



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

“YOGA AND WELLNESS”

ONLINE INTERNATIONAL WEBINAR

On the eve of

“INTERNATIONAL YOGA DAY”

In association with

**INTERNATIONAL FEDERATION OF PHYSICAL EDUCATION FITNESS
AND SPORTS SCIENCE ASSOCIATIONS.**

Organized by

DEPARTMENT OF PHYSICAL EDUCATION

&

INTERNAL QUALITY ASSESSMENT CELL



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

IQAC ACTIVITY – 4 – 21-06-21 - 2020-21

Name of the Department	DEPARTMENT OF PHYSICAL EDUCATION & IQAC
Nature of the activity organized	CO-CURRICULAR ACTIVITY
Title / Name of the event	"YOGA AND WELLNESS" - ONLINE INTERNATIONAL WEBINAR on "INTERNATIONAL YOGA DAY" in association with INTERNATIONAL FEDERATION OF PHYSICAL EDUCATION FITNESS AND SPORTS SCIENCE ASSOCIATIONS. THEME: "A Little Progress each day adds up to big results" . You Tube Link: https://youtu.be/nW4GSCfy_t4 Feed Back Link: https://forms.gle/dNgEMyR619fdCdHA Folders of Certificates Link : https://drive.google.com/drive/folders/1F7APCjLJXGyXN9fhyvGr92t87cuOwjME?usp=sharing
Date of the event organized	21-06-2021
Name of the Coordinator/s and Members of the event	Smt. P. ASHWINI - PHYSICAL DIRECTOR & COORDINATOR Dr. MOHAMAD WAIZ- IQAC COORDINATOR Smt. K. J. VIJAYA LAKSHMI- MEMBER Dr. K. V. MADHUSUDHAN - MEMBER Smt. S. JAFARUNNISA- MEMBER Sri. S.J. RAVI PRAKASH- MEMBER Dr. H. AKTHAR BANU- MEMBER Dr. G. SEETAMMA- MEMBER & Dr. M. SARADA
Area of the participants	PARTICIPANTS FROM ALL AROUND THE WORLD
No. of participants (staff & Students)	409 PARTICIPENTS
Name of the experts with designation	1. Prof. Ma. Rosita Ampoyas- Hernani, Faculty, Cebu Normal University, Philippines 2.Prof. Rajesh Kumar, Principal and Head, University College of Physical Education, Osmania University, Telangana, India 3. Prof. K. Deepla, Head and Director, Department of Physical Education, Osmania University, Telangana, India 4. K. J. Sridevi, Faculty of Yoga Sciences & Therapy, Meenakshi Academy of Higher Education and Research, Chennai, India. 5. S. Sivaprasada Rao, Vyavasthapramukh, Vivekananda Kendra, Kurnool Branch
Objective of the event	Participants will get knowledge in Yoga and how it is use full.
Outcome of the event	Through this program, all the participants understood how to do Yoga practice in daily activities. The given knowledge is very useful to all in the present pandemic situation.



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

IQAC ACTIVITY – 4 – 21-06-21 - 2020-21

BRIEF REPORT ON INTERNATIONAL WEBINAR –“YOGA AND WELLNESS”

