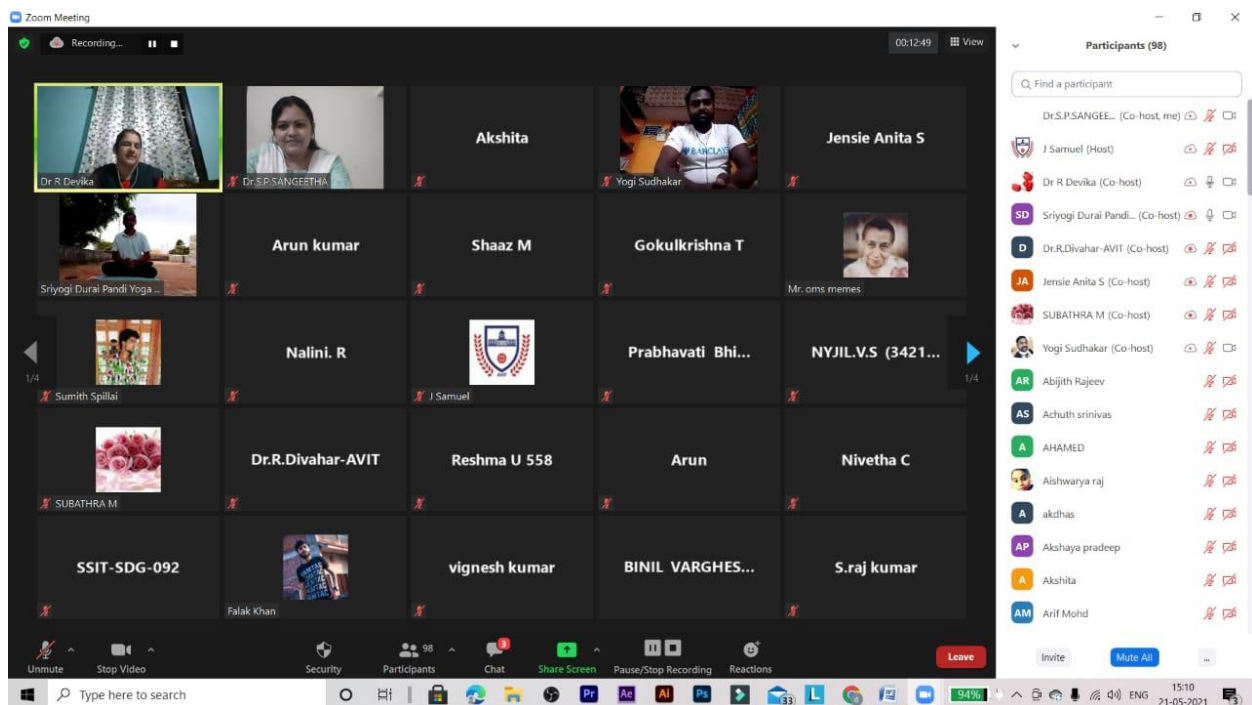
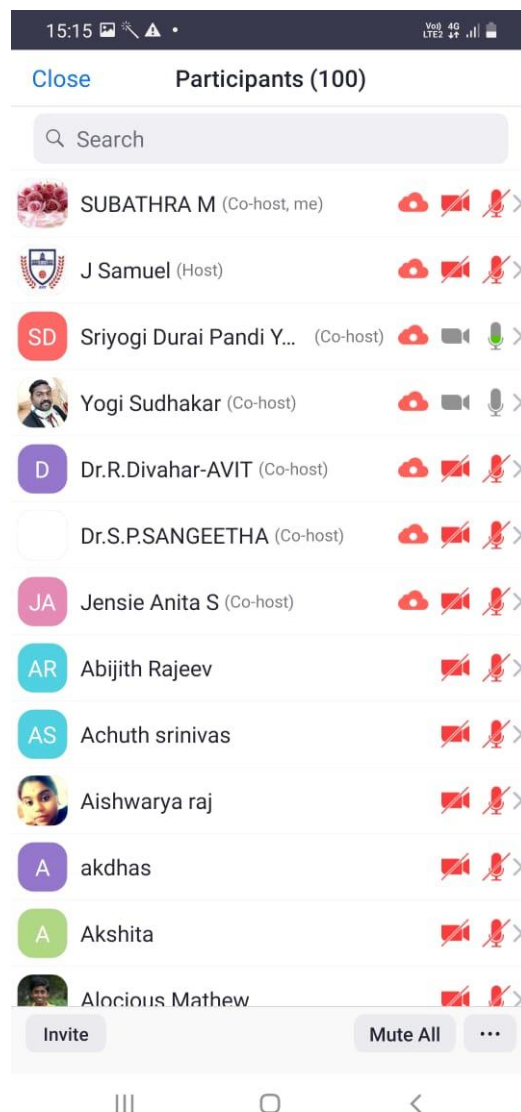




Women Empowerment Cell and Institution Social Responsibility Report on Yoga for well being

The Women Empowerment Cell jointly in association with Institution Social Responsibility organized a webinar on “Yoga for Well Being” on 21.05.2021. The session was planned to encourage both the Students and the Faculty members mentally and to keep them healthy during this pandemic situation through the art of Yoga. Mrs. Jensie Anita, Assistant Professor, Department of EEE played the role of Moderator. Around 100 participants were present in the webinar session. The Speaker’s, Faculty members and Students were welcomed by Dr. S.P.Sangeetha, Vice Principal Academics, Program Director, ISR. She also specified the importance of the Yoga in maintaining personal health. Followed by Dr. R. Devika, Head of Department of Biotechnology and co-coordinator of WEC introduced the Speaker’s – Sri Yogi Duraipandi (Yoga master) and Kalaimaamani Sri Yogi Sudhakar for the session and handed over the session to the speaker. The Speaker – Sri Yogi Duraipandi (Yoga master) started the session by mentioning the importance of Yoga in pandemic situation and how to keep ourselves fit and healthy during these lockdown days. He first taught us important Mudra’s in Yoga and continued the session with simple Yoga asanas by mentioning its uses in our life. For example he taught us asanas which will increase the immunity power, reduce hair fall, increase our breathing ability, reduce digestive problems, etc.





The second part of the session was taken over by Kalaimaamani Sri Yogi Sudhakar who focused on different types of Pranayama and Simple exercises. He also demonstrated all types of Pranayama's with its importance. He also specified that, Pranayama will increase the immunity power in individuals. Moving further around 10 to 15 asanas were demonstrated with their importance. Finally the session was concluded with a vote of thanks delivered by Mrs. Subathra M, Assistant Professor, Department of Biotechnology were she thanked each and everyone who put in their efforts towards making this event happen, also thanked the Speaker's for their crystal clear explanation and demonstration and thanked the participation for making this event successful one.

