

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



HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Bharathidasan University
Nationally Accredited (4th Cycle) with A++ Grade (CGPA 3.75/4) by NAAC
College with Potential for Excellence
Tiruchirappalli - 620 002, Tamil Nadu, India.

Organizes a Webinar on

International Yoga Day 2020
(Yoga at Home and Yoga with Family)

Combat the Pandemic Stress through Yoga

Resource Person

Arulnithi 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/b3MjNLbgntHFkmd86>

* Registration closes on 20th June 2020 at 10 p.m.

* Participation is mandatory for staff and students of
Holy Cross College (Autonomous), Trichy

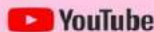
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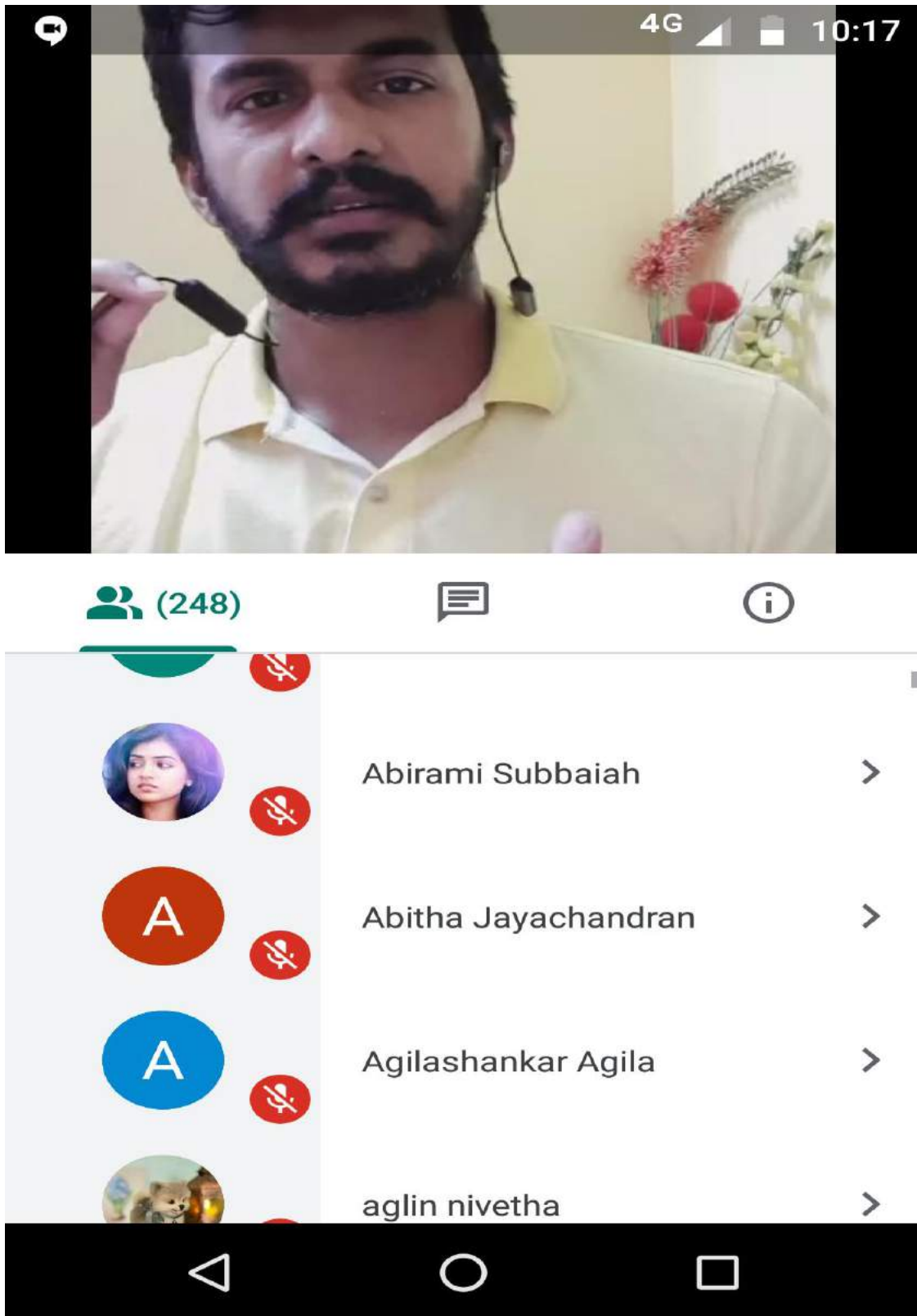
Join us @



