

Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Internal Quality Assurance Cell (IQAC) 2021-22



Sports Department

1. **Name of the activity:** -Online Webinar on "Yoga& Meditation"
2. **Date and Time:** - 14 August, 2021 from 11.00 AM to 12.00 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:**

The Online Webinar on "Yoga" was conducted on 14th August, 2021. The key-note speaker – Mr. Nisha Godse had humbly accepted the invite to address the online audience on this occasion.

Mr. Nisha Godse addressed the 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 55 students 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 55 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. Varsha Dhamne. 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.

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

Title: Webinar on "Yoga & Meditation"

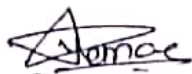
Date: 14 August 2021

Time: 11.00 AM to 12.00 AM


Webinar

Basic Format for The Session of The Day




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


Sports Director

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 & Meditation”



Registration form: <https://forms.gle/5vqqz5NjuNihTSCE6> Date: 14 August, 2021
Time: 11:00 AM to 12.00 PM

Dr. Nisha Godse

Point to be Discuss

- Different types of Yoga for beginners
- Pranayam & Meditation
- Power Yoga flow
- Benefits of Yoga

Sources
 Meet 

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

Photos



Nisha Gade
Sports Director



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