The department of Physical Education and members of IQAC of Government College for Men, Kurnool, organized an Online International Webinar in the topic of “YOGA AND WELLNESS” on 21st June, 2021, by 09:00 a. m. to 11 a. m., Prof. Ma. Rosita Ampoyas-Hernani, Faculty, Cebu Normal University, Philippines, Prof. Rajesh Kumar, Principal and Head, University College of Physical Education, Osmania University, Telangana, India, Prof. K. Deepla, Head and Director, Department of Physical Education, Osmania University, Telangana, India, Smt. K. J. Sridevi, Faculty of Yoga Sciences & Therapy, Meenakshi Academy of Higher Education and Research, Chennai, India. And S. Sivaprasada Rao, Vyavasthapramukh, Vivekananda Kendra, Kurnool Branch, was acted as a resource persons. In this webinar 409 members were participated including faculty and students from all around the world. All the participants express their satisfaction on the topics taught by the resource persons and gave their feedback on webinar also. Through this program, they understood how to maintain balance in their daily life activities by practicing Yoga. The subject knowledge is very useful in present pandemic situation. We express our sincere thanks to Dr. P. Bhaskara, IAS, Commissioner of Collegiate Education, Andhra Pradesh, for giving permission and support to organize such an excellent program. We express our whole hearted thanks to the resource persons: Prof. Ma. Rosita Ampoyas-Hernani, Faculty, Cebu Normal University, Philippines, Prof. Rajesh Kumar, Principal and Head, University College of Physical Education, Osmania University, Telangana, India, Prof. K. Deepla, Head and Director, Department of Physical Education, Osmania University, Telangana, India, Mrs. K. J. Sridevi, Faculty of Yoga Sciences & Therapy, Meenakshi Academy of Higher Education and Research, Chennai, India, Sri. S. Sivaprasada Rao, Vyavasthapramukh, and Sri. Amaresh from Vivekananda Kendra, Kurnool Branch, for spending their valuable time and gave more related and useful information to all participants. We extend our sincere thanks to Dr. P. Kalavathi, Principal, and Regional Joint Director of Zone IV, for her full support in organizing this program resulting in success. We are thankful to each and every person who supported this program, either directly or indirectly.

TEAM OF DEPT. OF PHYSICAL EDUCATION & IQAC, GOVT. COLLEGE FOR MEN, KURNOOL.

- 1. Smt. P. ASHWINI - PHYSICAL DIRECTOR & COORDINATOR -**
- 2. Dr. MOHAMAD WAIZ- IQAC COORDINATOR -**
- 3. Smt. K. J. VIJAYA LAKSHMI- MEMBER -**
- 4. Dr. K. V. MADHUSUDHAN – MEMBER -**
- 5. Smt. S. JAFARUNNISA- MEMBER -**



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

**ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON
INTERNATIONAL YOGA DAY-21-06-2021**

=====

INVITATION

Greetings,

Department of Physical Education & IQAC, Government College for Men, Kurnool, cordially invites you to International Webinar on “Yoga and Wellness” on the eve of International Yoga Day on 21st June 2021 at 9:00AM IST.

Please use the below link to register. After successful registration, you will receive Zoom Meeting details. Entry is free and Certificate will be given to all the participants. Your participation is validated using the registered mail id

Registration Link:

https://docs.google.com/forms/d/1ah4knmGJhGU2jWeLrocz5AntFx_SNMEsxfxwZvojzpc/edit

Regards

Principal

Government College for Men

Kurnool

Andhra Pradesh

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021

THEME: “A Little Progress each day adds up to big results”.

INVITATION



International Webinar on Yoga and Wellness

Organized by
Govt College for Men, Kurnool, Andhra Pradesh

In association with
International Federation of Physical Education, Fitness and Sports Science Associations

on
International Yoga Day – 2021 (21st June 2021 at 9:00AM IST)



Meeting ID: 828 3988 3470 Passcode: 182205

 <p>Dr. P. Bhaskara, IAS Commissioner of Collegiate Education, A.P.</p>	 <p>Dr. P. Kalavathi, RJD, Zone IV (FAC) Principal, GCM, Kurnool</p>	 <p>Prof. Ma. Rosita Ampoyas-Hernani Faculty- Cebu Normal University, Philippines</p>	 <p>Prof. Rajesh Kumar Principal and Head University College of Physical Education, Osmania University</p>
 <p>Prof. K. Deepla Head & Director, Dept of Physical Education, Osmania University</p>	 <p>K.J. Sridevi Faculty of Yoga Sciences & Therapy, Meenakshi Academy of Higher Education & Research</p>	 <p>S Sivaprasada Rao Vyavastha Pramukh Vivekananda Kendra Kurnool Branch</p>	 <p>P Ashwini Physical Director Yoga Protocol Instructor GCM, Kurnool</p>

“A little progress each day adds up to big results”



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021

ZOOM MEETING DETAILS

=====

Greetings,

Department of Physical Education & IQAC, Government College for Men, Kurnool cordially invites you to International Webinar on Yoga and Wellness on the eve of International Yoga Day on 21st June 2021 at 9:00AM IST.

