



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 21/07/2020 “Yoga is a way of right living”

A webinar was organised on 21/07/2020 at St. Thomas College of Arts and Science, on the above mentioned topic. This was a programme related to the benefits 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 benefits of yoga. Discussed the benefits of yoga for our college students, 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 yoga in our day-to-day life 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



St.Thomas College of Arts and Science
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Department of Physical Education in
association with IQAC cordially invites you
for the Webinar on

YOGA IS A WAY OF RIGHT LIVING

A talk on the benefits of the Yoga
for the Students of St.Thomas College

Resource Person



Dr.P.Baskaran

International Yoga Champion, Yoga Expert, Chennai.

July 21, 2020 | Time : 3.00 pm

For Registration : <https://forms.gle/6NgrTwJQ9JRsikbo6>

Mr.Shibi Mathai
IQAC Coordinator

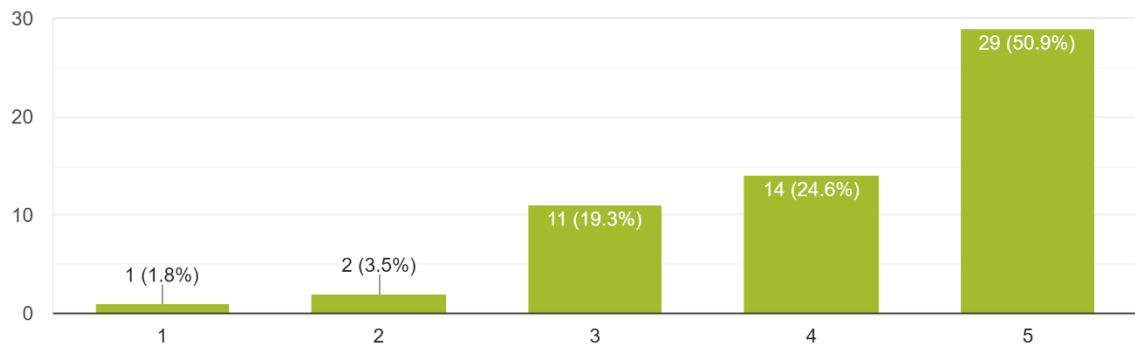
Dr.T.Selvaganapathi
Director of Physical Education

Dr.N.Thangavel
Principal

Online Admission : www.saintthomascollege.com

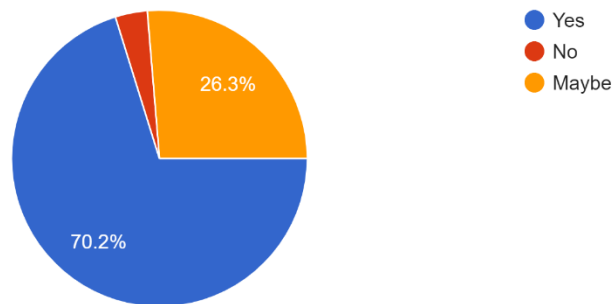
2.How was the impact of the session?

57 responses



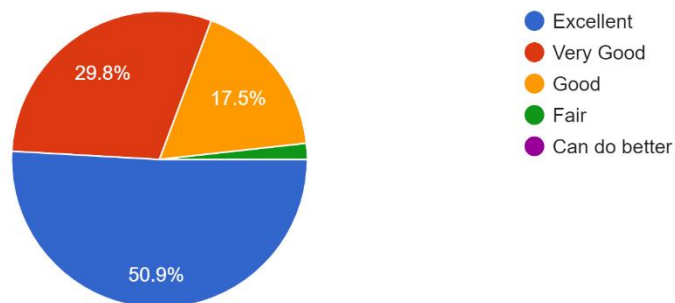
3.Did the session meet your expectation?

57 responses

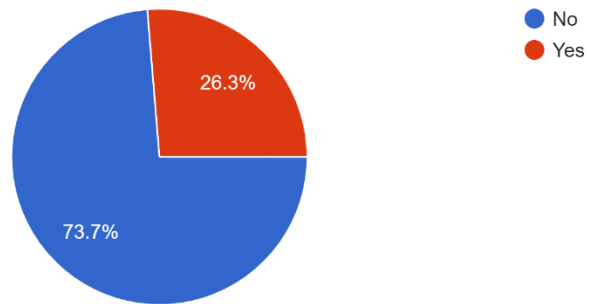


4.How was the presentation of the speaker?

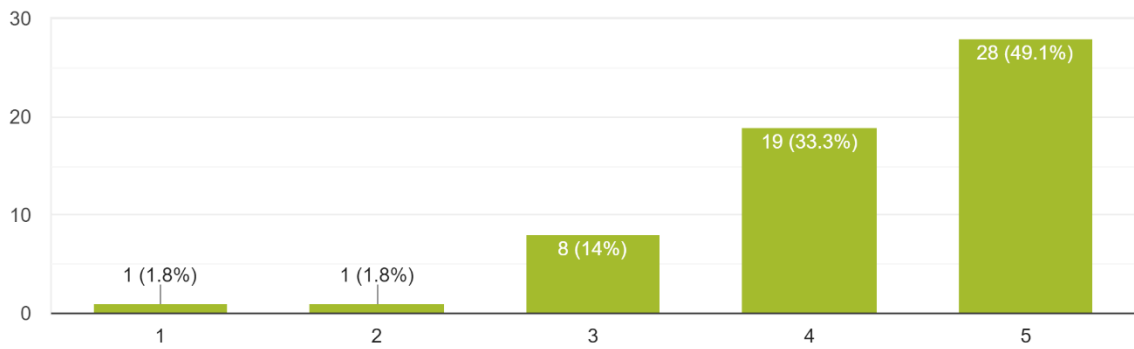
57 responses



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



6. How satisfied were you with the session content?
57 responses



7.Do you have any other comments or feedback?

57 responses

