



Governor released a Yoga book named 'Paramparik Yoga' | Jharkhand | 21 Jun 2023

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.



Vicky Kumar becomes World's Fastest Male Writer | Jharkhand | 21 Jun 2023

Why in News?

According to information received from the media on June 19, 2023, 21-year-old living icon Paul alias Vicky Kumar, a resident of Subhash Nagar, Phusro under Bokaro district of Jharkhand, has become the world's fastest male author by writing a book in four days.

Key Points:

- He has been given this world record by the World Wide Book of Records for his book 'The Topper of Never Went to College'. This is Vicky's third world record.
- It is known that his first book was 'The Topper of Never Went to School'.
- Vicky has dedicated this book to his father Bharat Ram and his mother Bhavani Devi.
- Vicky Kumar says that this book is for every student who failed or did not do well in school and college.
- In this book, it was told how a student can become a successful life topper by doing some rules and some activities.
- Vicky is also a life topper coach, author and public speaker. He has also narrated his story in Josh Talks.