Please find below Zoom Meeting details

[https://us02web.zoom.us/j/82839883470?pwd=WkxlNTR4cjc5M1c
rbkFNSkV3UksZz09](https://us02web.zoom.us/j/82839883470?pwd=WkxlNTR4cjc5M1crbkFNSkV3UksZz09)

Meeting ID: 828 3988 3470 Passcode: 182205

One tap mobile

+12532158782, 82839883470#, *182205# US (Tacoma)

+13017158592, 82839883470#, *182205# US (Washington DC)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

Meeting ID: 828 3988 3470

Passcode: 182205

Find your local number: <https://us02web.zoom.us/j/kcSLhzmhgj>

Regards

Principal

Government College for Men, Kurnool, Andhra Pradesh



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON

INTERNATIONAL YOGA DAY-21-06-2021

STUDENTS COMPETITIONS CIRCULAR

=====

Dear Students, as you are aware, we are celebrating Yoga Week. We have been sharing videos on how to perform various Yogaasanaas and Pranayama since 1st June and will continue to do so till 30th June. Please practice yoga every day for your health.

Department of Physical Education is conducting “Best yoga video contest”. The winners will get a cash reward. 1st prize - 1000/-, 2nd prize - 600/-, 3rd prize - 400/-. So start recording your videos and upload at the below link

Videos uploading link:

https://docs.google.com/forms/d/e/1FAIpQLSd5fJ7iyrk-lhtlpOtw8wNpVw6gCSslkmAOJp8JnJr2z_mg4Q/viewform

Regards

Principal

Government College for Men

Kurnool



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 - PROGRAM SCHEDULE

=====

Duration	From	To	Description	By
00:05	09:00	09:05	Inaguration Session	Ashwini
00:05	09:05	09:10	Speech by Principal	Principal
00:00	09:10	09:10	Ashwini Hand over to Akhter Banu mam	Akhter Banu
00:05	09:10	09:15	Speech by Vice Principal	Vice Principal
00:05	09:15	09:20	Speech by Vice Principal	Vice Principal
00:20	09:20	09:40	Speech by Prof Rajesh Kumar	Prof Rajesh
00:10	09:40	09:50	Speech by Prof Deepla	Prof Deepla
00:30	09:50	10:20	Speech by Rosita	Prof Rosita
00:30	10:20	10:50	1. Speech by Sivaprasad Sir 2. Yoga Demonstration by Vivekananda Kendra, Kurnool	Sivaprasad B Amaresh
00:30	10:50	11:20	Speech by Sridevi	Mrs. Sridevi
00:10	11:20	11:30	Vote of Thanks	Ashwini



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON "YOGA AND WELLNESS" ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

9:13 AM | 13.2KB/s

Close Participants (113)

SK	Smt. K.J. Vijaya Lakshmi (me)	>
	Prof. Rajesh Kumar (Host)	>
WM	waaiz mohammed (Co-host)	>
	Ashwini Patlolla (Co-host)	>
	Prof. K. Deepla, OU (Co-host)	>
	079-Taniya Senanayake	>
AR	Abhigna Reddy	>
A	Alamanda Ganesh	>
AA	AMBOJU ANIL KUMAR	>
AV	ameesha vishwani	>
	Anand Kumar	>
	Ashok .(Nut)	>

