



GANDHI BHAWAN

UNIVERSITY OF DELHI



Inauguration of Weekly Course for
Post-Covid Care
to improve breathing through Yoga

Date: 3 June 2021 at 10:00 a.m. – 11:00 a.m.

Link to join virtually: meet.google.com/xko-bixg-ikh

Programme

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| 1. Inaugural Speech
Prof. Ramesh C. Bharadwaj
Director, Gandhi Bhawan, University of Delhi &
Principal Investigator – Instruction Manual to Manage Covid19 at Home | - | 10:00 a.m. – 10:10 a.m. |
| 2. Health Counseling of Patients
Dr. Neelima Raj, MBBS, Ph.D. (Medicine)
Yoga Teachers & Evaluator and Ex-Resident, LNJP Hospital &
Researcher - Instruction Manual to Manage Covid19 at Home | - | 10:11 a.m. – 10:30 a.m. |
| 3. Sukshma Yogic Kriya & breathing Exercise
Yogacharya Indra Narayan Raman
Gandhi Bhawan, University of Delhi &
Co-Principal Investigator – Instruction Manual to Manage Covid19 at Home | - | 10:31 a.m. – 10:50 a.m. |
| 4. Meditation (Deep Relaxation) | - | 10:51 a.m. – 10:55 a.m. |
| 5. Instructions for next day class | - | 10:56 a.m. – 11.00 a.m. |

*******end to Inaugural session*******