



# ST. THOMAS COLLEGE OF ARTS AND SCIENCE



Affiliated to University of Madras | An ISO 9001:2015 Certified  
Institution  
Koyambedu, Chennai-107

## DEPARTMENT OF PHYSICAL EDUCATION in association with IQAC

### REPORT OF THE WEBINAR HELD ON 24/06/2021 “Yogic practices for boosting immune system”

A webinar was organised on 24/06/2021 at St. Thomas College of Arts and Science, on the above mentioned topic. This was a programme related to the Practices of yoga. Dr. P. Baskaran, International yoga champion. Yoga Expert was the resource person of the day. The session began with a prayer by **Mrs. J. Nisha Daphne**. The master of ceremony was **Mrs. A.V. Cilvy**. **Mr. Shibi Mathai**, welcomed and introduced the Guest Speaker to the gathering. The presidential address was given by the Principal **Dr. N.Thangavel**. The speaker of the day insists the practices of yoga. Discussed the practices of yoga for boosting our immune system, The lecture was very beneficial and provided an insight on the various types of yoga. Various questions were raised by the participants who made the discussion very lively. The session was very informative and effective to all. It created awareness of practicing yoga in our day to day life and how it boosts up our immune system among the participants. The session got ended with the vote of thanks by. **Dr. T. Selvaganapathi**, Physical Director. E-certificates were issued to all the participants.

**Mr. Shibi Mathai**

**IQAC Coordinator**

**Dr. T. Selvaganapathi**

**Physical Director**

**Dr. N. Thangavel**

**Principal**



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cordially invites you for the Webinar on

## Yogic practices for Boosting Immune system

Resource Person



**Dr.P.Baskaran**

International Yoga Champion, Yoga Expert, Chennai

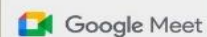
Date: 24th June 2021

Time : 3.00 pm - 4.30 pm

contact us@ [www.saintthomascollege.com](http://www.saintthomascollege.com)

email : [iqac@saintthomascollege.com](mailto:iqac@saintthomascollege.com)

Platform



Mr. Shibi Mathai  
IQAC Coordinator

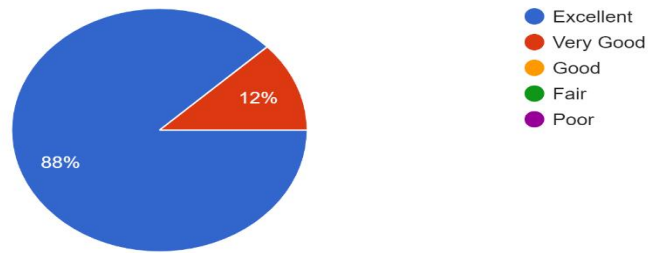
Dr. T. Selvaganapathi  
Physical Director

Dr. N. Thangavel  
Principal



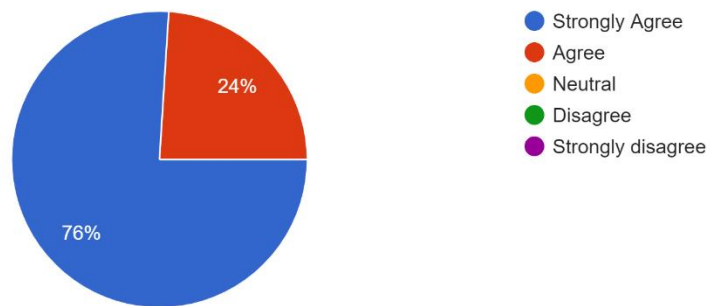
1.How do you rate this Webinar?

25 responses



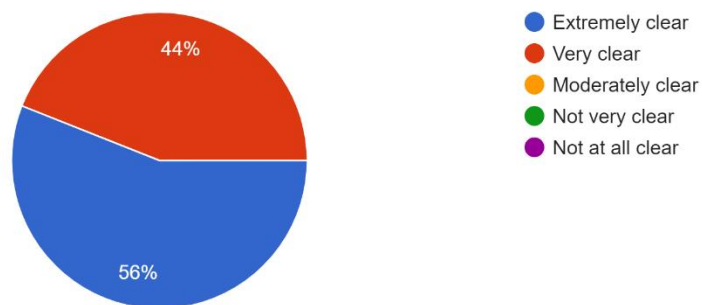
2.The session delivered the information I expected to receive.

25 responses



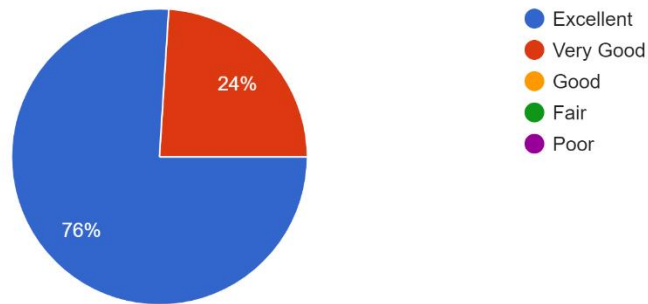
3.How clear were the ideas and concepts we presented?

25 responses



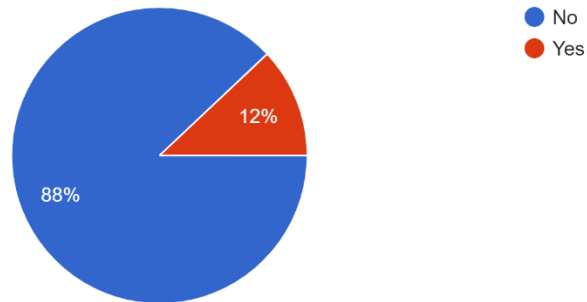
#### 4. How was the presentation of the speaker?

25 responses



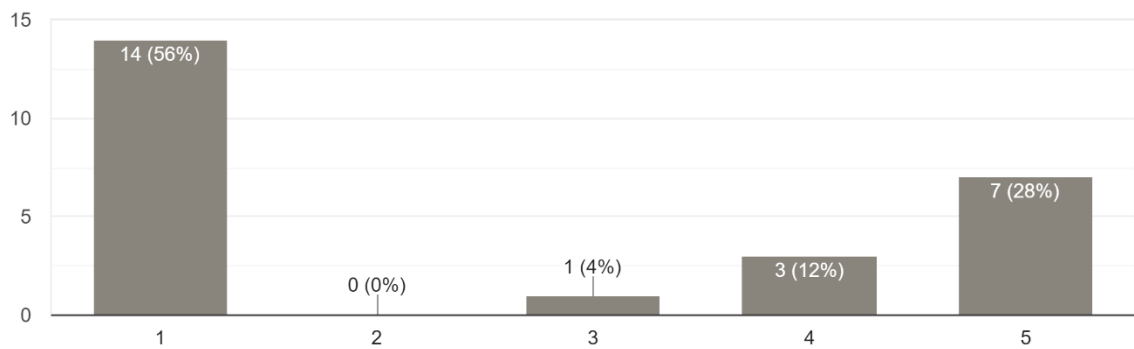
#### 5. Were there any technical issues that prevented you from seeing or hearing the webinar?

25 responses



#### 6. How would you rate the overall webinar experience?

25 responses



7. Do you have any other suggestions or feedback you would like to share?

25 responses

Excellent Session

Very Useful section Thank you sir

Excellent Presentation 👍

It is very useful sir continue to do the same

WELLDONE

No

Good initiative

Good

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