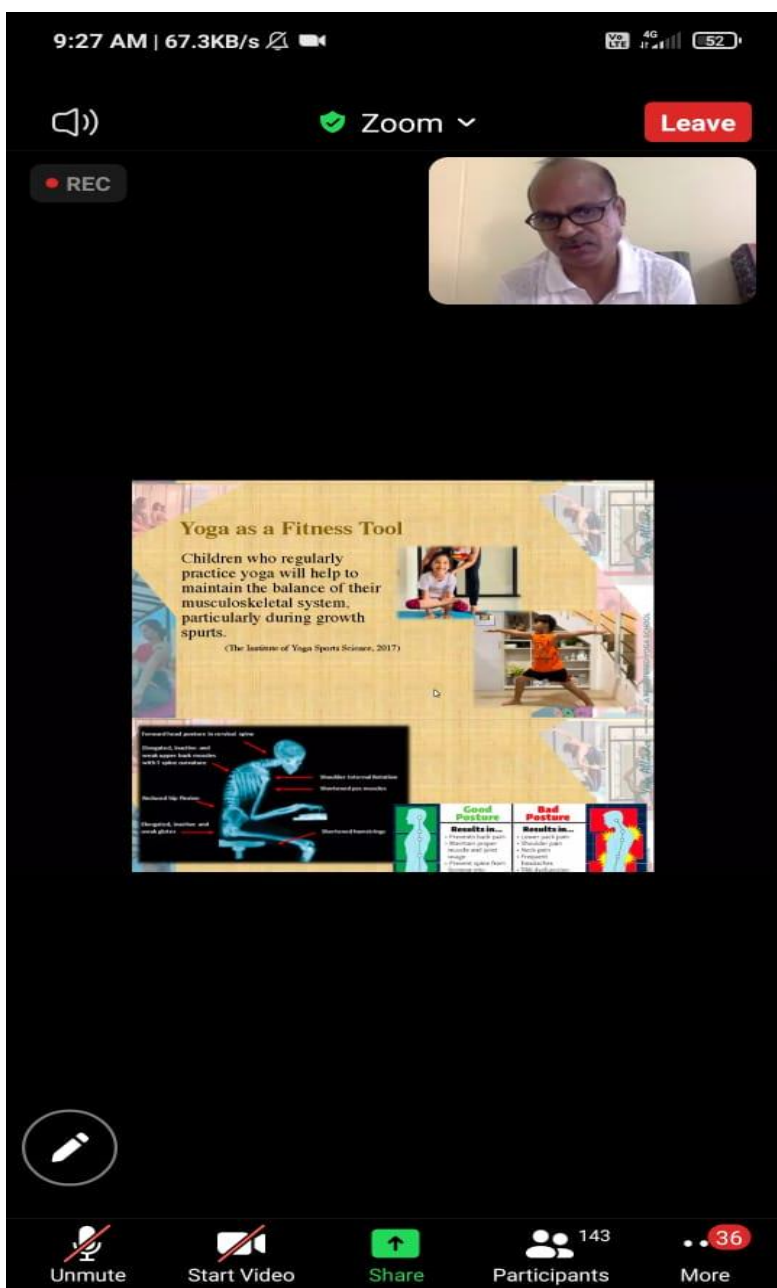
Invite



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS





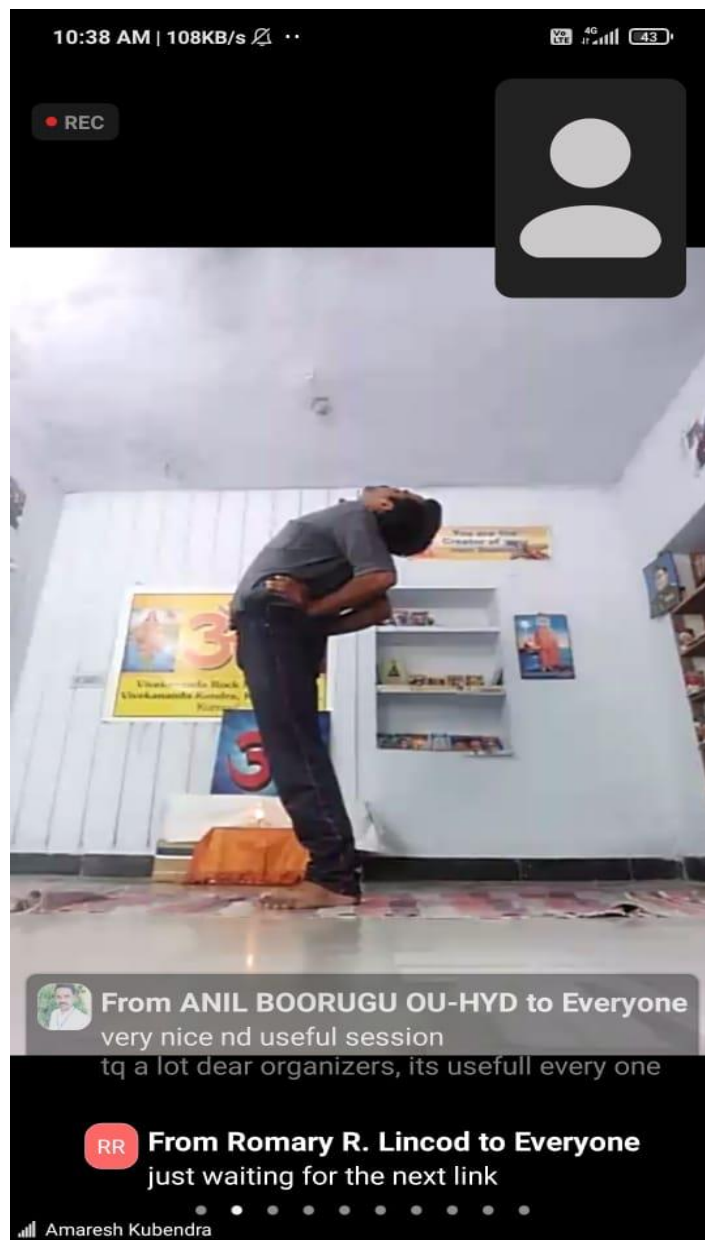
GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON "YOGA AND WELLNESS" ON
INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

AMARESH- TUTOR





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====



RESOURCE PERSON

**PROF. MA. ROSITA AMPOYAS- HERNANI
FACULTY, CEBU NORMAL UNIVERSITY, PHILIPPINES**



GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

PARTICIPANTS





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

**Dr. MOHAMAD WAIZ- IQAC COORDINATOR
INTRODUCING THE RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI.**





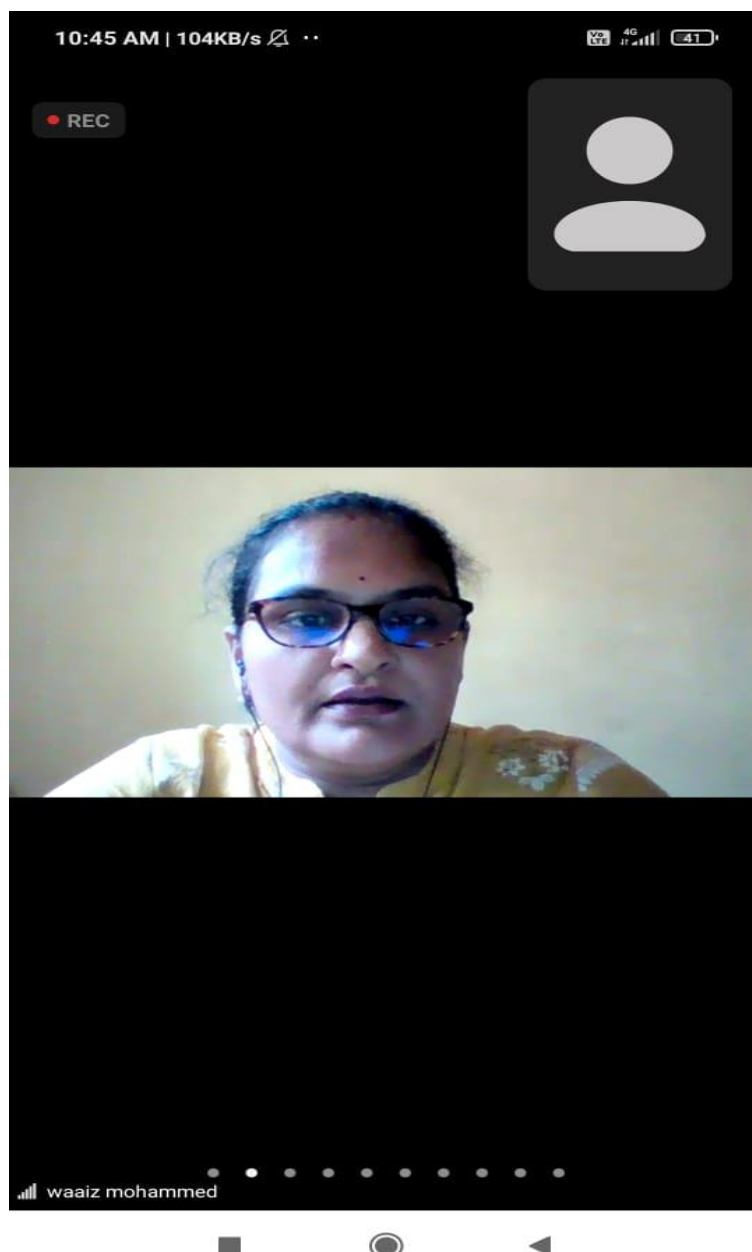
GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON
INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI





