About DTU
With a history stretching back over 69 years, providing an academic milieu amid adequate space for ingenious research as an integral part of curriculum design, Delhi Technological University is strongly identified with engineering education in India. The University has been a forerunner, and led the way in reform movement maintaining a compatibility with values and professional morality. DTU takes pride in being one of the major contributors in planning and construction of India’s infrastructure. In DTU we endorse and cultivate the purity of mind as the strongest currency, with an impressive resolve to renovate and upgrade our knowledge infrastructure. DTU aspires to be ranked amongst the leading universities globally. Consequently, DTU's mission is to edify individuals to be competitive not only in India, but all over the world.

About the Center
The equal opportunity cell (EOC) of DTU is set up in the year 2018 with the aim to assist and counsel the students belonging to deprived sections, including the scheduled castes, scheduled tribes, other backward classes, women, Differently abled pursuing a various program of studies, faculty and staff member at the university.

Patron
Prof. Yogesh Singh
Hon’ble Vice Chancellor, DTU

Chairperson
Prof. Rachana Garg
Professor
Dept. of Electrical Engineering
DTU, Delhi

Course Coordinator
Ms. Minni Jain
Assistant Professor
Dept. of Computer Science & Engineering, DTU, Delhi

Dr. Goonjan Jain
Assistant Professor Dept. of Applied Mathematics, DTU, Delhi

Important Date
Last date of Registration: 7th July, 2021

For Any Queries Contact
Prof. Rachana Garg,
Ms. Minni Jain
Dr. Goonjan Jain, 9560483222

Three Days Workshop On
“Post Covid-19 Recovery and Immunity through Yoga, Meditation and Breathing” (online)
July 9th – 11th, 2021

Organized by
Equal Opportunity Cell
Delhi Technological University
Bawana Road, Shahbad, Daulatpur,
New DELHI-110042
Introduction

The COVID-19 causes serious inflammation of the body’s immune system, causing breathlessness, struggle for oxygen, and even Acute Respiratory Distress Syndrome (ARDS). This leads to stress in the lungs, brain, and other bodily systems where the virus attaches itself and attacks.

Yogic techniques such as the Asanas (body positions) and Pranayama (controlled breathing), and meditation facilitate body stretching and bolster the diaphragm. Yoga can recommend healing exercises depending on the intensity of COVID-19 symptoms and co-morbidities to recover the pulmonary and respiratory systems. The objective of this three days workshop is to provide yoga sessions for Covid-19 recovery.

Course Content

Course will focus on the following areas:

- Yoga for body and mind
- Breathing exercise for lungs improvement
- Meditation to overcome emotional loss
- Healthy food and lifestyle

Target Group

The target group for this program would be DTU Faculties, staff, students and their families.

Date

The programme will be organized online from 9th July – 11th July 2021. Timings: 7:00-9:00 AM and 5:00-7:00 PM

Registration

- There is no registration fee for the participants.
- For course registration, please click the following link

Registration Form Link

https://forms.gle/JfVhnDgzCLjq76eAA