



एक भारत श्रेष्ठ भारत
Ek Bharat Shreshtha Bharat (EBSB)
University of Madras



Event Report – August 2020

1. Event name

Yoga for rejuvenation during COVID times

2. Venue

University of Madras – Online Platform – CISCO WebEx

3. Date & Time

18 August 2020, 5:00 – 6:30 p.m.

4. State-Pair

Jammu & Kashmir

5. Brief about event

An online training session on Yoga to overcome stress.

6. Report of the event

The resource person for this session was Mr. Naveen Kumar, an 18-year-old yoga champion, who has won more than 100 National and International Gold medals. He has received many titles like Guinness World Record 2016, Youvashree Kalabharathi, Yoga Bala, Yoga Natchatra, Bala Yogamani. The session was a highly interactive one, with our resource person demonstrating the yoga postures online. He also detailed on the importance of practicing yoga during the Pandemic times to keep one's mind and body healthy and fit. It was well appreciated as this was a need of the hour presentation. He highlighted on the right breathing techniques and some simple daily yoga exercises to be undertaken every day.

7. Brochure

The Brochure is attached:

EK BHARATH SHESHTRA BHARATH
UNIVERSITY OF MADRAS
RUSA 2.0

WEBINAR
YOGA FOR REJUVENATION-COVID 19

PRESENTER S.NAVEEN KUMAR

Mr.S.Naveen kumar, 18 years old Yoga Champion who won more than 100 National and International gold medals for Yoga. He received many titles like GUNNISS WORLD RECORD 2016, YUVASHREE KALABHARATHI, YOGA BALA, YOGA NATCHATRA, BALA YOGAMANI.

This is an opportunity to experience the joy of a healthy body and inner peace to fight against Covid-19. Kindly grace the occasion with your presence.

FREE REGISTRATION
E-Certificates will provided to all the participants of the program.

ORGANISED BY : EBSB CLUB & UNIVERSITY OF MADRAS

TIME : 18 - AUG - 2020 / 05:00 - 06:00 PM
For any queries : unomebsb@gmail.com

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