**REPORT**

Doaba College Alumni Association in collaboration with AR Holdings UK & Swami Vivekanand Yoga Anusandhan Samsthana (S-VYASA) Yoga University Banglore organized an online webinar on “Yoga – A Career in Cure & Preventive Medicine” on October 22, 2021 (1:00 – 2:00 PM) under the directions of Principal Dr. Pardeep Bhandari.

Mr. Rajiv Rai, Managing Director AR Holdings UK briefed the minute to minute programme to the audience. Dr. Avinash Bawa, Dean Alumni Association welcomed the chief guests Dr. N.K. Manjunath (Pro Vice Chancellor S-VYASA University, Banglore) and Sh. Manoj Thakur (MD, Vyasa Yoga, Singapur). He also stressed upon the relevance of Yoga in present stressful and hectic life style. Dr. N.K. Manjunath shed light on the topic through his presentation thatdescribed Yoga as a cure and preventive medicine for various diseases like Depression, Diabetes, Cancer, Arthritis etc. He also impressed upon the audience that how continuous meditation structurally modifies certain areas of human brain.

Sh. Manoj Thakur also discussed the importance and scope of Yoga at Vyasa Yoga Singapore. He informed everyone about Arogyadham and several conferences held by this organization in different countries like China, Japan and Vietnam. The event Co-ordinator Mr. Rajiv Rai, MD, AR Holdings UK described Yoga University as the highest seat of Learning and Yoga as the most promising career in India. Dr. Rakesh Nanda gave the formal vote of Thanks. The event was put to an end with the Concluding Remarks by Dr. Avinash Bawa.

Event Incharge

Dr. Avinash Bawa