

WEBINAR SERIES

Yoga for awakening inner potential

(June 30, 2020 – July 02, 2020)

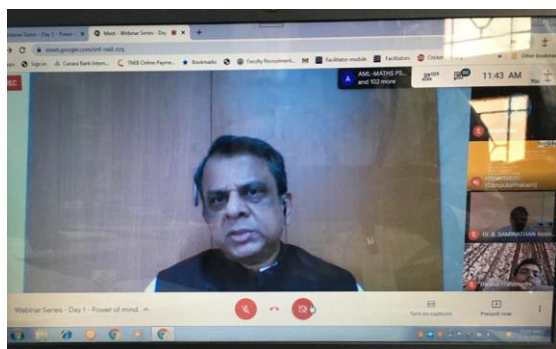
The Webinar Series on “**Yoga for awakening inner potential**” was organised by Centre for Spirituality and Yogic Science in association with Heartfulness Institute (HFI) from **June 30, 2020 – July 02, 2020** through Google meet platform.

DAY 1

JUNE 30, 2020

TIME: 11:00 AM – 12:00 NOON

On Day 1, Mr.Prakash Seshadri, HFI trainer, Founder & Partner, See change consulting, Chennai talks about “**Power of mind**” followed by Q&A Session for participants. The webinar was participated by around 130 members.

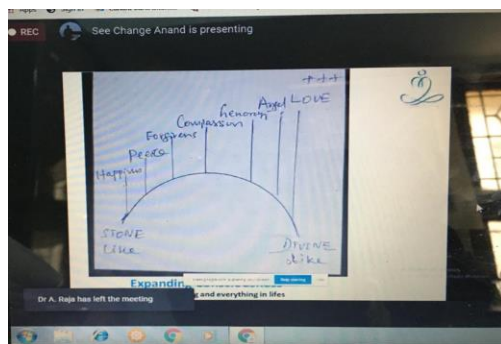


DAY 2

JULY 01, 2020

TIME: 11:00 AM – 12:00 NOON

On Day 2, Mr.M.K.Anand, HFI trainer, Founder & Partner, See change consulting, Chennai talks about “**Expanding Consciousness**” followed by Q&A Session. The webinar was participated by around 140 members.



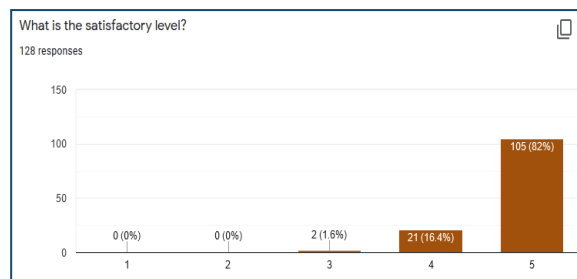
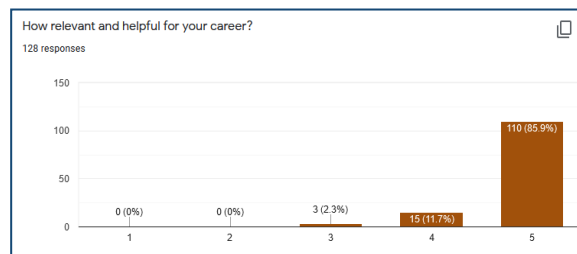
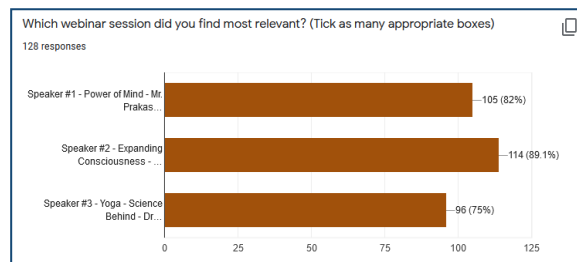
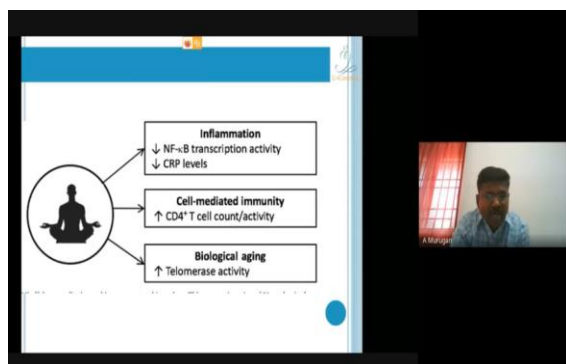
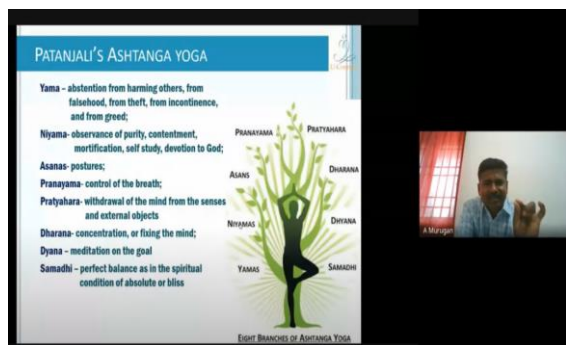
DAY 3

JULY 02, 2020

Glimpses of Feedback

TIME: 11:00 AM – 12:00 NOON

On Day 3, Dr.A.Murugan, HFI trainer, Professor, Dept.of Microbiology, Periyar University, Salem talks about “**Yoga – Science behind**” followed by Q&A Session. The webinar was participated by around 130 members.



Welcome Address by: Dr.M.Sundararaman, Co-ordinator, Centre for Spirituality and Yogic Science, BDU

Presidential Address by: Dr,G.Gopinath, Registrar, Bharathidasan University

Felicitated by: Ms. Latha Ponraj, HFI trainer, Tiruchirapalli

Vote of thanks by: Dr.M.Sundararaman, Co-ordinator, Centre for Spirituality and Yogic Science, BDU