

THE PIONEER PAGE 3

## Int'l conference on health for all kicks off at LU

PNS ■ LUCKNOW

The international conference on 'Health for All: Role of Yoga, Ayurveda and Social Work' was organised at the social work department of Lucknow University in collaboration with Shri Ram Yoga Training and Research Society.

The inaugural session was presided over by Prof Brijmohan, dean emeritus, social work department of Louisiana State University. President of NAPSWI and faculty of social work, Prof Ram Prakash Dwivedi, former dean of Kashi Vidyapeeth, Prof Suresh Lal Baranwal, dean of India studies department of Devsankriti University, Prof Ishwar Bharadwaj were other prominent speakers.

Prof Brijmohan, who presided over the programme, said that in the last two years, the COVID-19 pandemic had created an atmosphere of anxiety, loneliness and fear of death among the people. Speaking on the theme of the programme, he said that this topic was very relevant and it emphasised the universal need to include health as a basic human right for all.



He said that yoga was one of the most important gifts given by India to the world and there was a need to develop a framework for yoga and social work to work in tandem.

"There is a lot of potential for working together with yoga and social work in the areas of trauma, capacity enhancement, improvement in ability to live life, drug de-addiction etc," he said.

Prof Ram Prakash Dwivedi

said that Mahatma Gandhi took yoga to the masses. He said that yoga talked about individual as well as social restraint and that along with yoga asanas and pranayama, attention should also be paid to other aspects like pratyahara.

He said that "Health for All" could not be ensured without yoga, ayurveda and that social work could play an important role in reaching yoga to the masses.

Prof Suresh Barnwal said that yoga provided a holistic view of life. He said that yoga worked to ensure social harmony and promote social inclusion. He said that the emphasis of yoga was on the internal and external shortcomings of human beings and it brought about self-purification and increased self-confidence.

Prof Ishwar Bharadwaj said that along with doing the yoga asanas, attention should be

paid to the rules of eating and drinking. He said that proper adherence to the rules of food habits was very important for physical health. He also shared some rules of healthy eating with the participants.

Prof Anoop Kumar Bhartiya, head of social work department of Lucknow University, presented the outline and objectives of the two-day conference.

He said that in this international conference, about 200 teachers, professionals, researchers and students from more than six countries and more than 14 states of the country were participating. He said that the programme was being organised both online and offline and the purpose of the conference was to create harmony between disciplines such as yoga and social work, to provide a platform to the teachers, researchers and professionals of both the disciplines for dialogue and to promote the creation of shared knowledge through mutual experiences.

The cover page of the souvenir and proceedings book of the conference were also released by all the speakers.

## योग, आयुर्वेद में एलयू: प्रथम सेमेस्टर की परीक्षाएं मार्च में है संपूर्ण समाधान

लखनऊ। समाज कार्य विभाग, लखनऊ विश्वविद्यालय में ह्यसभी के लिए स्वास्थ्य: योग, आयुर्वेद और समाज कार्य की भूमिका विषय पर अंतरराष्ट्रीय सम्मेलन का समापन किया गया। कार्यक्रम समाज कार्य विभाग और श्रीराम योग प्रशिक्षण एवं अनुसंधान सोसाइटी के तत्वाधान में आयोजित किया गया था। समापन सत्र के मुख्य अतिथि ऑस्ट्रेलिया के चार्ल्स स्टुअर्ट यूनिवर्सिटी के समाज कार्य विभाग के प्रो. वेंकट पुल्लार रहे। दिल्ली विश्वविद्यालय के समाज कार्य विभाग के प्रो. संजय भट्ट ने अध्यक्षता की। यहां समाज कार्य विभाग, बड़ौदा विश्वविद्यालय के प्रो. अंकुर सक्सेना, डॉ. अमृत लाल गुरुवेन्द्र, डॉ. रोहित मिश्रा भी उपस्थित रहे।

तैयारी

लखनऊ | वरिष्ठ संवाददाता

लविवि के स्नातक व पीजी पाठ्यक्रमों के प्रथम सेमेस्टर में दाखिला लेने वाले छात्रों के लिए राहत भरी खबर है।

