

**Webinar on "Yoga Dwara Mansik Swasthya Prabandhan" on IDY 2020 by  
Department of Computer Science and Engineering, Integral University**

5 messages

Communication Cell IUL <communications@iul.ac.in>  
Bcc: iu@iul.ac.in

Mon, Jun 22, 2020 at 9:13 AM

Dear All,

On the occasion of "**International Yoga Day 2020**" the Department of Computer Science and Engineering, Integral University, Lucknow is organizing a webinar on the title "**Yoga Dwara Mansik Swasthya Prabandhan**" or **Mental Stress Management through Yoga**. The invited speakers are **Mrs Deepali Srivastava**, a well known **Clinical Psychologist** and **Dr. M. Akheela Khanum**, Head, CSE. Please register through the following registration link to attend the webinar.

**<https://forms.gle/LMgzcxhuRgsWmgMM8>**

The event is going to be organized online on **24<sup>th</sup> June** (Wednesday) from **11.00 AM- 12.00 Noon** (IST). E-Certificates will be given to the attendees. Joining link will be shared on the registered email id one day before the webinar. For further information, please contact Mr. Mohd. Suaib/Mrs. Ankita Srivastava (Phone Number +91 9044016183/suaib@iul.ac.in).

You all are encouraged to attend this important lecture for getting tips on stress management especially to cope during the current Pandemics.

Best wishes,

Prof. Monowar Alam Khalid  
Dean, Students' Welfare

Communication Cell IUL <communications@iul.ac.in>  
Bcc: iu@iul.ac.in

Mon, Jun 22, 2020 at 1:40 PM

[Quoted text hidden]

Ms.Ankita Srivastava <ankita@iul.ac.in>  
To: "Mrs. Sheeba Praveen" <sheeba@iul.ac.in>

Wed, Oct 21, 2020 at 12:48 PM

[Quoted text hidden]

Ms.Ankita Srivastava <ankita@iul.ac.in>  
To: NUDRAT FATIMA <nudratf@iul.ac.in>

Thu, Jan 14, 2021 at 9:55 AM

----- Forwarded message -----

From: **Communication Cell IUL** <communications@iul.ac.in>  
Date: Mon, Jun 22, 2020, 15:11

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*Ankita Srivastava*  
Head  
Department of Computer Science & Engineering  
Integral University, Lucknow

Ms.Ankita Srivastava <ankita@iul.ac.in>  
To: NUDRAT FATIMA <nudratf@iul.ac.in>

Fri, Feb 19, 2021 at 10:45 AM

**Event Report "Yoga Dwara Mansik Swasthya Prabandhan"**

7 messages

Ms.Ankita Srivastava <ankita@iul.ac.in>  
To: headcs <headcs@iul.ac.in>

Wed, Jun 24, 2020 at 3:27 PM

**Event Report**

**Webinar on "Yoga Dwara Maansik Swasthya Prabandhan"**

**Wednesday, June 24, 2020**

The Department of Computer Science & Engineering, Integral University, Lucknow(U.P., India) organized a webinar on "Yoga Dwara Maansik Swasthya Prabandhan" on June 24, 2020 on the occasion of International Day of Yoga 2020.

Around 250 participants from different backgrounds participated in the 60 minutes webinar.

**Dr. M. Akheela Khanum**, Head, Department of CSE, Integral University, discussed the basic health benefits of Yoga. She also emphasized on how yoga helps a person in stress management.

**Deepali Srivastava**, Clinical Psychologist, Mind Lab Centre, Lucknow, discussed various Yoga Asana for stress management. She also discussed the various mental issues which need to be addressed and a person should feel free to seek any help from a psychologist as and when required because a healthy mind is necessary for a healthy body.

This webinar offered a unique opportunity to explore the true benefits of yoga during the lockdown period.

Link for Webinar: <https://meet.google.com/ero-irfq-onb>

Time: 11:00 AM to 12:00 Noon

With Regards  
Ankita Srivastava  
Assistant Professor  
Department of Computer Science & Engineering  
Integral University  
Lucknow.  
contact no.9839167620

**3 attachments**



yoga 2.jpg  
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Yoga 1.jpg  
196K

*Ankita Agrawal*

Head  
Department of Computer Science & Engineering  
Integral University, Lucknow