



Sri GVG Visalakshi College for Women

(Autonomous)

Re Accredited at A+ (Fourth Cycle)

Affiliated to Bharathiar University, An ISO 9001-2015 Certified Institution
Tirupur (DT), Tamil Nadu



YOUTH RED CROSS

“Enhancing Self Care Through Yoga During COVID -19 Pandemic ” REPORT – 22.05.2021

“Whenever you are in doubt, it is best to pause few things are so pressing that they cannot wait for a moment of breath”

Objectives:

The objective of the webinar is to

- To Practice mental hygiene
- To enable the student to have good health
- To possess emotional stability
- To integrate moral values

GOOGLE MEET LINK: <https://meet.google.com/gwi.caai-gnv>

No-of –Students Enrolled -99



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An ISO 9001:2015 Certified Institution, Udumalpet 642 126, Tamilnadu



Youth Red Cross Club Organized a One day Workshop on
TOPIC: ENHANCING SELF CARE
THROUGH YOGA DURING COVID -19
PANDEMIC



Date : 22-05-2021 Time :2.00pm



A special Address by

Dr. R.VIJAYAKUMAR
Assistant Professor of Philosophy, Religion & Culture
Poompuhar college, Melaiyur
, Mayiladuthurai [DT]

Ms. S.Lalithambigai
Student Convenor

Dr.P,Siranjeevi
YRC Convenor

Dr.N,Rajeswari
Principal

Report

22.05.2021

Self Care Awareness Programme

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both body and the mind. Yoga postures, pranayama and meditation are effective techniques to release stress. Meditation is relaxation and rejuvenates the body and mind.

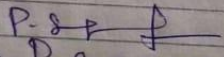
With the encouragement and support from the management and the Principal, Youth Red Cross Club organized "one day workshop on "Enhancing Self Care through yoga during COVID-19 Pandemic on 22.05.2021 at 2.00pm exclusively for the students of Youth Red Cross Club. Dr. P. Sivanjevi, YRC Convener & Assistant Professor of History extended her warm welcome and introduced the chief guest and the participants. The Resource person Dr. R. Vijayakumar, Assistant Professor of Philosophy, Religion & Culture, Poompuhat College, Melaiyur, Mayiladuthurai, took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri mantra. Asanas starting with warming up and stretching were followed by a series of Padmasana, Sukhasana, Tadasana, Bhujangasana and ending with Shavasana. Exercises for relieving stress, reducing joint pain, self strength and enhancing

the flexibility of the backbone were also done for the benefit of the students

The workshop instilled the value and importance of yoga and made the students to understand how imperative self care through yoga is for each and every one. The session was lively and interactive. Queries of the students were answered

Dr. P. Siranjeevi, YRC Convenor & Assistant Professor of History proposed the vote of thanks.

99 students participated in the workshop

P.S.P. 
Dr. P. SIRANJEEVI
Programme Officer

Rajiswari N
Principal

Screen shots:

