

EPCH marks International Yoga Day 2021, virtually

'Yoga for well-being' observed PAN India; 21st June 2021

EPCH-FASCO (Fitness and Sports Committee) observed the 7th International Yoga Day (21 June 2021) virtually with speakers sharing their views on 'Yoga - a way of life'. Shri Shantmanu, IAS, Development Commissioner (Handicrafts), was the Chief Guest.

Mr. Raj Kumar Malhotra, Chairman, EPCH informed that the message of yoga in promoting both the physical and mental well-being of humanity has never been more relevant as it is, now. A growing trend of people around the world embracing

yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is



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, M.D. (Psychiatry), DNB - Psychiatry, MBBS, Consultant Neuropsychiatrist and life wellness coach, Founder - Mind Wellness; Dr. Shumayou Dutta, MS, Orthopaedics, MBBS, Spine Surgeon, Orthopedist, Spine and Pain Specialist; Dr. Nitin Agarwal, National Secretary, Vishwa Ayurved Parishad, MD, Bliss Ayurveda Pharmacy and Health Village, Greater Noida; and Mr. Mohit Dahiya, Hath Yoga practioner. Many exporters and their families joined the session alongwith Mr. Raj Kumar Malhotra, Chairman, EPCH; Mr. Ravi K Passi, immediate Past Chairman, EPCH; Dr. Rakesh Kumar, Director General, EPCH; Mr. Prince Malik, Member - COA & FASCO Convenor; and Mr. R K Verma, Executive Director, EPCH.

particularly helpful in allaying their fears and anxiety. Recognising this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" - how the practice of yoga can promote the holistic health of every individual.

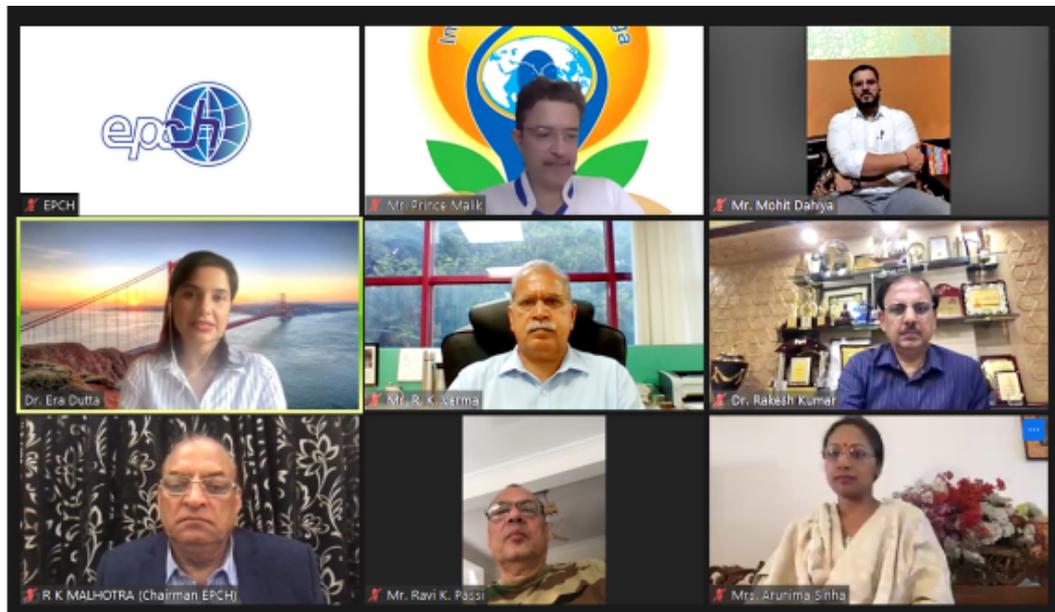
Dr. Rakesh Kumar, Director General, EPCH, said that beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects" he further added.

Shri Shantmanu, IAS, Development Commissioner (Handicrafts), spoke about the importance of yoga in life and

especially during these pandemic times wherein there is a lot of suffering all around, yoga has something for everyone. He spoke about yoga's role to join body mind and soul leading to overall well-being of the human being. He congratulated EPCH for the initiative.

Dr. Shumayou Dutta, Spine Surgeon, Orthopedist, Spine and Pain Specialist, spoke about the importance of sitting

postures at work place. **Mr. Mohit Dahiya, an avid Hath Yoga practitioner** demonstrated various yoga aasnas and encouraged participants to add yoga to their daily lives. Stressing on the importance of mental health, **Dr. Era Dutta, Consultant Neuropsychiatrist and life wellness coach, Founder - Mind Wellness** spoke on Depression and Wellness, very relevant topics during this pandemic. She suggested that depression 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. **Dr. Arunima Sinha, Senior Art of 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. She spoke about the role of meditation and overall well-being of the



individuals. **Dr. Nitin Agarwal, National Secretary, Vishwas Ayurveda Parishad,** briefed about the immunity and preventive measures to be undertaken during covid times. **Mr. Prince Malik, Member - COA & FASCO Convenor,** moderated the event.

The objective of this session 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. EPCH-FASCO awarded Certificate of Appreciation to some of the best participants in all age groups like Ms. Shivani Chawla, Ms. Niharika, Mr. Suvansh Malhotra, Ms. Amyra, Ms. Kashvi, Ms. Shayna Chawla, Ms. Kirti Duby, Ms. Aaliya, Ms. Anshika Kapoor, all in young age group Ms. Deepshikha Goel, Ms. Khushoo Singh, Mr. Aarya Chauhan, Mr. Krishna Sharma, Mr. Vineet, Mr. Anand in yoga enthusiast group. ■



Catch the complete session here <https://youtu.be/cybav7PoVhU> and witness a discussion by a very Eminent Panel.