

## Webinar Series - "Yoga to boost the health of body and mind"

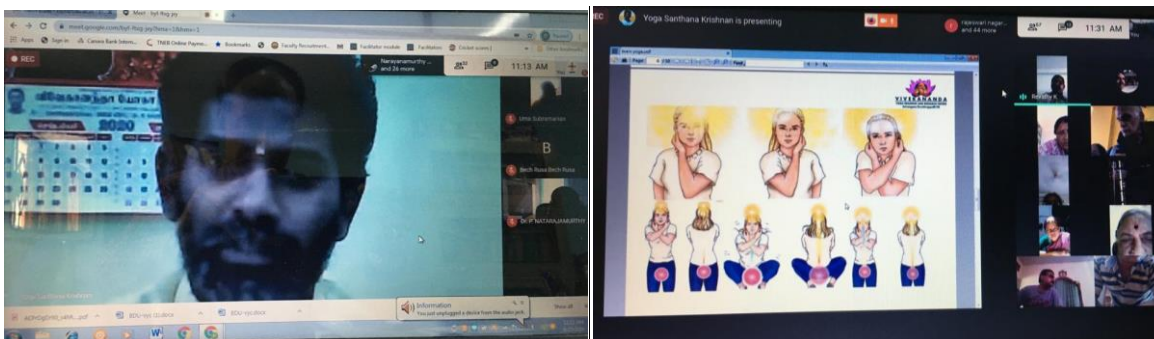
Centre for Spirituality and Yogic Science (CSYS) of Bharathidasan University in association with Bharathidasan University Entrepreneurship, Innovation and Career Hub conducted webinar series on "Yoga to boost the health of body and mind" from 23.09.2020 to 25.09.2020.

### Day 1 Basic Yoga to enhance immunity

**Date: 23.09.2020**

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

The webinar had an 45 participants 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 **Mr. T. Santhana Krishnan** addressing to audience about the importance of learning and practicing yoga to lead a healthy life. Further he emphasized the uses of traditional yogic practice to students, staff and all others by improving their immunity. Finally, many questions are answered by Mr. T. Santhana Krishnan in a simple way. Programme ended with Vote of thanks.

### Day 2 Empowering mind through Yoga

**Date: 24.09.2020**

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

The webinar had an 42 participants attended 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.**



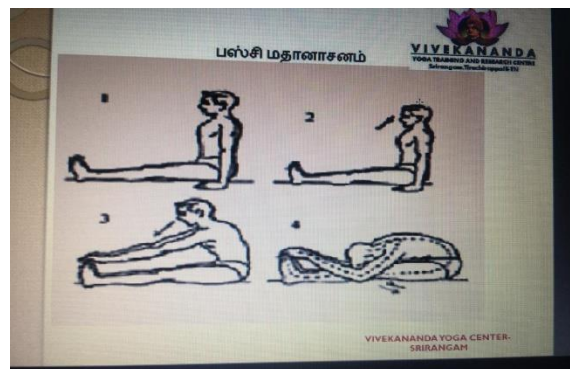
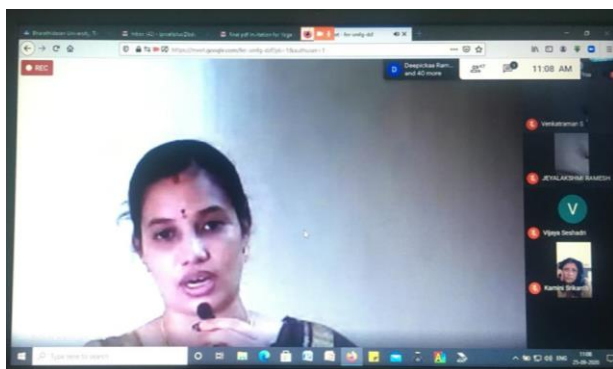
Chief guest **Mr. R. Sridhar** addressing to audience about the importance of mind power by practicing yoga. After the introduction he emphasized basic exercise to empower mind which can be practiced regularly by all. Finally, many questions are answered by Mr. R. Sridhar in a simple way. Programme ended with Vote of thanks.

### Day 3 Yoga therapy for basic health issues

**Date: 25.09.2020**

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

The webinar had an 47 participants attended 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 **Dr.N.Thirunirai Selvi** addressing to audience about the importance of practicing yoga. After the introduction she emphasized basic exercise to resolve the health issues which can be practiced regularly by all. Finally, many questions are answered by Dr.N.Thirunirai Selvi in a simple way. Programme ended with Vote of thanks.