

QUARANTINE- BOOSTING HEALTH, FITNESS & BEAUTY TIPS, FROM AFAR

As our country is passing through the International Health calamity in the form of Pandemics of Novel corona virus (COVID-19) all the authorities of the government of NCT of Delhi including our Hon'ble Prime Minister on the top expected that we must see that we follow the "Social Distancing and Isolation" as the part and partial of the Fight against the corona virus. Keeping all the preventive measures "World Class Skill Centre" of Delhi Pharmaceutical Sciences and Research University planned a program using online available tools i.e. "Quarantine- Boosting Health, Fitness & Beauty tips, from afar". In this program we came up with the daily basis yoga, fitness and beauty tips pdf's and videos which was prepared and designed by the students of WCSC-DPSRU courses (Sports Fitness and Yoga Application, Sports Digitalization and Performance Management, Beauty Wellness Consultant courses) to promote health and fitness in this pandemic situation. WCSC-DPSRU also organized series of online yoga sessions, which was solely based on creating awareness on health and lifestyle as during this lockdown we all might be glued to the television screens, mobile phones or computer screens. WCSC-DPSRU is also launched online yoga sessions for public as well to promote and create awareness for health. Along with this the faculty of WCSC-DPSRU also organized some online sessions for the students so that the quarantine time can be utilized for enhancing the knowledge and skills of our students. Here are some the webinars which were organized by the DPSRU-WCSC "BOOSTING YOUR STAMINA", "FITNESS PILATES AND THE ART OF PILATES PRESCRIPTION", international webinar on "MEDITATION FOR HAPPY AND HEALTHY LIFE". WCSC-DPSRU also celebrated 6th INTERNATIONAL YOGA DAY in the presence of Hon'ble Vice Chancellor, Prof. Ramesh K. Goyal by organizing an online yoga session for all the WCSC centers of Delhi and for the University where the students gave a 1-minute yoga challenge to the teachers. All these activities are organized and done by WCSC-DPSRU for creating awareness for health and fitness at a large scale for everyone including the University students as well as the public. Also, these activities were planned to improve and develop new skills in WCSC-DPSRU students during this quarantine period.

As it is well said that

"Yesterday is gone.

Tomorrow has not yet come.

We have only today.

Let us begin." "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity".

Media coverage

On dated 21st June 2020, at 3:00 pm and 11:00 pm, **YOGA AUR ZINDAGI** was telecasted by DD Urdu channel. This was a unique program that was different from routine programs on Yoga. Usually routine Yoga Asans are shown, but the theory and background is not given. The Asana required during Corona time was more apt.

In today's era everybody wants a healthy and fit body and during this pandemic people actually realised the importance of fitness and yoga in their life. Today almost everybody is attending online Yoga Sessions as they have realised that it is very important for everyone to be fit and healthy in this lockdown. This program was focused to rediscover our own country's Health and Spiritual Sciences through all the Subject Matter Experts on Yoga and Health Sciences notably from DPSRU.

The interview taken at DPSRU and consists of the benefits of yoga and how yoga helps the people to be fit and how to keep their body healthy by different yoga techniques. In this program, they have also shown us some yoga techniques for flexibility, for improving respiratory functions which were very useful for all the people. It was such a nice experience to share the views through DD Urdu channel related to Yoga and health by Hon'ble Vice Chancellor, Prof. Ramesh K. Goyal, Prof. Harvinder Popli, Offg. Registrar, DPSRU, Dr. Madhu Gupta, Associate Professor, and Offg. COO, WCSC-DPSRU, Mr. CP Ray, Yogacharya, and Dr. Shilpa Jain, Associate Professor.

