Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli

Women Development Cell, Sports Department& IQAC

Title: Webinar on "Yoga"

Date: 16th January, 2021

Time: 10.00 AM to 11.00 AM

Webinar

Basic Format for The Session of The Day

Introduction of the Guest
Guest-Address& Practical
Questions & Answers Session
Vote of Thanks

Mrs. Jyoti Chougale

Convener (WDC)

Urban Bank Senior Science College
District
Ratnagiri
DAPOLI

Activity Report

1. **Name of the activity: -**Online Webinar on "Yoga"
2. **Date and Time:-**16th January, 2021 from 10.00 AM to 11.00 AM
3. **Aim and purpose:-**
    - To learn and try out distinguished types of Yoga and Yogasana
    - To master the proceedings of Pranayam
    - To gain the knowledge around practicing the Mudra
    - To understand the benefits of Yoga
4. **Inauguration and Resource person and topic:**

TheOnline Webinar on "Yoga"was conducted on 16th January, 2021. The key-note speaker – Mr. VishvasVasudevPhatak had humbly accepted the invite to address the online audience on this occasion.

Mr. VishvasVasudevPhatak addressedthe audience around the sound habits to learn and practice the Yoga through variant aspects of Yogasana, Mudra and Pranayam.

5. **Number of Participants:**

The session had approximately 60students and many faculty members from D. U. B. Senior Science College.

6. **About overall conduct:**

For this Webinar, registration link using G Meet and password was created. The link was circulated among students and faculties of the college. More than 60 Students and Teaching Faculty Members have participated. The session was made available live on YouTube, too.

The ancient knowledge of Yoga and aspects around art of living healthy and eco-friendly living was conveyed to participants while practicing Yoga-activities live in the webinar.

The honorary key-note speaker was introduced by Prof. VarshaDhamne. After the lively informative session on menstrual health and carrying out sustainable menstrual practices, the vote of thanks was proposed by Prof. Jyoti Chougale.

7. **Feedback: -**

The overall feedback for webinar was Excellent. Students learned several key pieces of information that will greatly establish their ability to live joyfully while maintaining sound quality health practices blessed through ancient scriptures. The audience participated actively and cleared their doubts through the Question-and-Answer session. The images of the webinar are:

JAhougale

Convener

Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri

Urban Bank Senior Science College
Dapoli
District
Ratnagiri
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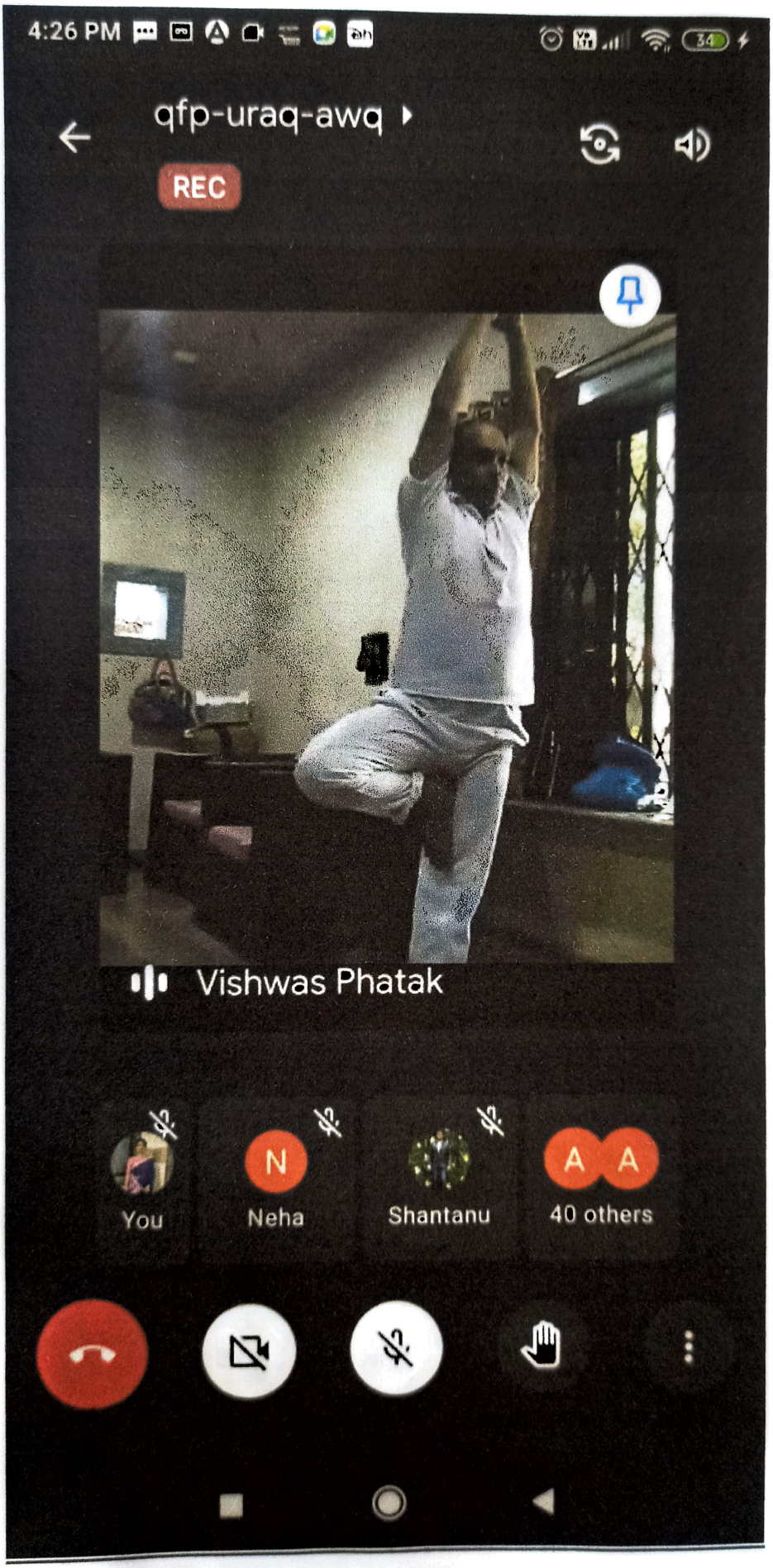

