



International Webinar  
on  
“Yoga, Ayurveda and Immunity”

1<sup>st</sup> and 2<sup>nd</sup> July 2020



Organised by

Yoga Science Department

INDIRA GANDHI UNIVERSITY, MEERPUR,

REWARI (HARYANA)

[www.igu.ac.in](http://www.igu.ac.in)

#### **About the university**

Indira Gandhi University, Meerpur, Rewari was established as a State University under Haryana Government Act 29 of 2013. The university is committed to work vigorously for the all-round personality development of students by making them not just outstanding professionals but also good individuals with ingrained human values. The university campus is situated in village Meerpur at a distance of about 10 kms from District Headquarter of Rewari, about 300 kms from Chandigarh and about 70 kms from Indira Gandhi International Airport, New Delhi. Presently the university offers 39 Post-graduate Courses and Ph.D. Programmes in various Departments and Faculties.

#### **About the Webinar “Yoga, Ayurveda and Immunity”**

Corona pandemic, which started from Wuhan city of China, has engulfed the whole world and its effects are felt on all sectors of human endeavors. Human health and even existence, which is priority of all the sectors is in danger due to the viral attack. World Health Organisation (WHO) issued guidelines from time to time for safety and combating the pandemic. The unknown nature of the virus left all the health related departments in dilemma but all have parked on the immunity which fight the present infection. It becomes pertinent here to talk about the individual immunity and the therapy and systems which act as booster to immune system. Yogasana, Pranayam and Ayurveda have important role to play for boosting the immune system of individual and hence the webinar is important in the present situation. The deliberations during the Webinar will present and discuss various aspects of traditional systems vis-à-vis the individual immunity which helps in fighting the viral attack.

#### **Who can participate**

The academicians including faculty members, educationists, teachers, research scholars and students of Yoga and Ayurveda streams are eligible to participate.

#### **Registration**

Registration is free but compulsory

#### **Last date of Registration**

**June 27, 2020**

**Medium:** Hindi/English

#### **How to register:**

Online registration is available through link given below: <https://forms.gle/ijf8Nvsjc5LrvHzF7>

E-certificate will be issued after successful completion of Webinar

#### **Mode of interaction:**

Mode of interaction will be online only and the detailed information and schedule will be communicated to the registered participants through E-mail and WhatsApp. Four sessions of 60 minutes each, will be conducted daily, two in the morning (11.00am to 1.00pm) and two in the afternoon (2.00pm to 4.00pm).