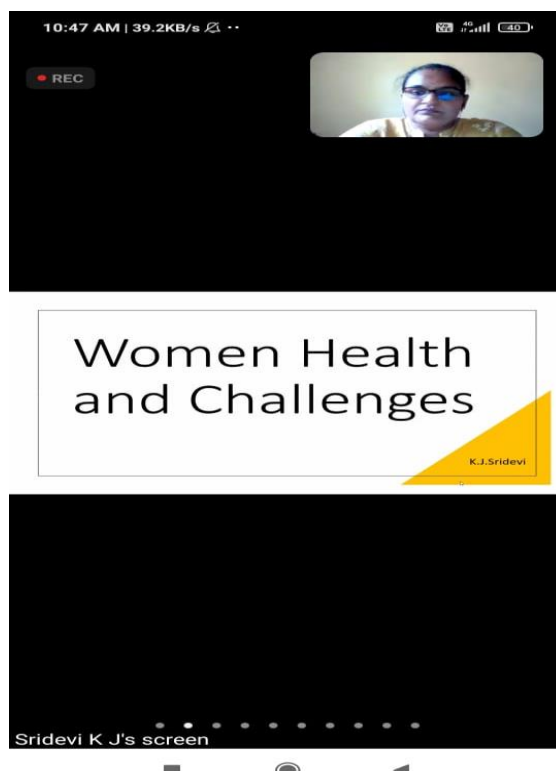
GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON "YOGA AND WELLNESS" ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI



