## 7.6.1 Application of Yoga in various segments of society

## YOGA TRAINING AT AN OLD AGE HOME:

With the aim to achieve psycho-physiological health benefits, an intensive yoga camp was organized between 4<sup>th</sup> January 2022 and 25<sup>th</sup> March 2022 by a research scholar Ms Priyanshi Kaushik under the guidance of Dr Abhishek K Bhardwaj, Assistant Professor, Faculty of Humanities and Ancient Studies.

Daily yoga practical and theory classes were taught by Priyanshi Kaushik in AawasiyaVriddhaashram (governed by Social Welfare Deptt, Uttar Pradesh, India) around three months. A total of 50 seniors(above 60 years) were participated regularlyin yoga and health awareness program. Following long term training, their balance and sleep quality improved.

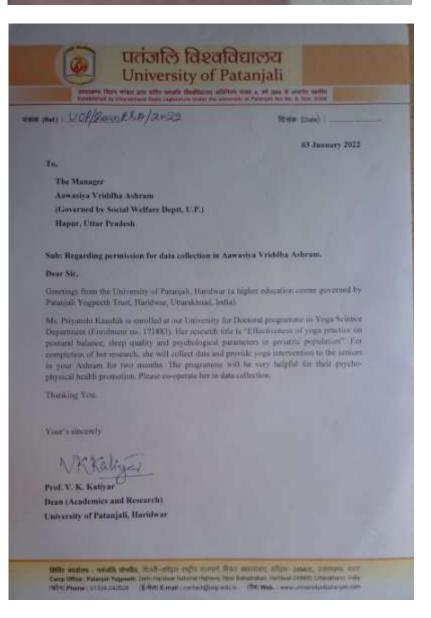




## वृद्धा आश्रम पर लगेगा मेडिकल कैंप

संस्था के तत्वावाधान में सभी वृत् योग सिखाकर निरोगी करेंगी। अलावा डाक्टर बीडी शर्मा, डाक्ट अजय मुदगल, डाक्टर शिवांश एवं डा.पारस बाटला आदि वृद्धों स्वास्थ्य की जांच करेंगे। राष्ट्र अनुसूचित आयोग की सदस्य प प्रदेश की प्रभारी डा.अंजु बाला की समस्या को सुनकर संबंधि अधिकारियों से वार्ता कर उनक समाधान कराएंगी।

वि हापुइ : सम्यक सुजन सोशल बेलकेयर सोसायटी के तत्वावधान में एक मेगा मेडिकल कैप ग्राम दोयमी रिश्वत आवासीय वृद्धा आश्रम में चार जनवरी को लगाया गया। कैप का शुभारभ राष्ट्रीय अनुसूचित आयोग को सदस्य एव प्रदेश की प्रभारी डा जजू बाला करेगी। संस्था की अब्बता अंगु शर्मा ने बताया कि कैप में राष्ट्रवींत से पुस्कृत योग विज्ञान में माहत वियामी कॉशक एक माह तक



## ADVANCE YOGA TRAININGS BY THE SCHOLARS OF THE UNIVERSITY OF PATANJALI AT CHOTIPURA GURUKUL, UTTAR PRADESH

Advance Yoga classes including the training of advance physical postures, breathing techniques, cleansing practices as mentioned in Hathyogawere provided by Priyanshi Kaushik and Neha Pathak in Shrimad Dayanand Kanya Gurukul,Chotipura, Amroha from 21 January 2021 to 26 March 2021. Around 350 participants were taught asana, pranayama and meditation in daily yoga program.Teachers also participated in the evening session regularly.



Selected students having age group of 8-10 years to 18-21 years (total 26 students) were prepared for the National level yoga competition also.



Also, theory and practical classes of yoga were taken by Priyanshi Kaushik, Drishti Raj and Preeti from 22 November 2022 to 4 December 2022 at same institution. About 80-100 participants were taught asana, pranayama, meditation in daily group yoga program. 64 students were leaned Shatkarma techniques with other forms of Yoga.