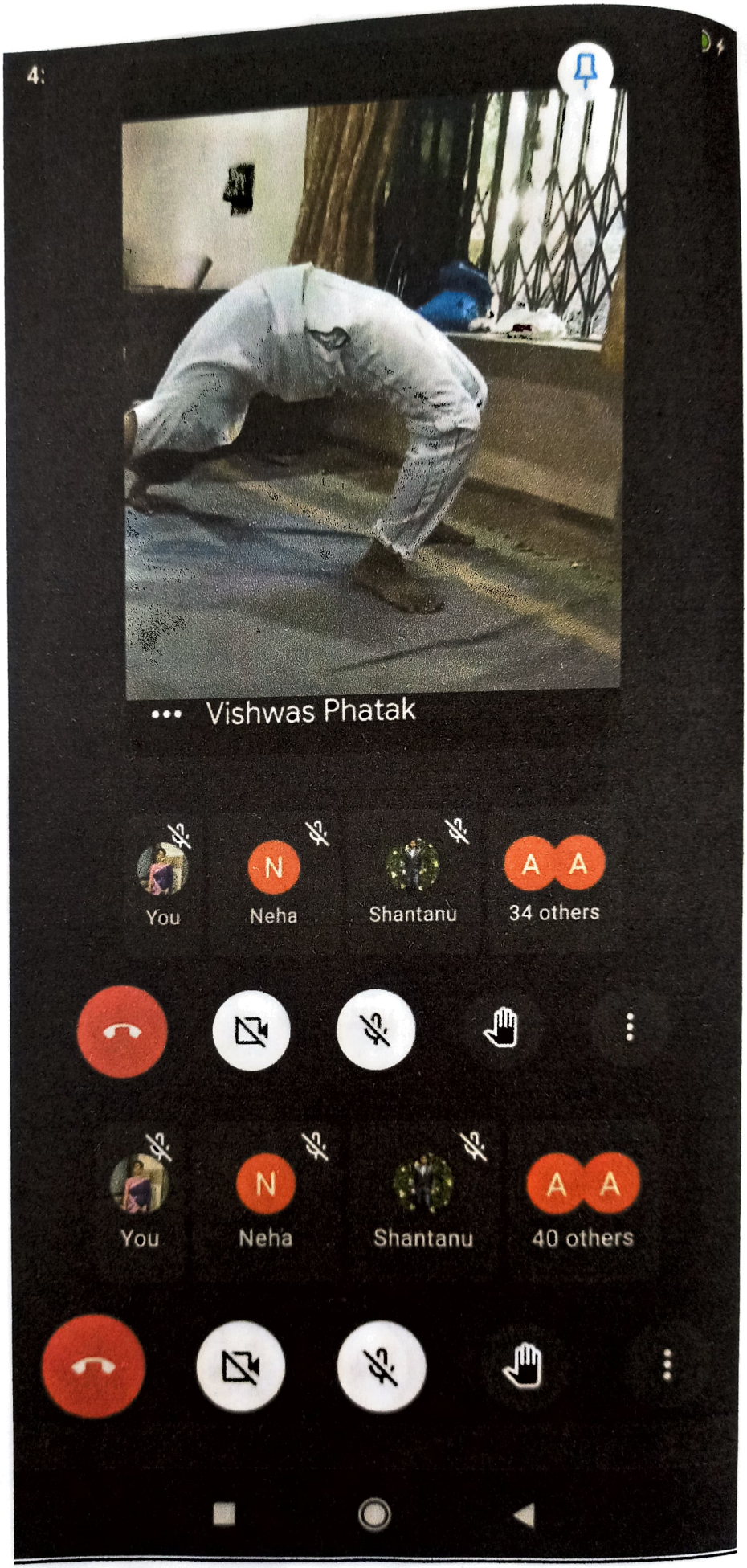
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Bank Senior Science College
District
Ratnagiri
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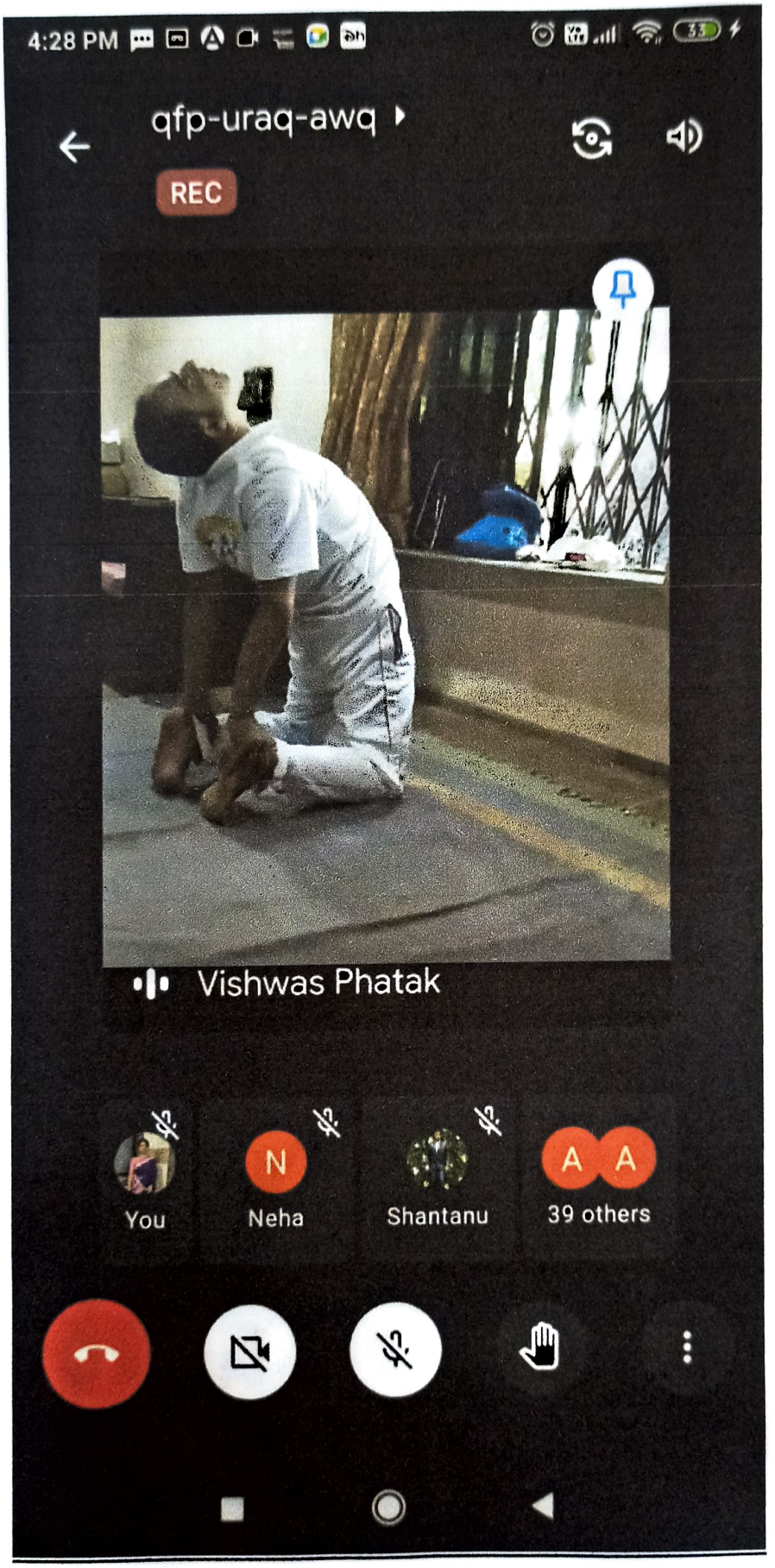

