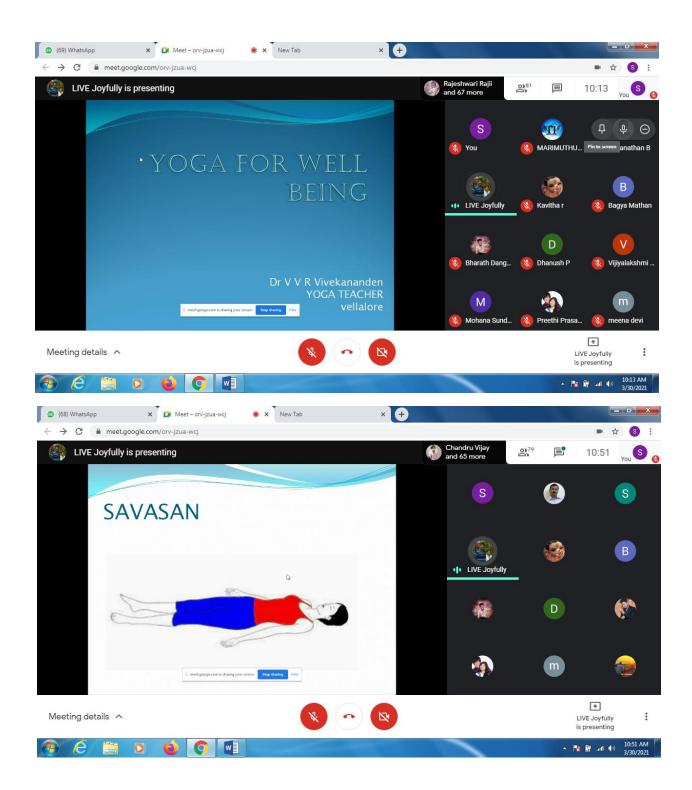
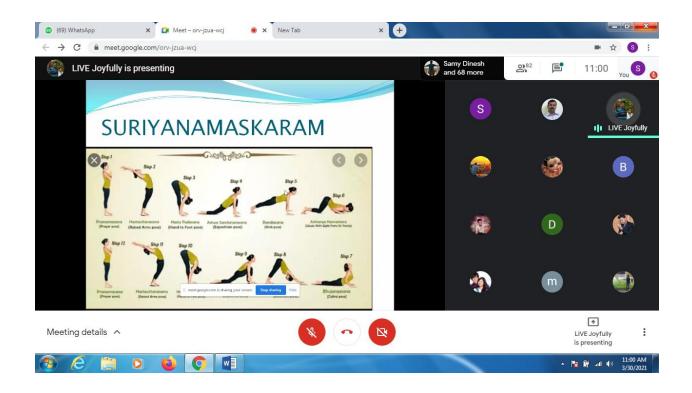
## "YOGA FOR WELLBEING " WEBINAR REPORT

Due to this COVID-19 pandemic situation, the Department of Information Government Arts College, Coimbatore. Had arranged an online Technology. webinar on the topic "YOGA FOR WELLBEING" led by HOD, Mr.B.Loganathan. The webinar was held on 30/03/2021 at 10.00 am to 11.00 am. Totally 83 members including Staff and Student attended this webinar. The Session was handled by Dr.V.V. R. Vivekananden, Yoga Teacher, Vellalore, Coimbatore. He taught us the benefits of yoga and how important yoga is for our lives. He also taught us many asanas like Pranayama, Savasan. Suriyanamaskaram, etc. The presenter helped us that yoga is all about connecting body and soul. The session was amazing and useful for many students. It was indeed an eye opener session . The event was organized by Dr. M. Soranamageswari, Assistant Professor, Department of Information Technology.





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