



**Ek Bharat Shreshtha Bharat
Palamuru University
Mahabubnagar
Telangana state**



Date: 25.05.2020

National Webinar on

“Yoga and Meditation – A true radiance to overcome covid 19 pandemic”

University PG College in collaboration with EBSB club and NSS Units I, IV & V

Date of event : 23.06.2020 time : 07.00 am to 10:00 a.m

The initiation of National Webinar on the eve of 6th International Yoga Day 2020 has been granted permission by Registrar Prof. Pindi Pavan Kumar, Palamuru University and supported by Dr. M . Noorjahan, Principal, University PG College and all PG centres.

Three resource persons were contacted Dr. A. Gayatri Devi, Yoga trainer, Asst Prof Dept of chemistry, Osmania University, Hyderabad, Dr. N. Chandra Kiran, yoga practioner, Asst. Prof. Dept of Chemistry, Palamuru University, Mahabubnagar and Mr. Ramu Master, Director, Dyana Osmania Foundation, Hyderabad and they readily agreed, Webinar turned out to be excellent.

In the first introduction about EBSB has been explained by Dr S N Arjun Kumar Nodal officer EBSB and later Dr M. Noorjahan principal University PG College has addressed the gathering and we have invited Dr A Gayatri madam to start the ppt session on yoga, mudras, pranayama and question & answer session was conducted. Soon after the ppt presentation and Q&A session Dr. N Chandra kiran sir has been invited to start practical session on yoga (live demonstration). After this session master Ramu sir started orientation on meditation. The session was ended with interaction with participants and formal vote of thanks.

The Webinar flyer is prepared by the Nodal Officer Dr S N Arjun Kumar and circulated in all the whats' app groups on 20th June 2020 and 208 respondents has been attended. The soon after filling feedback, e-certificates has been issued on the event day.

The Webinar is initiated to create awareness on YOGA and to ensure immune system post lockdown nationwide. EBSB is aimed at exchanging cultures throughout the nation. As Covid 19 cases day by day increasing so to warn the

citizens about the situation and suggesting or creating awareness on immune system improvement. A small iota of try from EBSB club Palamuru University in this pandemic situation.

The respondents are from different places:

S.No	Abstract of Categories of Students and Staff attended yoga activities online	No. of People online
1	Campus Colleges, Palamuru University, Mahabubnagar	62
2	PG Centre, Palamuru University	3
3	Affiliated Colleges of Palamuru University, Mahabubnagar	63
4	Other institution in Mahabubnagar district	9
5	Institutions of other districts of Telangana state Ranga Reddy, Nizamabad, Khamam, Sangareddy, Warangal, Hyderabad, Nalgonda, Badrachalam, Bhodan, Armoor, Vikarabad, Siddipet and Kothagudem	53
6	Other States Participating Colleges/Institutes	18
	Grand Total	208

Other states like:

AP, Karnataka, Maharashtra, Orissa, Punjab, Haryana and Kerala

Monitored by

Prof Pindi Pavan Kumar
Registrar
Palamuru University

Dr. M. Noorjahan
Principal
University College, PU

Collaboration with NSS

NSS Unit I Programme officer Mr. B. Siddarama Goud

NSS Unit IV Programme officer Mr. M. Galenna

NSS Unit V Programme officer Dr. P. Shiva Kumar Singh

Coordinator Head, MSc Integrated Chemistry Mr. K. Ram mohan

Prepared by:

Convenor of the webinar

Dr. S.N. Arjun Kumar
Nodal Officer
Palamuru University



PALAMURU UNIVERSITY
(Accredited with 'B' Grade by NAAC)
MAHABUBNAGAR, TELANGANA STATE



University P.G. College on the eve of
INTERNATIONAL YOGA DAY 2020

Collaboration with **EBSB Club** and **NSS Units**



National Webinar

Yoga and Meditation
A true Radiance to overcome COVID 19 pandemic



Eminent Speakers and Trainers of Yoga & Meditation



Dr. N. Chandra Kiran
Assistant Professor
Dept. of Chemistry, P.U.



