

## **“YOGA FOR WELLBEING “**

### **WEBINAR REPORT**

Due to this COVID-19 pandemic situation, the Department of Information Technology, Government Arts College, Coimbatore. Had arranged an online 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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LIVE Joyfully is presenting

Rajeshwari Rajii and 67 more

10:13

# YOGA FOR WELL BEING

Dr V V R Vivekanandan  
YOGA TEACHER  
vellalore

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Meeting details Meeting controls LIVE Joyfully is presenting

(68) WhatsApp x Meet - orv-jzua-wcj x New Tab x

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Chandru Vijay and 65 more

10:51

# SAVASAN

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Samy Dinesh and 68 more

11:00

# SURIYANAMASKARAM

Meeting details ^

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11:00 AM 3/30/2021

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Sakthivel Murug... and 36 more

73

11:05

You

Loganathan B

LIVE Joyfully

Saranya Saran

Suresh Kumar

Kavitha r

Bagya Mathan

Bharath Dan...

Dhanush P

Kavi Smart

TAMIL\_\_SEL...

Preethi Pras...

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Lavanya Raja

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Radha Priya has left the meeting

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Deepika C

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Meeting details ^

Present now

11:05 AM 3/30/2021