

## About DTU

With a history stretching back over 69 years, providing an academic milieu amid adequate space for ingenious research as an integral part of curriculum design, Delhi Technological University is strongly identified with engineering education in India. The University has been a forerunner, and led the way in reform movement maintaining a compatibility with values and professional morality. DTU takes pride in being one of the major contributors in planning and construction of India's infrastructure. In DTU we endorse and cultivate the purity of mind as the strongest currency, with an impressive resolve to renovate and upgrade our knowledge infrastructure. DTU aspires to be ranked amongst the leading universities globally. Consequently, DTU's mission is to edify individuals to be competitive not only in India, but all over the world.

## About the Center

The equal opportunity cell (EOC) of DTU is set up in the year 2018 with the aim to assist and counsel the students belonging to deprived sections, including the scheduled castes, scheduled tribes, other backward classes, women, Differently abled pursuing a various program of studies, faculty and staff member at the university.

### *Patron*

**Prof. Yogesh Singh**

Hon'ble Vice Chancellor, DTU

### *Chairperson*

**Prof. Rachana Garg**

Professor

Dept. of Electrical Engineering  
DTU, Delhi

### *Course Coordinator*

**Ms. Minni Jain**

Assistant Professor

Dept. of Computer Science &  
Engineering, DTU, Delhi

### **Dr. Goonjan Jain**

Assistant Professor Dept. of Applied  
Mathematics, DTU, Delhi

### *Important Date*

Last date of Registration: 7<sup>th</sup> July, 2021

### *For Any Queries Contact*

Prof. Rachana Garg,

Ms. Minni Jain

Dr. Goonjan Jain, 9560483222

*Three Days  
Workshop  
On*

## **“Post Covid-19 Recovery and Immunity through Yoga, Meditation and Breathing”**

*(online)*

**July 9<sup>th</sup> - 11<sup>th</sup>, 2021**



*Organized by*

**Equal Opportunity Cell  
Delhi Technological University  
Bawana Road, Shahbad, Daulatpur,  
New DELHI-110042**



## Introduction

The COVID-19 causes serious inflammation of the body's immune system, causing breathlessness, struggle for oxygen, and even Acute Respiratory Distress Syndrome (ARDS). This leads to stress in the lungs, brain, and other bodily systems where the virus attaches itself and attacks.

Yogic techniques such as the Asanas (body positions) and Pranayama (controlled breathing), and meditation facilitate body stretching and bolster the diaphragm. Yoga can recommend healing exercises depending on the intensity of COVID-19 symptoms and co-morbidities to recover the pulmonary and respiratory systems. The objective of this three days workshop is to provide yoga sessions for Covid-19 recovery.

## Course Content

Course will focus on the following areas:

- Yoga for body and mind
- Breathing exercise for lungs improvement
- Meditation to overcome emotional loss
- Healthy food and lifestyle

## Target Group

The target group for this program would be DTU Faculties, staff, students and their families.

## Date

The programme will be organized online from 9<sup>th</sup> July – 11<sup>th</sup> July 2021.  
Timings: 7:00-9:00 AM and 5:00-7:00 PM

## Registration

- There is no registration fee for the participants.
- For course registration, please click the following link

### [Registration Form Link](https://forms.gle/JfVhnDgzCLjq76eAA)

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