



Governor released a Yoga book named 'Paramparik Yoga'

Why in News?

According to the information received from the media on June 20, 2023, the Governor of Jharkhand C.P. Radhakrishnan released the Yoga book named 'Paramparik Yoga' at the Raj Bhavan.

Key Points:

- The yoga book 'Paramparik Yoga' is written by Dr. Parineeta Singh and Dr. Archana Kumari.
- Dr. Parineeta Singh said that this is her third book based on Yoga. Prior to this, she has also written books named 'Yoga ek Drishti mein' and 'Abhyas'.
- He said that through this book he wants to express his loyalty towards Indian culture. This book is useful for all age groups.
- On the other hand, Dr. Archana Kumari said that in 'Paramparik Yoga', an attempt has been made to explain the subtle knowledge of Yoga in both theoretical and practical form. Simple language has been used in this book, which anyone can easily understand.
- Dr. Parineeta Singh is working as a guest faculty at the School of Yoga, Ranchi University, while Dr. Archana Kumari is working as a yoga instructor at the State Yoga Center, Directorate of AYUSH and Health Department, Government of Jharkhand.



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