HOLY CROSS COLLEGE (AUTONOMOUS)  
TIRUCHIRAPPALLI-2  
RESCAPES  

Report of the webinar on combat the pandemic stress through Yoga  

Date: 21.06.2020  
Time: 10:00 – 11:00 am  

Report: International Yoga day is celebrated every year on the 21st of June 2020. A webinar on combat the pandemic stress through Yoga was organised on the 21st of June in commemoration of the International Yoga day. The session was arranged on Google meet platform and telecasted through live streaming on You tube - RESCAPES Channel for staff and students of Holy Cross College Autonomous, Tiruchirappalli. Two hundred and fifty (250) members participated on the Google meet platform and 366 members through the live streaming on You tube, in all 666 staff and students participated in this webinar. The session started with a prayer by Dr. Catherine Sara, Asst Prof. in Botany, followed by Welcome address by Mr.Karthik Coordinator of RESCAPES, Mr.Kathiravan proposed the vote of thanks and Dr. Sujatha Ilangovan was the moderator of the session.  

The chief guest of the session was Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga). He addressed about 250 online viewers through google meet platform. His session highlighted on the ways to overcome stressed situation at home and at work place through yoga. He added that if one practices Yoga daily then there shall be no need for someone to help us do Physiotherapy. 

The theme for the international yoga day for 2020 was Yoga at home and yoga with family and webinar of the kind was in tune with the theme for all participants were at home with family watching the session and acquired knowledge on the topic.
INVITATION OF THE
INTERNATIONAL YOGA DAY WEBINAR PROGRAM

Organizes a Webinar on
International Yoga Day 2020
(Yoga at Home and Yoga with Family)
Combat the Pandemic Stress through Yoga

Resource Person
Arunithi Mr. S. Muthukumaran, M.SW, M.Phil., M.Sc.(Phy), M.Sc.(Yoga),
Psychiatric Counsellor
Sunrise Foundation (IRCA)
Trichy

Presided By
Dr. (Sr.) A. Christina Bridget
Principal
Holy Cross College (Autonomous)
Tiruchirappalli

Organising Secretary
Dr. Sujatha Ilangovan
Dean of Extension
Assistant Professor in Zoology
Holy Cross College (Autonomous)
Tiruchirappalli

Organising Committee
Mr. P. Karthik, RESCAPES - Coordinator
Mr. S. Kathiravan, RESCAPES - Assistant Coordinator
K. Tharmi, Web Administrator (Technical Advisor)
Holy Cross College (Autonomous)
Tiruchirappalli

For Queries: Email - rescapes@hcctrichy.ac.in

Register Here: https://forms.gle/k3MiN1byntHFkm686

* Registration closes on 20th June 2020 at 10 p.m.
* Participation is mandatory for staff and students of Holy Cross College (Autonomous), Trichy

Date : 21st June 2020
Time : 10:00 a.m. to 11:00 a.m.

Join us @
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining the importance of YOGA and its benefits to the students and staff in Google Meet
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining how to cope stress to the students and staff in Google Meet
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining how to cope the present situation thorough YOGA to the students and staff in Google Meet
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. ( Phy.), M.Sc. ( Yoga) explaining how to face the pandemic situation to the students and staff in YouTube channel.
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining questions raised by the students and staff in YouTube channel