

WOMEN CELL
UNIVERSITY COLLEGE FOR WOMEN, Koti, Hyderabad

REPORT on
International Yoga Day Celebrations – 2020

**NATIONAL WEBINAR ON “YOGA WITH FAMILY TO BOOST
IMMUNITY”**

Date: 22nd March 2020

The International Yoga Day celebrations in the college was conducted by Women Cell, UCW on 22nd March 2020 on the theme suggested by WHO i.e., “Yoga at home, Yoga with family”. The welcome address was given by **Dr. G. Vijaya Lakshmi**, Convener of the webinar and Coordinator of Women Cell, UCW. The theme garners much required attention in the present uneventful Covid-19 pandemic situation which has brought the world to a standstill. It is every one’s responsibility to come together to handle this health emergency with preparedness and resilience by maintaining good health, personal hygiene, improve immunity, etc. Yoga is one of the tools which not only boost immunity but also helps in stress-free life.

Prof. A. Roja Rani, Principal, UCW and **Dr. M. Kavitha**, Vice-Principal, UCW have extended a warm reception to the speakers and participants and also motivated one and all by stressing on the Yoga and meditation which is the need of the hour. One have to adopt them as their life style and maintain good health and improve immunity.

Profile of **H.H. Sri Datta Vijayananda Teerdha Swamiji** was read by **Dr. A. Gayathri Devi**, Assistant Professor, Department of Chemistry, UCW.

H.H. Sri Datta Vijayananda Teerdha Swamiji, Uttarahdikari, Datta Kriya Yoga International Centre, Avadhootha Datta Peetham, Mysore, INDIA who is the first speaker of the webinar graced the occasion with his holy message and stressed on flexibility that yoga offers to the person’s body and mind. All the family members and friends should maintain good relationships, share all kinds of feelings among themselves and live happy and stress-free life.

Regular exercises combined with the meditation will keep each and every member of family fit and fine mentally, physically and psychologically.

Profile of **Dr. P. V. Phanisree** was read by **Dr. K. Premalatha**, Head, Department of Chemistry and also Academic Coordinator, UCW.

Dr. P. V. Phanisree, Consultant Paediatrician and Family Physician, Incharge Doctor, Nada Yoga Raga Sagara Research Centre, Avadhootha Datta Peetham, Mysore, INDIA, is the second speaker of the webinar. Sir explained about various physical and emotional problems faced in general by the people and how it can be conveniently solved by Yoga. Yoga gives required training to the body and mind to face and tackle any situation in life. In his presentation, Sir focussed on the dietary requirements to maintain proper health and boost immunity. His lecture was highly informative both in terms of medically and yogic way too.

Dr. A. Gayathri Devi, Assistant Professor (C), Department of Chemistry, UCW, who is the third speaker of the webinar explained about yogic food and some needful and simple pranayamas which can be easily done every day.

Vote of thanks for the Session I, II and final vote of thanks was proposed by **Dr. A. Gayathri Devi**, **Dr. M. Sunitha**, Head, Department of Mathematics, UCW and **Dr. K. S. N. Jyothi**, Member of Women Cell.