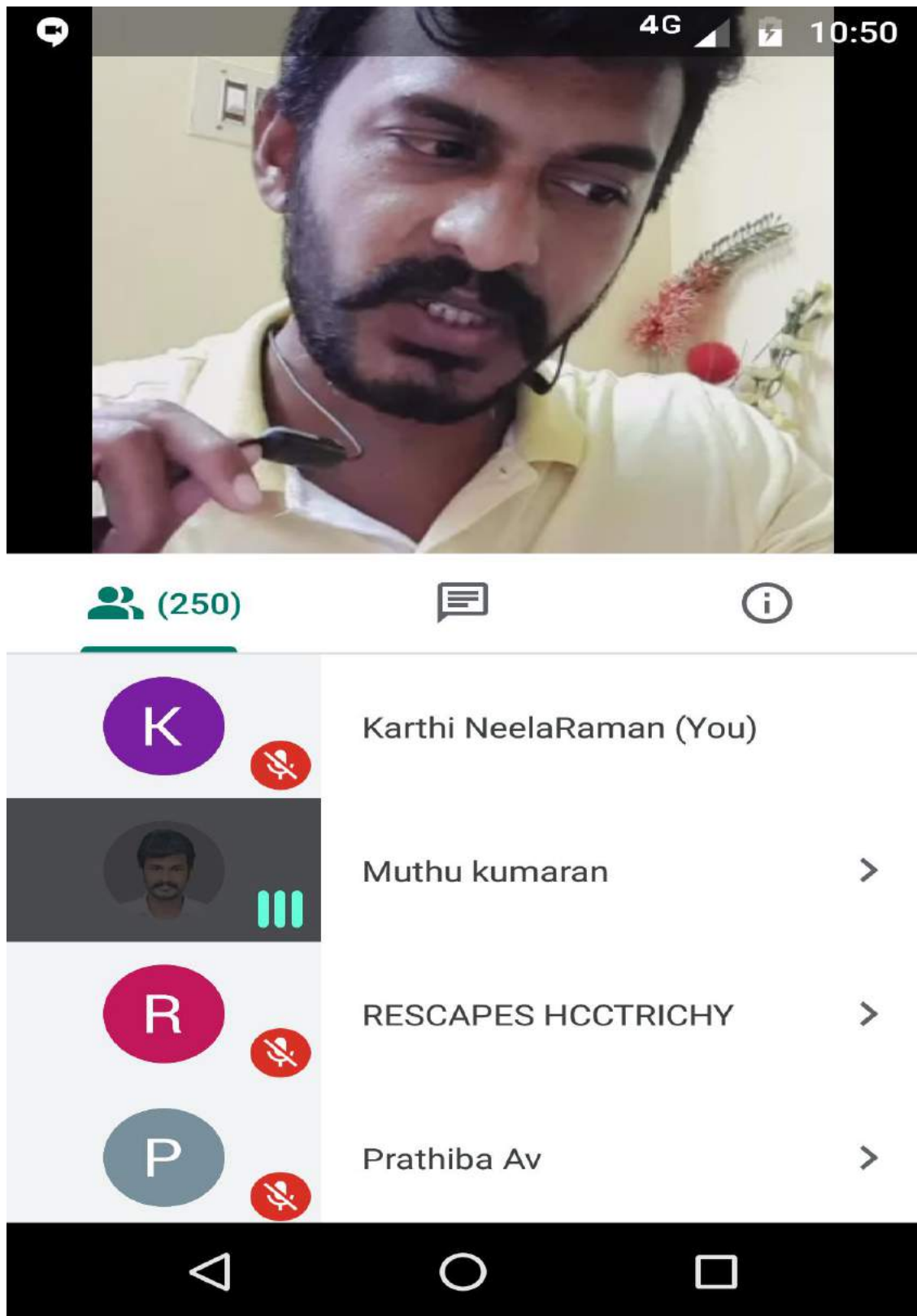
Google Meet



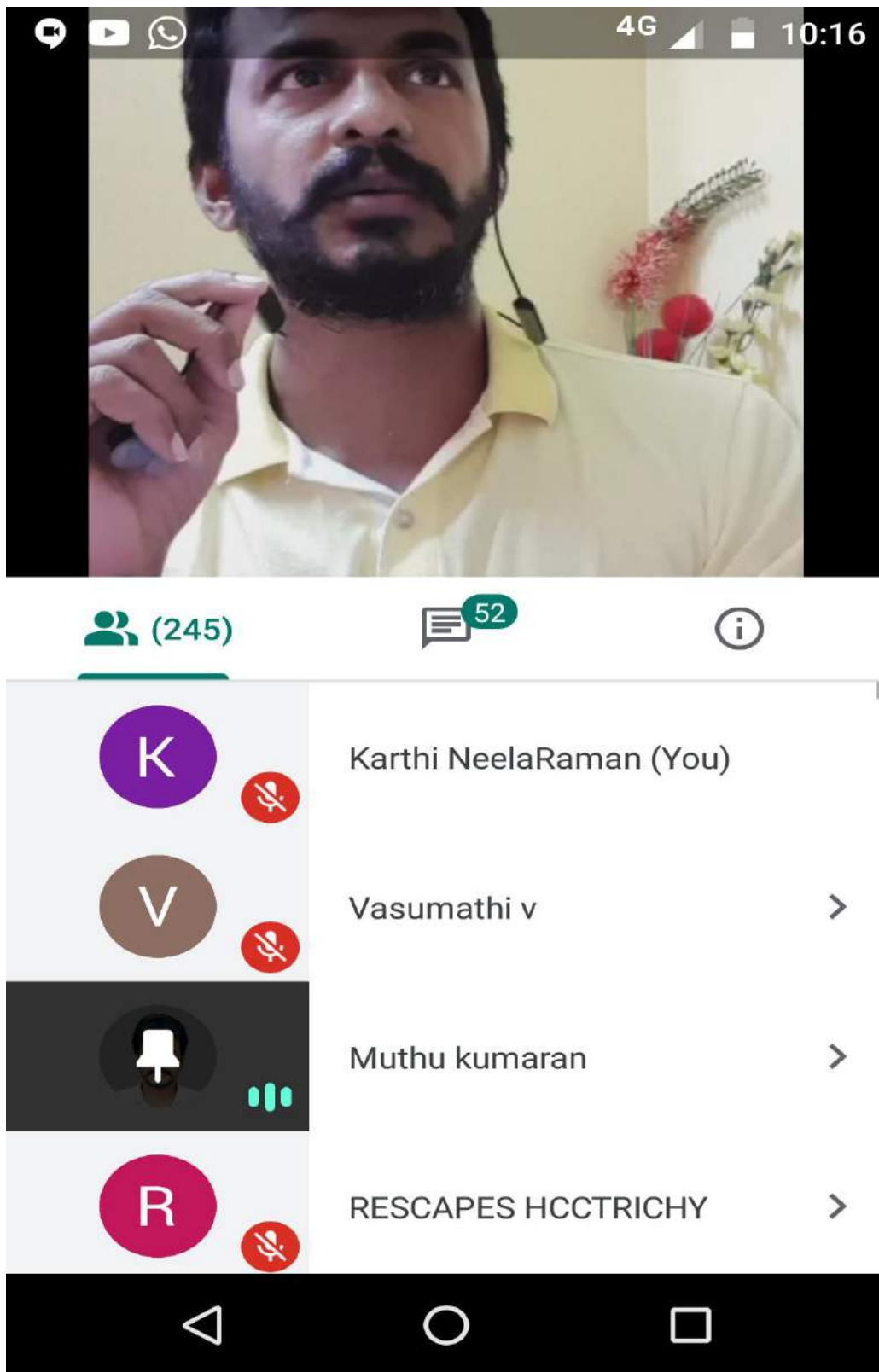
Arulnithi. Mr. S. Muthukumaran, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining the importance of YOGA and its benefits to the students and staff in Google Meet