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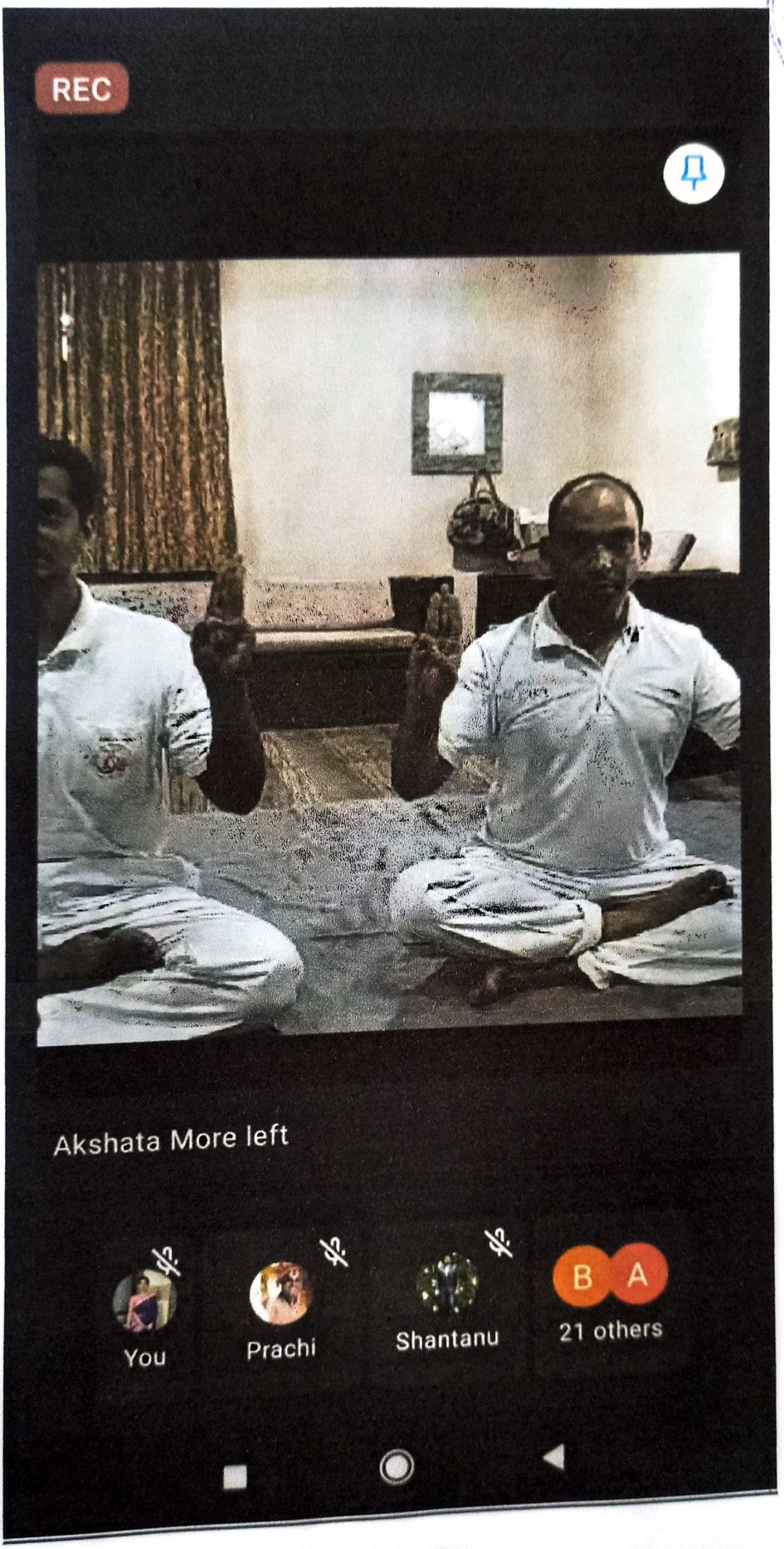

