

WEBINAR ON ROLE OF YOGA IN TIMES OF COVID



ST. ALBERT'S COLLEGE (AUTONOMOUS)
ERNAKULAM

DEPARTMENT OF COMMERCE

In Association with Office of the Dean, Student Affairs

ORGANISES

A Webinar on

Role of Yoga in times of Covid

(As part of International Yoga day 2021)

*Interactive and practical session
on yoga*

Date: 21/06/2021

Time: 10.00 am

Platform: Zoom



Resource Person

Mr. Santhosh Kumar

Certified Yoga Trainer, Govt of India
Trainer, The Art of living
International Organisation

Faculty Co-ordinators:

Prof. Simi Xavier: 9400039666
Prof. Dayana Xavier: 8921886023

Student Co-ordinators:

Vismaya Rose: 6235633047
Josukkutty Thomas: 6282259682

Department of commerce conducted a webinar as a part of International Yoga day on 21st June 2021. The session started at 10 am and was coordinated by faculty coordinators Professor Simi Xavier and Professor Dayana Xavier and also by the student coordinators Vismaya Rose and Josukutty Thomas. The welcome speech was given by Professor DayanaXaviour.

The session was conducted by Mr.Santhosh Kumar Certified Yoga Trainer, Govt of India Trainer, The Art of living International Organisation. He talked about 'The Importance of Yoga. In the topic he spoke about the spiritual discipline one should posses, science of healthy living and values of Yoga. He explained about Yoga, its orgin and a wide range of Yoga postures also. Several benefits of Yoga were also discussed. It was a very informative session.

The next part was a practical session. He made everyone do different postures like Vrikshasana, Padahastasana, Trikonasana , Vajrasana, Makarasana, Makarasana modified, Sukhasana, Shalabhasana , Poorna Shalabhasana, Viparita Shalabhasana, Parvatasana etc .It also included several styles of physical postures and breathing techniques. It was an interesting and an interactive session. The whole session came to an end after a Q & A session between the students and the speaker . 48 members including faculty members participated in the session and a vote of thanks was given by the faculty coordinator Professor Simi Xavier.

PHOTOGRAPHS OF THE SESSION