Women Health and Challenges

K.J.Sridevi
FYST, MAHER
Chennai-78



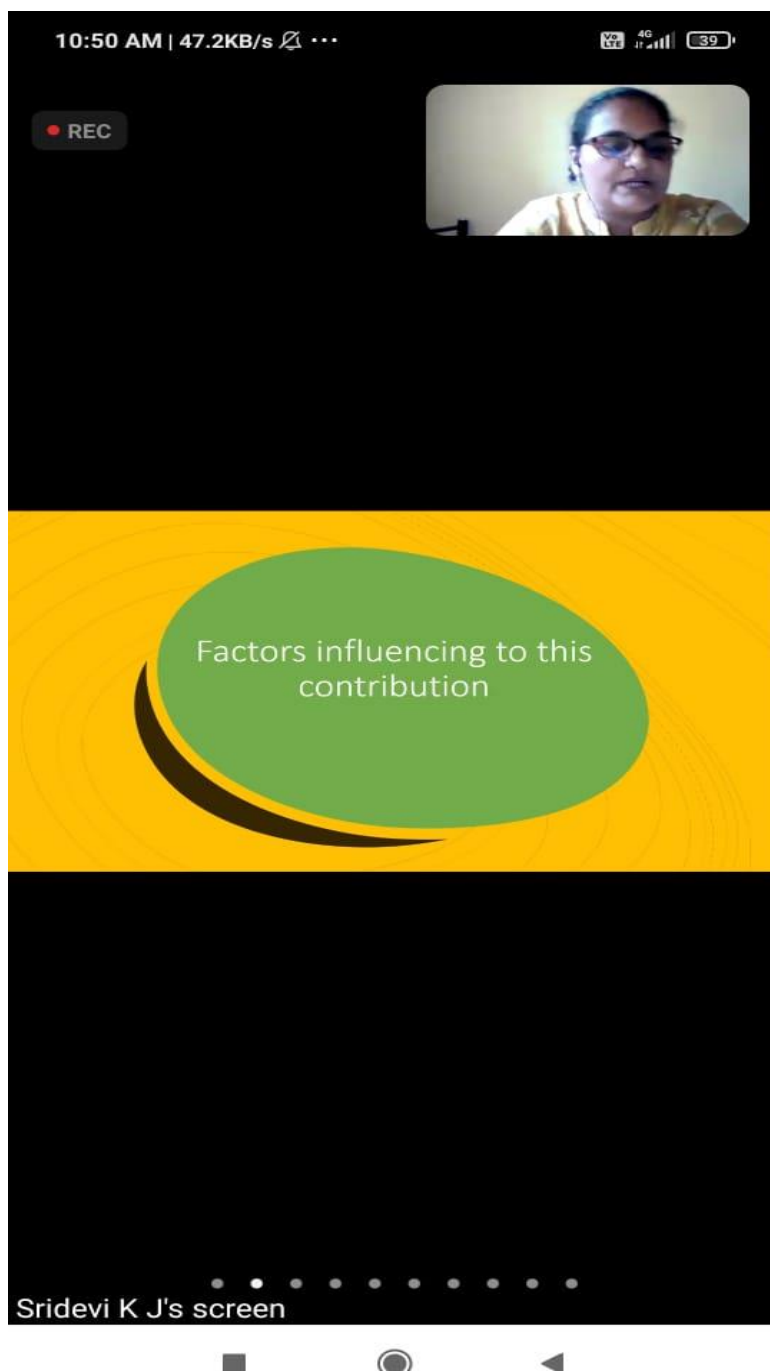
GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON "YOGA AND WELLNESS" ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS

=====

RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON "YOGA AND WELLNESS" ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS



REC

Health Issues to stages of Women Health

- Teen Issues
- Gynecological Issues
- Pregnancy Issues
- Cardiovascular Disease
- Osteoporosis
- Auto Immune
- Menstrual Issues
- Depression and Anxiety

Sridevi K J's screen

A screenshot of a webinar slide. The slide has a yellow background with a large orange cloud-like shape on the left containing the text 'Health Issues to stages of Women Health'. On the right, there is a list of health issues. A small video inset in the top right corner shows a woman with glasses speaking. A 'REC' icon is in the top left corner. At the bottom left, it says 'Sridevi K J's screen'.

RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI

REC

Surya Namaskar

SURYA NAMASKARA

1 2 3 4 5 6 7 8 9 10 11 12

It is the king of yogic practices, the combination of asanas, pranayama, mantras and meditation; a dynamic meditation technique; good for all human systems. Body blossoms like lotus. It produces new nerve sheath. Diaphragm contracts downwards; lungs get more oxygen; produces the effect of running and swimming (cardiovascular system)

