



# School of Yoga, Ranchi University, Ranchi

([www.ranchiuniversityyoga.in](http://www.ranchiuniversityyoga.in))

Organizes

“One Day National webinar”

on

**“Post COVID Effects and Wellness through Yoga”**

on

29<sup>th</sup> May, 2021 (Saturday)

Time: 10:30-12:30 PM

Mode : Online

**Chief Guest:-**



Prof (Dr.) Kamini Kumar

Hon'ble Vice-Chancellor, Ranchi University, Ranchi

**General Chair:-**

Dr. Anand Kumar Thakur,

Co-ordinator, School of Yoga, Ranchi University,  
Ranchi

**Presided by:-**

Dr. Tulu Sarkar,

Director, School of Yoga, Ranchi University, Ranchi



Radio Partner:-



Second Technical Session

*“Pranayama practices in  
Post Covid Recovery”*



Dr. N. Nilkamal Singh

Assistant Professor, Dept. of yoga,  
Manipur University, Manipur

First Technical Session

*“Effectivness of Yogic practices  
in post covid Effect”*



Dr. Mangalagowri v. Rao

Associate Professor,  
Swasthavritta and Yoga,  
Faculty of Ayurveda institute  
of Medical sciences, BHU

LINK FOR REGISTRATION:- <https://tinyurl.com/5nst3f8n>

GOOGLE LINK:- <https://meet.google.com/qnm-zyup-wyt>

Convenor : Mr. Manish Kumar, Guest Faculty, SOY, RU,

Mobile:- 9693612596

Email: [schoolofyogaru@gmail.com](mailto:schoolofyogaru@gmail.com)