

WEBINAR ON YOGA LEADS PEACEFUL LIFE



E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
Re-accredited (3rd Cycle) with Grade A + & CGPA 3.51 by NAAC



Department of Physical Education Organizes Webinar on

Topic: Yoga Leads Peaceful Life

Resource Person



Lt .Dr .C. Vairavasundaram
Assistant Professor & NCC Officer
Alagappa University College of Physical Education
Karaikudi

Date :02.09.2021

Time :02.30 pm

link: <https://meet.google.com/pvr-gess-usj>

Dr .(Mrs.) A . Kalarani
Convenor

Dr .(Mrs.) V. Pushpalatha
Principal (i/c)

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Mrs .C . Kamala
Controller of Examinations
Head, Department of Chemistry

Dr. (Mrs.) A. Kalarani
Director of Physical Education
Convenor

All are Cordially Invited

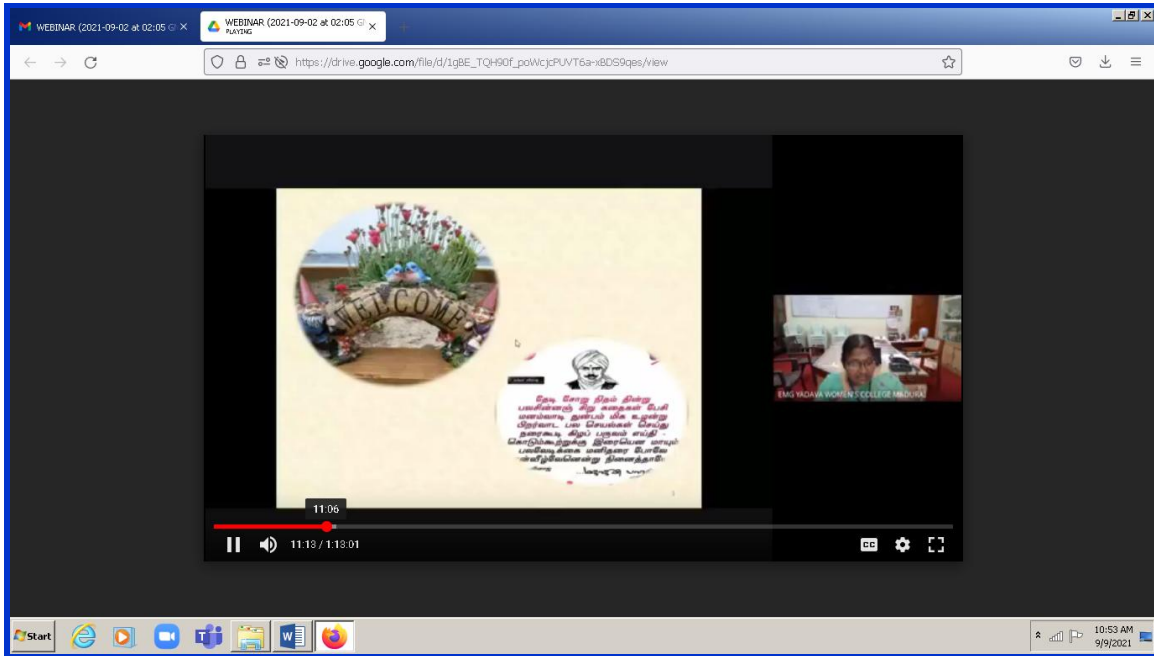
Name of the Department	Physical Education (Yoga leads peaceful life)
Place / Venue	Madurai
Mode	Online
Date / Duration	2 nd September 2021
Name of the Convener	Dr. A. Kalarani
Resource Person	Lt. Dr .C .Vairavasundaram Assistant Professor and NCC Officer, Alagappa College of Physical Education Karaikudi.
Number of Participants	Faculty – 50 Students –20
Number of Beneficiaries	Faculty – 50 Students – 20
Meeting Link	https://meet.google.com/pvr-gess-usj
Program Link	https://drive.google.com/file/d/1gBE_TQH90f_poWcjcPU_VT6a-xBDS9qes

