

REPORT

Title: International Yoga Day-The Eco Guide to Yoga webinar

Objectives of the webinar:

1. To help understand the practise of Yoga in everyday life from a philosophical and spiritual perspective
2. Recognize the significance of Yoga for betterment of mind and body.

Resource Person:

1. Dr. Uma Shankar, Principle & Head, Department of Philosophy, SIES College of Arts, Science and Commerce (Autonomous), Sion West
2. Ms. Meenal Limaye, An Acting Coach, Dance, Fitness and Heartfulness Trainer by profession.

Participants: 42 students & 5 teachers

Methodology: The Department of Philosophy, Value Lab and IQAC jointly, conducted the webinar to orient the participants the practice of Yoga in everyday life from a philosophical and spiritual perspective. The webinar was conducted through MS Teams. It was both lecture cum demonstration of breathing practices (Pranayama) and meditation (dhyana). The webinar concluded with an interactive question and answer session.

Outcome: The feedback of participants reflects the following points:

- The participants got a better understanding of the philosophy of Yoga and various Yogic practices
- With the practical demonstration of pranayama they felt more in-tuned with their mind & body.

Dr. Uma Maheswari Shankar

22.6.2020

Principal & Head, Department of Philosophy

Annexures to the report:

Annexure 1- Workshop Photo

Annexure 2- Workshop Attendance

Annexure 3- Workshop Flyer: