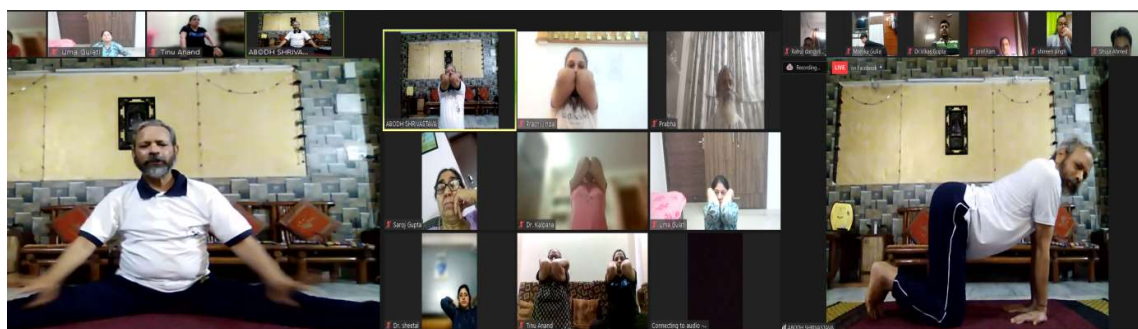


Event Report

RAAHAT- A Five Day Wellness Campaign, NSS Unit

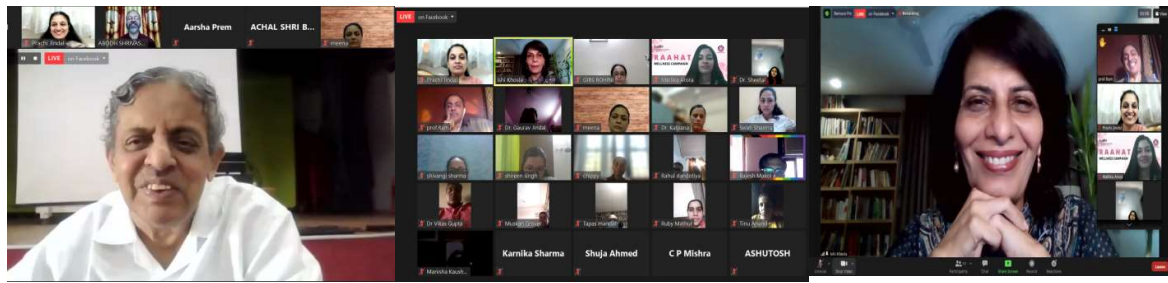
Date: 21st June- 25th June 2021

Gitarattan International Business School organized "RAAHAT"- A Five Day Online Wellness Campaign under the NSS Unit from 21st-25th June 2021. The COVID-19 pandemic has brought this fast-moving world to a standstill. The imposed lockdown resulted in the closure of business activities, public places, fitness, and activity centers, and overall social life has hampered many aspects of the lives of people including routine fitness activities. During this time of unprecedented world crisis, RAAHAT was intended to explore how alternate exercises and fitness activities can be done at home, with emotional, psychological issues, dietary issues, and physical health consequences fixed. This program focused on effective coping strategies, psychological resources, dietary plans, and regular physical exercise to help in dealing with health-related problems during the pandemic.



With consideration of International Yoga Day, Day 1 and Day 2 of RAAHAT were focused on Yoga asanas and were conducted by Shri Abodh Srivastava. He is at present the Vice Chairman of the Indian Yoga Association (U.P. Chapter) and the President and Director at Saha Yog Anubhuti, New Delhi affiliated with Vivekananda Yoga Anusandhana Samsthan, Bangalore. He demonstrated some asanas for the elderly focusing on the neck, joints, and backbone. He also demonstrated different kinds of breathing exercises for the proper functioning of the lungs. Fun asanas were also taught to children at home. Day 3 focused on differentiating between the symptoms of COVID-19 and the flu and common cold and early detection of Covid. This was an extremely relevant session as spotting the earliest signs of trouble gives enough time to prepare, isolate and save the people around. Dr. Mathew Varghese, Former Director and currently Head of the Department (Orthopaedics), St Stephen's Hospital, Delhi was the spokesperson. Day 4 was on dietary plans and healthy eating and nutrition trends during the pandemic. As optimal nutrition and dietary nutrient intake impact the immune system, so the only sustainable way to survive in the current context is to strengthen the immune system. This session was conducted by Ms. Ishi Khosla, renowned Clinical Nutritionist at Centre for Dietary Counselling, Delhi. Day 5 was humongous with respect to the Guest of Honor for the day, **Yoga Guru Dr. H. R. Nagendra, Chancellor – Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore and President, Indian Yoga Association.** A Valedictory Address by Gurujī was followed by a Lifestyle Transformation Session by Achal Shri Bharti. Achal Sri Bharti is a Lifestyle consultant for the last 36 years. His guidance is based on the Principles of Shrimad Bhagwat Geeta. During the session, he insisted that Yoga is a way of a completely holistic approach towards any problem. It includes Naturopathy, Ayurveda, and also Allopathy. He also said

the process of purification, enhances your Chetan tattva (Healing power) and is the solution to all lifestyle-related problems.



The campaign RAAHAT was well received by GIBS faculty, staff members, students, and external attendees. In total for all 5 days, 932 attendees attended the session.



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