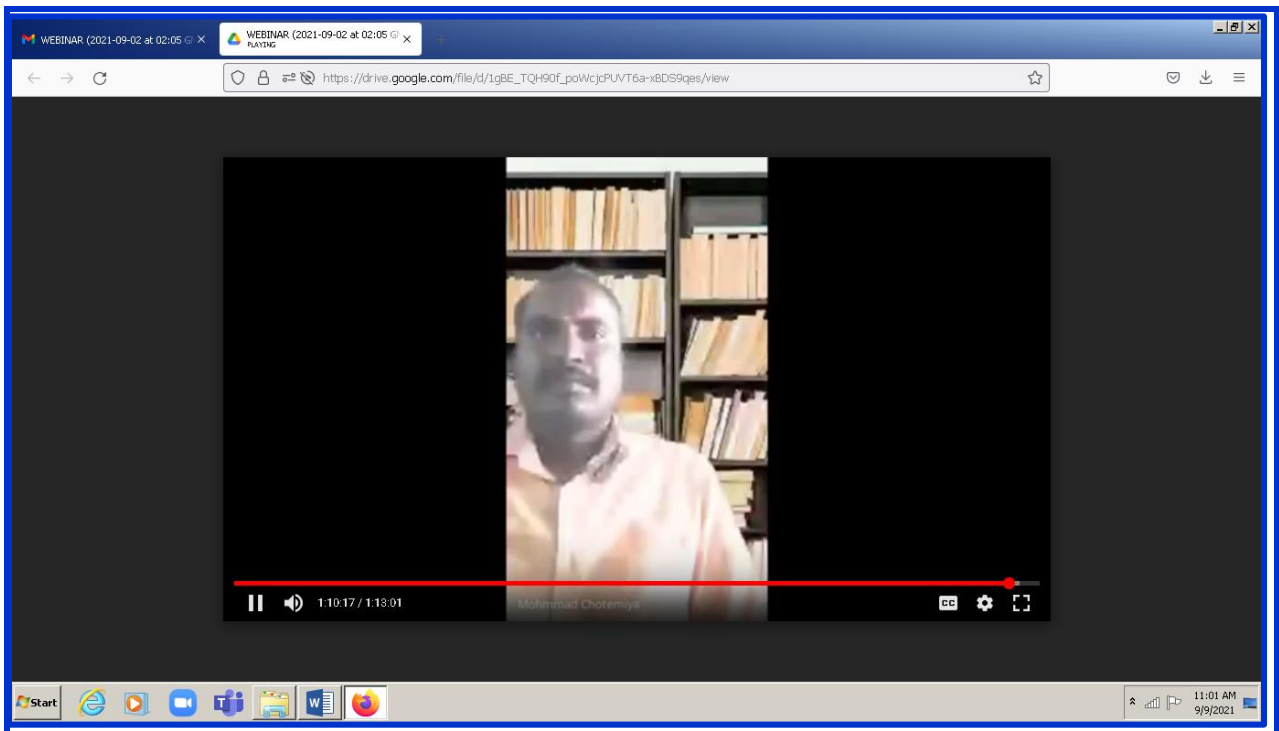
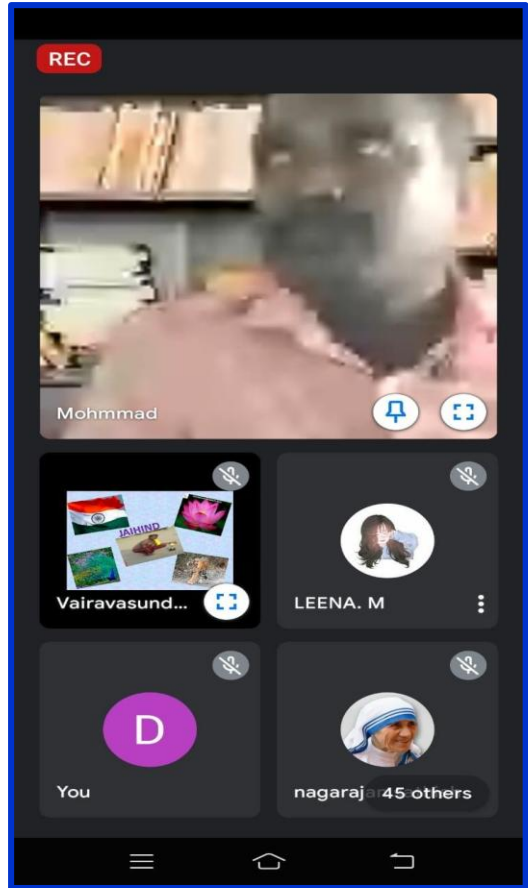
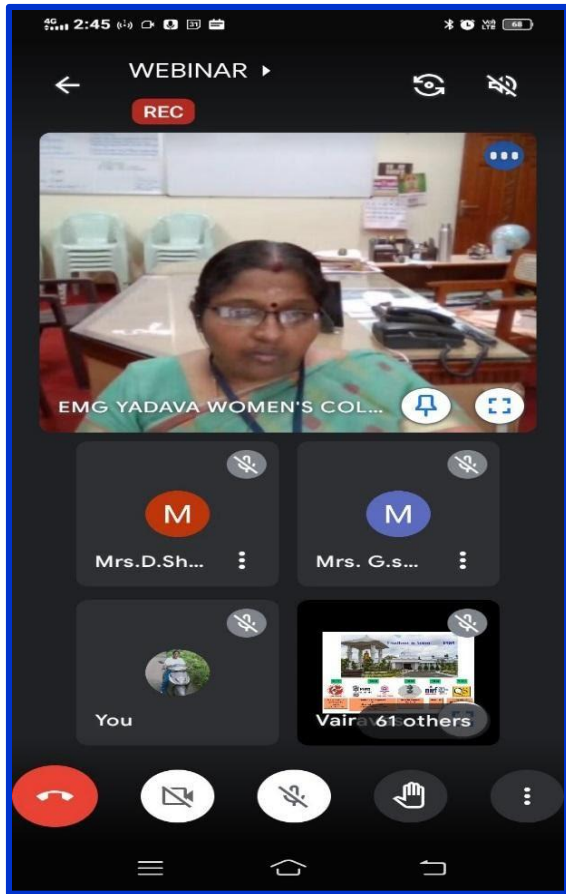
ABOUT THE EVENT:

We have conducted an online webinar on 2nd September 2021, at 02.30 p.m. entitled “Yoga Leads Peaceful Life”. In this regard, we invited **Lt. Dr.C.Vairavasundaram Assistant Professor and NCC Officer, Alagappa College of Physical Education Karaikudi** Who was the resource person of the session. Resource person explains about yoga leads a peaceful life. How to keep in our mind relax, improve our immunity during the covid situation, how to improve Strength, Flexibility through yoga.

Almost 70 students and participated in that events and provided e- certificates to all the participants.

PHOTOGRAPH OF THE EVENT





EVENT OUTCOME

Faculties and student is more aware of their body and is thereby more aware of their surroundings, they can very well instill the most vital quality of self-control. They know Yoga benefits and helps to level up self-control mind relax among the members of faculties' students.