Dapoli Urban Bank Senior Science College
District Ratnagiri
DAPOLI

Department of Commerce

Meeting Notice

2020-2021

15th December, 2020

The meeting for the Online Webinar on "Yoga"will be held on 25thDecember, 2021 at 3.00 pm in Meeting room. Following staff are required to be present.

1) Mrs. Jyoti Chougale
2) Mrs. Nanda Jagtap
3) Mrs. Ganga Gore
4) Miss. Siddhi S. Salgaonkar
5) Miss. Rujuta M. Joshi
6) Mrs. Amruta Mohite
7) Mrs. Shruti Awale

JAhougale

Mrs. Jyoti Chougale

Convener (WDC)

Dapoli Urban Bank Senior Science College
District Ratnagiri
DAPOLI

Department of Commerce

Meeting Minutes

2020-2021

1. Discussion aroundthe organization of Online Webinar on "Yoga"to be conducted for students on 16th January, 2021
2. Deciding on the Constituents of the Webinar
3. Prepare programme schedule
4. Distribute responsibility among committee members.

JAhougale

Mrs. Jyoti Chougale

Convener (WDC)

Date: 07/01/2021

Dapoli Education Society's
Dapoli Urban Bank Senior Science College,
Dapoli-Ratnagiri (Maharashtra)
Women Development Cell, Sports Department& IQAC

NOTICE

Women Development Cell, Sports Department& IQACare organizing online**Webinar on "Yoga"** on the occasion of World Menstrual Hygiene Day.

The webinar will be held on 16th January, 2021 at 10.00 AM to 11.00AM. The honorary speaker – VishvasVasudevPhatak webinarconvey the address to achieve the following outcomes:

- Learning and trying out distinguished types of Yoga and Yogasana
- Mastering the proceedings of Pranayam
- Gaining the knowledge around practicing the Mudra
- Understanding the benefits of Yoga

This is promising opportunity for the interested students from both commerce and science faculties.

Registration link to join this course is: https://forms.gle/1rCFTXBP1XJ6V38b8

Link to join the WhatsApp group: https://chat.whatsapp.com/JYhRTnrbP8jIQCcALB8BzX

Registration Fees: FREE

For any query or information details, please contact:

Mrs. Jyoti Chougale: 7875263988

Mrs. VarshaDhamne
Activity Co-Ordinator

Mrs. Jyoti Chougale
Convener, WDC

Dr. Sandesh Jagdale
Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri

Brochure for the Webinar

Dapoli Education Society's
Dapoli Urban Bank Senior Science College,
Dapoli-Ratnagiri (Maharashtra).
Sports Department, WDC &IQAC
organizes

"Webinar on Yoga"

Registration form:
https://forms.gle/1rCFTXBP1XJ6V38b8

Date: 16 January 2021
Time 10:00 to 11:00

Shri. Vishvash Vasudev Phatak

:POINT TO BE DISCUSS :

- Different types of Yoga
- Pranayama
- Mudra
- Benefits of Yoga

Source:

Meet

Dr. S. P. Jagdale	Mrs. Varsha Dhanme	Mrs. Jyoti Chougale	Dr. R.L. Ghalame
Principal	Convener (Sports Director)	Convener WDC Cell	IQAC Coordinator