प्रथम सेमेस्टर की परीक्षाएं फरवरी के आखिरी व मार्च के पहले सप्ताह में प्रस्तावित हैं। ऐसे में प्रथम सेमेस्टर के छात्र-छात्राओं को अपना कोर्स पूरा करने और परीक्षा की तैयारी करने के

लिए पर्याप्त समय मिल जाएगा। इस सत्र के यूजी-पीजी दाखिलों की प्रक्रिया नवम्बर के अंत तक चली है। इनमें दाखिला लेने वाले बच्चों का अभी तक कोर्स भी पूरा नहीं है, इसलिए प्रथम सेमेस्टर की परीक्षाएं भी अभी नहीं हो रही हैं, जबकि अन्य विषय सेमेस्टर की परीक्षाएं 15 दिसम्बर से शुरू हो चुकी हैं। परीक्षा नियंत्रक प्रो. एमके सक्सेना ने बताया कि प्रथम सेमेस्टर की परीक्षाएं फरवरी के अंत तक या फिर मार्च के पहले सप्ताह में कराई जाएंगी।

फॉर्म इसी हफ्ते से

परीक्षा नियंत्रक ने बताया कि हालांकि परीक्षाओं में अभी समय है लेकिन परीक्षा फॉर्म भरवाने की प्रक्रिया जल्द ही शुरू हो जाएगी। अगले एक-दो दिनों में ऑनलाइन परीक्षा फॉर्म उपलब्ध हो जाएंगे। प्रथम सेमेस्टर की परीक्षाओं में लखनऊ के अलावा रायबरेली, लखीमपुर, हरदोई और सीतापुर के कॉलेज भी शामिल हो रहे हैं, इसलिए सबका डाटा इकट्ठा करने में कुछ समय लग रहा है।

AMAR UJALA MY CITY PAGE 5

लविवि : आज तक भरें परीक्षा फार्म

लखनऊ। लखनऊ विवि में पहले सेमेस्टर को छोड़कर विषय सेमेस्टर की रेगुलर, बैंक पेपर व छूटे छात्रों की परीक्षा के लिए परीक्षा फार्म भरने की अंतिम तिथि 20 दिसंबर है। परीक्षा नियंत्रक प्रो. एम सक्सेना के अनुसार अभ्यर्थी विश्वविद्यालय की वेबसाइट पर जाकर परीक्षा फार्म भर सकते हैं। वहीं कॉलेजों व विभागों द्वारा आंतरिक, प्रयोगात्मक व मौखिक परीक्षाओं के अंक ऑनलाइन पोर्टल पर उपलब्ध कराने की अंतिम तिथि 20 जनवरी है। (माई सिटी रिपोर्टर)

## LU holds programme on mission shakti

**Lucknow (PNS):** The applied economics department of Lucknow University organised a one-day programme on Saturday under the aegis of Mission Shakti (Phase III) -- an initiative of the Uttar Pradesh government to check crime against women.

Archana Singh, incharge One Stop Centre of Lucknow district, informed the gathering about the work done by One Stop Centre in the field of women's safety and guided students about the rights and duties for women's safety.

The winners of poetry competition were Kalyani Upadhyay

(first), Sangeeta Singh (second) and Agnivesh (third).

In the extempore round, the winners were Durgesh Singh (first), Rajat Saxena (second) and Vishal Kesari (third).

Under the programme, poetry writing and extempore on the topic of women safety was held. In the afternoon session, Archana Singh, was the chief guest. Prof Madhurima Lal (convenor - Mission Shakti Phase III), Prof Rachna Mujoo (head), Prof Archana Singh, Prof Bimal Jaisawal, Dr AK Singh, Dr Jai Lakshmi and Dr Karuna Shanker

Kanaujia were also present during the programme.

The programme was coordinated by Dr NK Maurya.

Mission Shakti programme was also organised by the Institute of Tourism Studies of Lucknow University.

The session was chaired by Prof Piyush Bhargav, Director, the Institute of Tourism Studies. The occasion was graced by Prof Madhurima Lal, convener, Mission Shakti, Lucknow University.

The theme of the programme was 'Women Entrepreneurs in Tourism'.