

## International day of Peace 2020

### Two days Webinar - “Yoga for Peace and scientific innovations”

#### Day1 Simple steps in Yoga practice

**Date: 21.09.2020**

**Time: 11:00 a.m**

Centre for Spirituality and Yogic Science (CSYS) of Bharathidasan University celebrated International day of Peace – 2020 through webinar presentation on “Yoga for Peace and scientific innovations”. Participants are connected through G-meet connectivity. The webinar had an 55 Registrants in which about 48 participants where attended the programme through G-meet. The Programme was started at 11.00 a.m and participants were welcomed by the Co-ordinator of Centre for spirituality and yogic science, **Professor Dr. M. Sundararaman.**



Chief guest Yoga Gugu **Mr. TRG Gowthaman** addressing to audience about the importance of learning and practicing yoga to “keep-fit” and secret of healthy life by way of yoga. How learning yoga through proper guru by adopting all basic yogic steps is also explained. Further he emphasized the uses of traditional yogic practice to students, staff and all others by improving their physical, mental and spiritual health. After the introduction about yoga he demonstrated many basic Asanas of flat, sitting, standing postures which can be practiced regularly by all. Finally, many questions are answered by Mr. Gowthaman in a simple way.



Finally the **Professor Dr. M. Sundararaman** thanked everyone.

## Day2 Breathing Exercise - Pranayama

**Date: 22.09.2020**

**Time: 11:00 a.m**

The webinar had an 55 Registrants in which about 52 participants where attended the programme through G-meet. The Programme was started at 11.00 a.m and participants were welcomed by the Co-ordinator of Centre for spirituality and yogic science, **Professor Dr. M. Sundararaman**.



Chief guest Yoga Gugu **Mr. TRG Gowthaman** addressing to audience about the importance of breathing in yoga. After the introduction about breathing he demonstrated many basic breathing exercise (Pranayama) which can be practiced regularly by all. Finally, many questions are answered by Mr. Gowthaman in a simple way.

Finally the **Professor Dr. M. Sundararaman** thanked everyone.