

Summary Report on "Yoga Webinar"

Due to COVID - 19 pandemic situation Eknath B. Madhavi Senior College of Arts, Commerce and Science had arrange an online webinar on the topic Yoga. Dated 21th June 2020, Friday at 10.00 am on zoom platform.

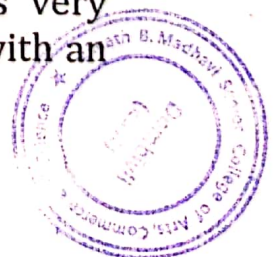
This seminar was actually proposed by Vivekanand Kendra, Dombivli And Resource person was Mr. Eknath Pawar

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a workshop was organised on the 21th June, 2020 The yoga instructor, Mr. Eknath Pawar, took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness.

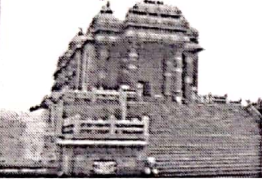


The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the teachers.

The Vice Principal Mrs. Sonali Sathe mam, motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. The session concluded with an



interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these. The programmes ended with dedication for the teachers by the messages and have a positive disposition towards the whole event. Mrs. Sonali Sathe mam proposed vote of thanks.

SADGURU SHRI VAMANBABA MAHARAJ SHIKSHAN PRASARAK MANDAL'S
EKNATH B. MADHAVI SENIOR COLLEGE OF ARTS, SCIENCE AND
COMMERCE
Ayre, Dombivli (E)
(Affiliated to University Of Mumbai)



On the occasion of
International Yoga Day

E.B. Madhavi Sr.College in association with
Vivekanada Kendra, Dombivli branch


Organises

A Webinar On

YOGA-A WAY TO ACHIEVE YOUR GOALS

SPEAKER
Mr. Eknath M. Pawar
M.A. in Yogashastra, Trained Yoga
Instructor specialised in Ashtariga
Vinayasa & Vinyasa Flow

Date : 21/06/2020
Time : 10.00am



ACHIEVE



DR. O.N. NAIR

PRINCIPAL
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