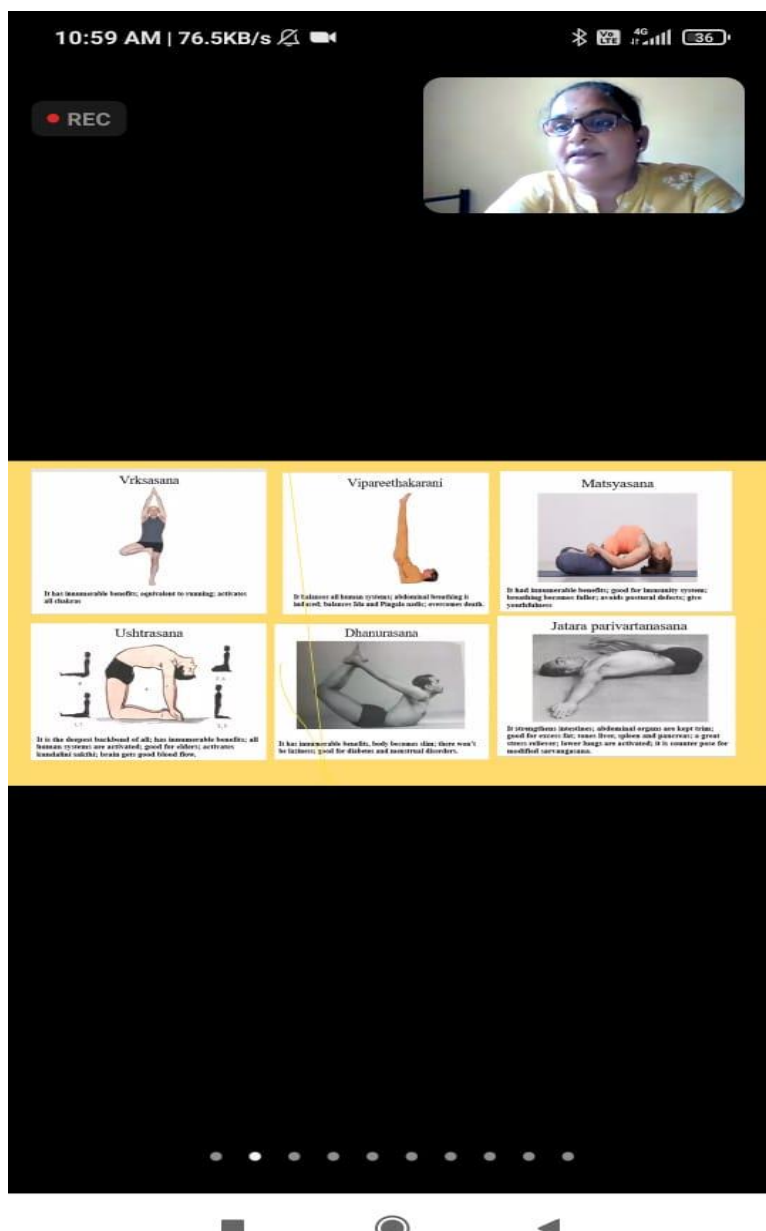
A screenshot of a webinar slide. The slide has a yellow background. At the top, it says 'Surya Namaskar' and 'SURYA NAMASKARA'. Below this is a diagram showing the 12 steps of the Surya Namaskar sequence, numbered 1 to 12. A small video inset in the top right corner shows the same woman from the previous slide. A 'REC' icon is in the top left corner. At the bottom, there is a paragraph of text describing the practice.



GOVERNMENT COLLEGE FOR MEN, KURNOOL
B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)
ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON
INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS



RESOURCE PERSON Mrs. K. J. SRIDEVI, CHENNAI





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

**ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON
INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS**

=====

P. ASHWINI – Physical director & Co-ordinator

Dr. H. AKTHAR BANU – Lecturer in English





GOVERNMENT COLLEGE FOR MEN, KURNOOL

B. Camp, Kurnool.518002 (Affiliated by NAAC with B+ Grade)

ONLINE INTERNATIONAL WEBINAR ON “YOGA AND WELLNESS” ON INTERNATIONAL YOGA DAY-21-06-2021 – PHOTOS



THANK YOU