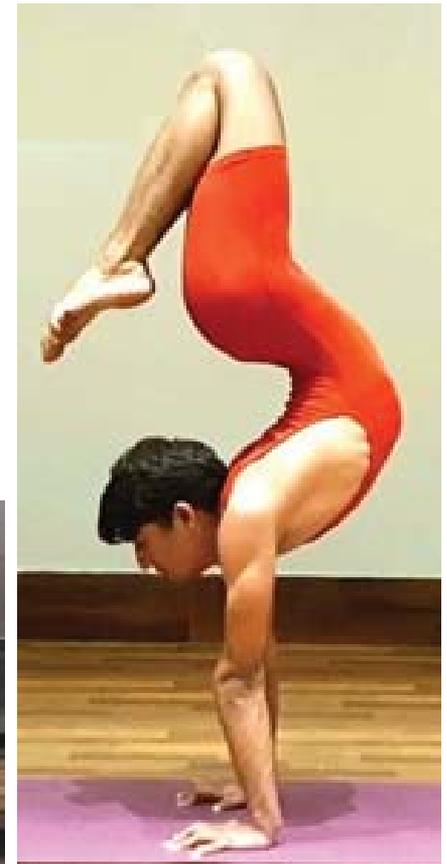
can be overcome by keeping good mental health that can be maintained by following yoga, having a balanced life & routine, learning & creating new things, socialising as well as prioritising & making plans to live a positive and healthy life. **Mr. Mohit Dahiya, an avid Hath Yoga**



Best Yoga performer - **Youngest yogi category** - Mr. Suvansh Malhotra



Best Yoga performer - **Youngest (under 10 yrs.) yogi** - Ms. Renee



Best Yoga performer - Mr. Parveen Pathak

practitioner performed various yoga asanas and participants followed him virtually from the comforts of their homes. Best Yoga performer certificates were also given on the occasion in various categories like most flexible body, most fit body, best yoga performer, youngest yogis and elderly yogi. In the elderly yogi category, Mr. Raj Kumar Malhotra, Vice Chairman, EPCH received the certificate. In the oldest yogi category, 78 years old Mr. Rajinder Kahsyap was given the certificate.

The objective of the programme was to recognise Yoga as a holistic approach to health and well-being and raise awareness on the benefits of practicing it on a daily basis. ■



Best Yoga performer - **Fit Body yogi** - Ms. Shivani Chawla