

## Report on “3-DAY COVID CARE PROGRAMME”

Held between – 10-06-2021 to 12.06.2021

<b>Date of Event</b>	10.06.2021 to 12.06.2021
<b>Name and Type of Event</b>	3-DAY COVID CARE PROGRAMME – Online workshop
<b>Conducted by</b>	DEPARTMENT OF FASHION DESIGN
<b>No. of Participants</b>	45

The Department of Fashion Design in collaboration with the Art of Living Foundation organized a 3-Day online ‘Covid Care Program’ on a virtual mode between 10<sup>th</sup> June 2021 to 12<sup>th</sup> June 2021. The program was focused to help the student and faculty participants gain immunity boost and strength to fight the pandemic through meditation, Breath patterns and yogic practices. The trainers of the program were Mr. Vibhu Gautam and Mr. Sumit Kumar who are certified yoga trainers of Ayush Ministry, Govt. of India.

The event was inaugurated by our Hon’ble Vice-Chancellor Prof. S. S. Razi, Director Mr. Amit Kumar Srivastav, Director Campus and Student Welfare Dr. Angad Tiwary, Registrar Mr. Jasbir Singh Dhanjal and Event Coordinator Ms. Usha Kiran Barla.

Prof. Dr. Razi said that through meditation and yogic practices both physical and mental strength can be gained and the overall performances can be improved.

Dr. Angad Tiwary said that meditation can give a sense of calm, peace and balance that can benefit both emotional well-being and overall health. One can also use it to relax and cope with stress by refocusing one’s attention on something calming. Meditation can help one learn to stay centred and keep inner peace.

Mr. Vibhu Gautam and Mr. Sumit Kumar made the three-day program quite eventful. They shared various information related to Yoga, Meditation and Breath patterns to the participants.

In the three-day event there were activity sessions, interactive sessions and playful sessions also. At the end of the program, the program coordinator Ms.

Usha Kiran Barla expressed her gratitude to all the professors and students who helped in making this programme successful.



**COVID CARE PROGRAMS**

**Immunity Boost  
& Prevention**  
with Meditation,  
Breath & Yoga

**3-Day FREE  
Online Program**

INVITING ALL  
**STUDENTS AND FACULTIES**

ORGANIZED BY  
**FASHION DESIGN DEPARTMENT**

**JGI**  
**ARKA JAIN  
University**  
Jharkhand (Jamshedpur)

**THE ART OF LIVING**

**10 - 12TH JUNE, 2021  
6 - 6:30PM**

6:14 PM | 122KB/s



Nikita



Abhay Sharma (Jamshedpur)



Mi 10i



Raju Jagannath





6:14 PM | 111KB/s

VoLTE 4G 91



Usha Barla



Sumit Kumar



Vibhu Gautam



Himanshu