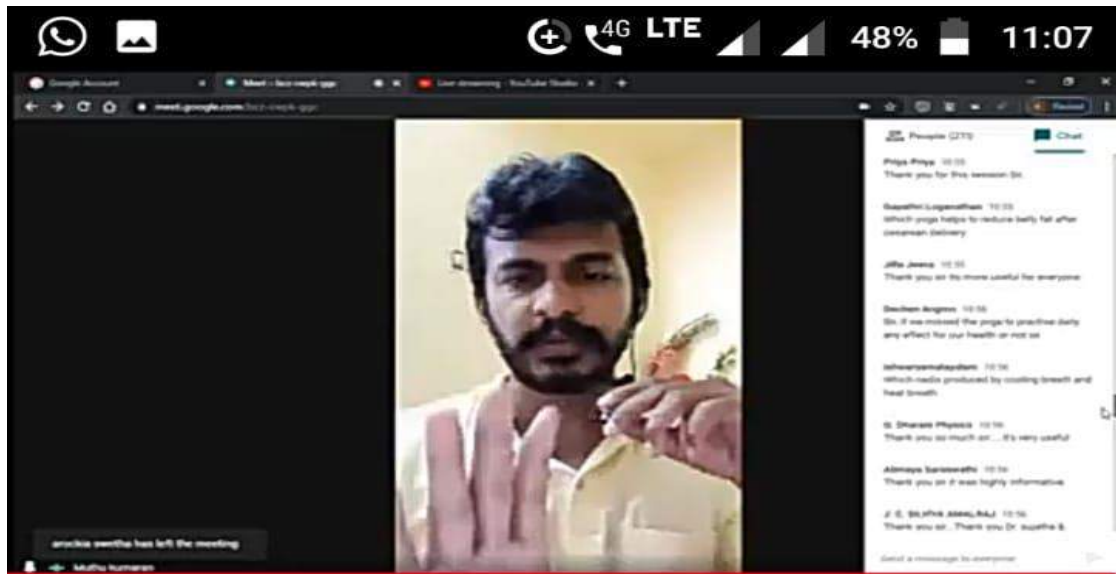
Arulnithi. Mr. S. Muthukumar, M. SW., M. Phil., M.Sc. (Phy.), M.Sc. (Yoga) explaining how to cope stress to the students and staff in Google Meet



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. Muthukumar, 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



Live chat

Top chat 225

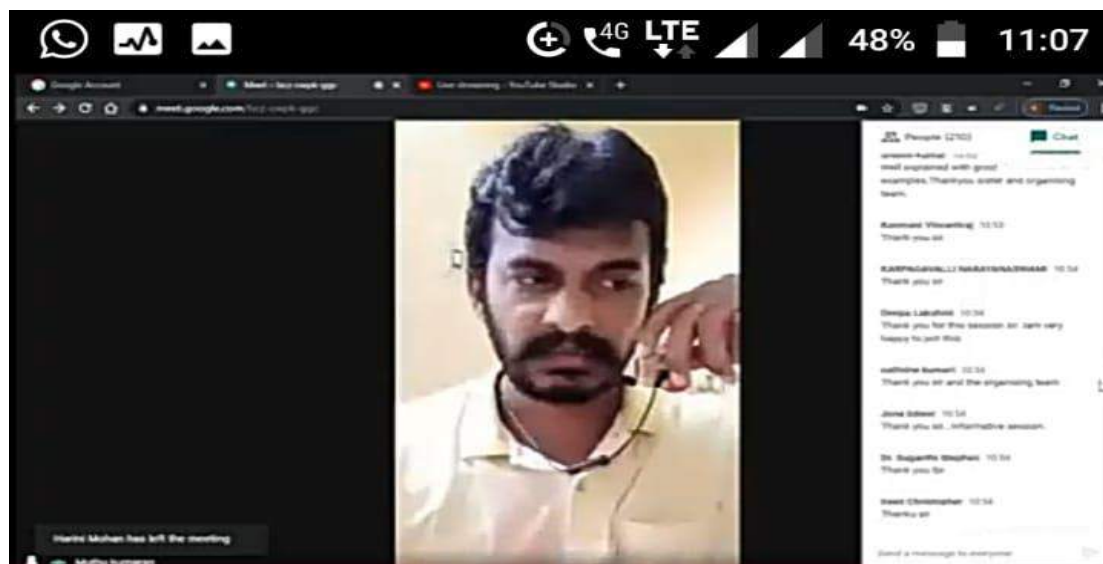


- 11:06 AM Arockiasamy S Post the feedback link mam
- 11:06 AM gayathri gayu feedback link
- 11:06 AM Sri Dharshini VCON Thank you soo much sir it is usefull in our life
- 11:06 AM Hawwa Aafia kindly share the feedback link
- 11:06 AM Mary sneka feedback link mam
- 11:06 AM Thrisha Govindhan feed back link mam
- 11:07 AM Josephine Desilva feedback link please share

CREATE A CHANNEL TO JOIN THE CHAT

All messages you send will appear publicly

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



Live chat

Top chat 229



- 11:06 AM **M KARTHIGA** feedback link mam
- 11:06 AM **Arockiasamy S** Post the feedback link mam
- 11:06 AM **gayathri gayu** feedback link
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