Dr. A. Gayatri Devi
Assistant Professor(c)
Dept. of Chemistry, Koti Women's College



Mr. Ramu Master
Founder and Director
Dyana Osmania Foundation

Date: 23rd June, 2020 Time: 07:00 am to 10:00 am

WEBINAR COMMITTEE

Chief Patron

Sri. Rahul Bojja, IAS, I/c. Vice Chancellor

Patrons

Prof. Pindi Pavan Kumar, Registrar
Dr. D. Madhusudhan Reddy, OSD to VC

Advisor

Dr. Anuradha Reddy, NSS Coordinator
Dr. G. Vijayalakshmi, Asst. Prof, Dept. of Chem, Koti Women's

Chairman

Dr. M. Noorjahan, Principal, University PG College

Conveners

Dr. S N Arjun Kumar, Nodal Officer, EBSB
Mr. A. Siddarama Goud, PO, NSS Unit I
Dr. P. Shiva Kumar Singh, PO, NSS Unit V
Mr. M. Galenna PO, NSS Unit IV

Co-ordinators

Mr. K. Rammohan, Head, 5Yr Integrated Chemistry
Mr. B. Upendar, Dept of 5yr Integrated Chemistry

Tech Support

Mr. Md. Ghousse Moiuddin, Dept. of Comp. Science.



REGISTRATION PROCESS

- ❖ No Registration Fee
- ❖ Registration link

<https://forms.gle/pnEmVunLSEhNG9719>

- ❖ After the submission of registration form follow the link to join the **WhatsApp group**

<https://chat.whatsapp.com/LVQ3LnI4MaVEWk9jmbqVRk>

- ❖ The Webinar will be conducted using **Zoom App**. So keep this app downloaded. The Webinar weblink of zoom app:

<https://us02web.zoom.us/j/87110394576>

Meeting ID: 871 1039 4576

If Zoom is full you can join in youtube link:

Join In Live on YouTube :

<https://www.youtube.com/channel/UCbV8CuxAZ8B02Y4Ago-e7IQ>

- ❖ **E-Certificate** will be issued to all the registered participants only after filling the **feedback form**. Feedback form link will be provided at the end of Webinar

- ❖ **Contact for queries:**

Mr. B. Siddarama Goud: 9573345758



We are thankful to Pyramid Meditation Channel (PMC) . Hyderabad for providing live links



* Stay home Stay safe Stay healthy * Do Yoga and Meditation Daily * Stay Fit and Fight against Corona *

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National Webinar Yoga and Meditation

A true Radiance to overcome COVID 19 pandemic

DETAILED PROGRAMME TENTATIVE SCHEDULE

* **Note:** Duration of time is not fixed as its online uncertainty exists so please cooperate

0	07:00 am		Welcoming guests, speakers and participants.	Mr. K. Rammohan Head, Dept. 5Yr Int. Chem
1	07:02 am	07:05 am	Briefing session : About the Webinar.	Dr. S.N. Arjun Kumar Nodal Officer Ek Bharat Shreshtha Bharat
2	07:05 am	07:07 am	Introducing Chief guest to the audience	Mr. B. Siddarama Goud NSS PO Unit I
3	07:07 am	07:12 am	Inaugural Address	Prof. Pindi Pavan Kumar, Registrar, Dr. D. Madhusudan Reddy, OSD to VC, Dr. M. Noorjahan, Principal
4	07:12 am	07:13 am	Thanking Principal	Mr. M. Galenna NSS Unit IV
5	07:13 am	07:15 am	Introducing Dr. A Gayatri Devi	Mr. K. Rammohan Head, Dept. 5Yr Int. Chem
6	07:15 am	08:00 am	Importance of Yoga Session	Dr. A Gayatri Devi Resource Person
7	08:00 am	08:02 am	Thanking the Speaker	Mr. B. Siddarama Goud
8	08:02 am	08:05 am	Introducing Dr. N. Chandra Kiran Asst. Prof. Dept of Chemistry	Dr. P. Shiva Kumar Singh Head, Dept. Botany
9	08:05 am	09:00 am	Live Yoga practical session	Dr. N. Chandra Kiran Asst. Prof. Dept of Chemistry
10	09:00 am	09:02 am	Thanking the Speaker	Mr. K. Rammohan Head, Dept. 5Yr Int. Chem
11	09:02 am	09:05 am	Introducing Mr. Ramu Master	Mr. M. Galenna NSS Unit IV
12	09:05 am	09:45 am	Live Meditation Session	Mr. Ramu Master, Director, Dyana Osmania Foundation, Hyderabad
13	09:45 am	09:46 am	Thanking the speaker	Mr. Upender, Faculty, Department of 5Year Integrated Chemistry
14	09:46 am	09:50 am	Q&A , interactive session and Feedback of students	
15	09:50 am	09:55 am	Valedictory address	Dr M Noorjahan Principal
16	09:55am	10:00 am	Vote of thanks	Dr. P. Shiva Kumar Singh NSS PO Unit V

Photographs related to Webinar