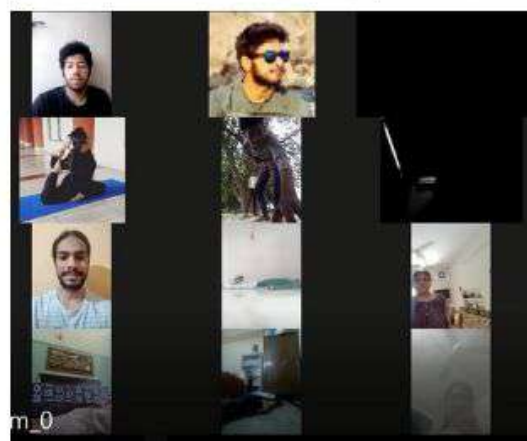
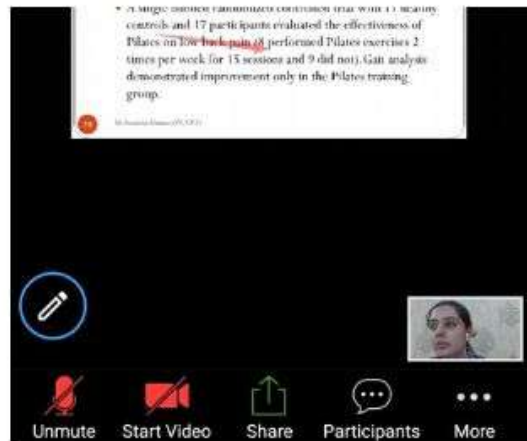
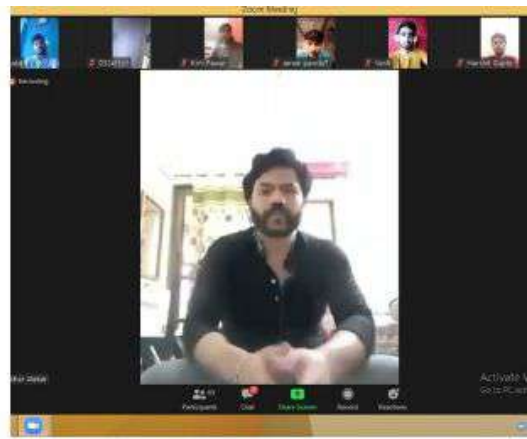
Through the words shared by the Vice-Chancellor of DPSRU, that Yoga is our history, our lifestyle, our habits, our routine and it is not just about exercises. Also as told by him that Yoga is an ancient technique for staying fit and healthy.

The Registrar also had a distinct view that Yoga is about the Mind, Body and the Soul. The effective way to heal in present Pandemic circumstances and to boost immunity is through Pranayama as shared by the COO - WCSC.

Through this program, every one can comfortably understand that Yogic Sciences is about "the Journey from the Outside to Within."

I would like to thank your team for taking up the challenge in a Pandemic time and yet creating and telecasting an informative and knowledgeable feature.

Overall, it was a really amazing session and yet creating and telecasting an informative and knowledgeable feature. The program was coordinated by Dr. Madhu Gupta. It was a honor to represent our university on the National Television, and to educate people on the International Yoga Day.



DPSRU
WORLD CLASS SKILL CENTRE
PRESENTS

ACNE
HOW TO GET RID OF ACNE

#STAY HOME
#STAY SAFE

DAY 13

PREPARED BY: VINITA KHANDEWAL (BEAUTY WELLNESS CONSULTANT)

Ayush Nautiyal Manish Ku

madhu gupta Ashish ra

Ramesh Goyal Ritesh

Amrita Parle Dr Sachin

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How To Use A Mask:

Before Putting on a Mask:
Clean hands with alcohol-based hand rub or soap and water

While Wearing a Mask:
1. Cover your mouth and nose. Make sure there are no gaps between your face and the mask.

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In This Lockdown To Improve Your Fitness & Flexibility.

BALLISTIC STRETCHING

STAY **SAFE** & HEALTHY

DAY 8

PREPARED & DESIGNED BY: DINESH KUMAR (SPORTS FITNESS & YOGA APPLICATION)

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WHEN WE ARE FOCUSING ON OUR HEALTH WE CAN'T IGNORE OUR FACE AS WELL SO LET'S TRY SOME FACE YOGA IN THIS LOCKDOWN

FACE YOGA

#STAY HOME **DAY 14** #STAY SAFE

PREPARED BY: LATIKA (BEAUTY WELLNESS CONSULTANT)

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COMMON YOGA PRACTICES DURING LOCKDOWN PERIOD TO IMPROVE FITNESS & FLEXIBILITY.

DAY 8

STAY **SAFE** & HEALTHY

PREPARED BY: VISHAL SINGH YADAV
DESIGNED BY: DINESH KUMAR (SPORTS FITNESS & YOGA APPLICATION)