



SRM VALLIAMMAI ENGINEERING COLLEGE

(An Autonomous Institution)
SRM NAGAR, KATTANKULATHUR



STUDENT AFFAIRS CELL

03.06.2020

Greetings from Student Affairs Cell of SRM VEC

SRM Valliammai Engineering College in association with **Isha Yoga foundation** is organized a Webinar for the well being of students and faculty in coping up with the challenges faced in our lives due to the spread of Covid – 19 pandemic across the globe. This module includes Yoga and meditation along with Yogic health tips to boost the health and immunity and this is offered online through trained Isha Instructors.

Title of the Event: **Webinar on Yoga for Health**

Date of the Event : 27.05.2020

Time : * 5.00P.M to 6.15 P.M *

Yoga for
Health
Free Webinar

On
**Wednesday,
27th May 2020
5:00 PM IST**

Exclusively for Faculty and Students of
SRM VALLIAMMAI ENGINEERING COLLEGE
(An Autonomous Institution)



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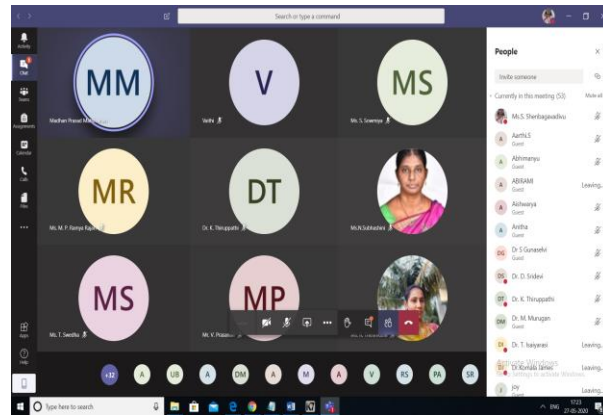
STUDENT AFFAIRS CELL

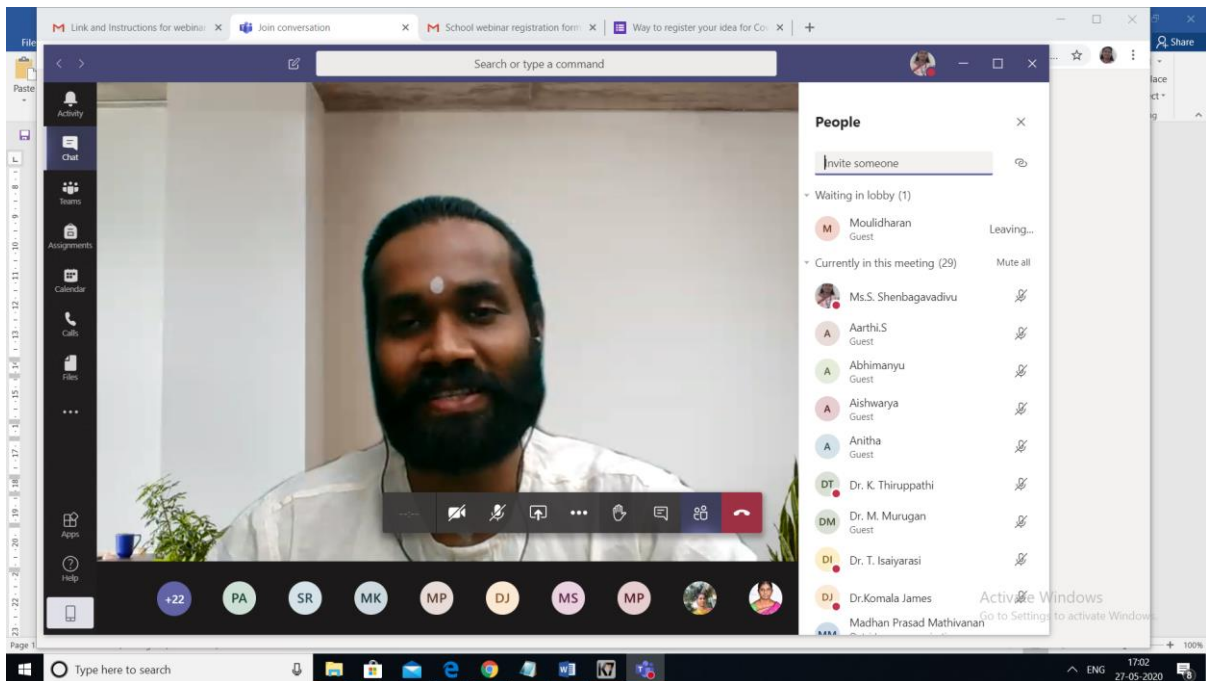
29.05.2020

REPORT ON WEBINAR- YOGA FOR HEALTH

The Student Affairs Cell of SRM Valliammai Engineering College in association with Isha Yoga foundation organized a Webinar on Yoga for Health on **27.05.2020 between 5 P.M – 6.15 P.M.** The resource persons were trained Isha Classical Hatha yoga instructor Mr. Agnika . Point of Contact member Ms. Vijayakumari of Isha yoga foundation .

The objective of this webinar is to maintain wellbeing of faculty and students in coping up with challenges faced in current situation due to the spread of Covid-19 pandemic across the globe. The session included simple, yet powerful tools to manifest health and vitality in one's life both, both physically and mentally.





The Coordinators of Student Affairs Cell Dr.N.Usha Bhanu, Prof/ECE, and Dr.M.Senthil Kumar Associate Prof/CSE with the support of other Staff of different departments organized the programme effectively in online. The instructor demonstrated and taught Yoga Namaskar for stretching and activating the spine, Simha Kriya for boosting lung capacity and mediation for health. About 52 faculty and students from different departments participated and benefited by the Webinar.

Coordinators

1. Dr. N. Usha Bhanu - ECE
2. Dr. M.Senthil Kumar- CSE

Principal

Dr. B. Chidambararajan