

PERIYAR E.V.R. COLLEGE
(Autonomous & Reaccredited)
Tiruchirappalli-620 023, Tamil Nadu
INTERNAL QUALITY ASSURANCE CELL

REPORT OF THE WEBINAR
ON
“WELLNESS OF YOGA FOR HUMAN EXCELLENCE”
DATE: 25th JUNE 2020

Internal Quality Assurance Cell (IQAC) organized a National level Webinar on the topic “Wellness of Yoga for Human Excellence” on 25th June 2020. International Yoga Day was celebrated in 21st June 2020 in India. As a part of the Celebration from 21st June 2020 to 24th June 2020 we conducted a Quiz competition on Yoga. As continuation of the event we organized this Webinar on “Wellness of Yoga for Human Excellence”.

Dr. R. Senthilkumar, Assistant Professor and Head, Department of Biochemistry, welcomed participants and introduced the resource person.

Dr.J.Suganthi, Principal, Periyar E.V.R College (Autonomous), Tiruchirappalli, delivered a lecture on “Wellness of Yoga for Human Excellence”. Since she belongs to Physical Education Department, the IQAC team approached her to deliver a lecture on this topic. She immediately accepted and gave a very informative and useful lecture. She explain about Yoga Assanas, Meditation and she explained the usefulness of Suriyanamaskar. At the end of the session, participants clarified their doubts on Yoga.

Dr. D.Senthil Kumar, Organising secretary and Assistant Professor of Department of History, Periyar E.V.R College, delivered vote of thanks.

Dr. B.Senthil Kumar, Assistant Professor of Department of Statistics and IQAC Co-ordinator, Periyar E.V.R College was the narrator of the webinar and supported with technical assistance for the successful conduct of the Webinar.

Totally, 181 persons participated in this webinar and were given e-certificate after the submission of feedback form.

The students of PG programmes, Ph.D Research scholars and Professors of various colleges attended the webinar and benefited from it.



Internal Quality Assurance Cell
Organizes a Webinar on
“Wellness of Yoga for Human Excellence”
25th June 2020 (Thursday) at 11.00 A.M.

Resource Person : **Dr.J. Suganthi,**
Principal,
Periyar E.V.R. College (Autonomous), Tiruchirappalli – 620 023

Registration Link : <https://forms.gle/i4yWmtimvSJjCkRF6>

For further updates join us in WhatsApp by clicking
<https://chat.whatsapp.com/D818TKgg5eg2dZgGTYIVg8>
[Organising Committee](#)

Patron : **Dr. J. Suganthi,**
Principal

Convenor : **Dr. B. Senthilkumar,**
IQAC Coordinator,
Assistant Professor of Statistics

Organising Secretaries:

- **Dr. R. Senthilkumar,**
Assistant Professor & Head of the Department of Bio-Chemistry
- **Dr. D. Senthilkumar,**
Assistant Professor of History
- **Dr. C. Aiyavu,**
Assistant Professor of Bio-Chemistry

For further details please contact:

Dr. B. Senthilkumar (9444325567)

Dr. R. Senthilkumar (8526328902)

Dr. D. Senthilkumar (9159172170)

No Registration Fee / E-Certificate to all the participants after submission of feedback form



CERTIFICATE OF PARTICIPATION



PERIYAR E.V.R. COLLEGE (Autonomous)

(A Government Institution, Re-Accredited with 'A' Grade by NAAC and Affiliated to Bharathidasan University)
Tiruchirappalli - 620023
Phone : 0431 - 2420079, Web : www.periyarevrcollege.ac.in

Webinar on "Wellness of Yoga for Human Excellence" organized by Internal Quality Assurance Cell (IQAC)

Certificate of Appreciation

This is to Certify that Mr. / Ms. / Dr. _____ of

_____ has actively participated in the Webinar on "Wellness of Yoga for Human Excellence" conducted by the Internal Quality Assurance Cell (IQAC), Periyar E.V.R College (Autonomous), Tiruchirappalli on _____


Dr. B.Senthil Kumar
IQAC Coordinator


Dr. R.Senthil Kumar
Organizing Secretary


Dr. D.Senthil Kumar
Organizing Secretary


Dr. J.Suganthi
Principal