



Event Report on online Webinar "Learn Yoga"

Program sponsored by
AICTE Scheme for Promoting Interacts Creativity and Ethics among Students (SPICES) | Rotary

DGCT - Aditi
Institution's INNOVATION COUNCIL
Entrepreneurship Development and Technology Incubation Cell (EDTIC)

Online Webinar

DHIRAJLAL GANDHI COLLEGE OF TECHNOLOGY
Accredited by NAAC
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai
SALEM

Learn Yoga

07th October 2021
10:30 AM - 12:00 PM

Smt. Archana Manojkumar
Secretary | DGCT

Dr. A. Selvaraj
Principal | DGCT

Coordinator
Rtn. **Dr. N. Thillaikarasi**
Dean Student Affairs & PRO

Co-Coordinator
Dr. D. Rajeswari
ASP | Physics

Speaker
Rtn. Sreepriya Venkatesan
Yoga Trainer | Social Activist
Founder, The Srishti Tree Trust
Women Empowerment Chair | RID : 2982

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Organized by:
ADITI-Women Empowerment Club,
Dhirajlal Gandhi College of Technology, Salem

Aditi – Women Development Club of DGCT and Rotary Club jointly organized an online Webinar on “Learn Yoga” on 7th October 2021 between 10.30 am to 12.00 noon for the students of DGCT.

The objective of the webinar was to make the students understand the significance of yoga and meditation. To practice mental hygiene, emotional stability and to integrate moral values.

Rtn. Sreepriya Venkatesan, Yoga Trainer, Social Activist, Founder/The Srishti Tree Trust and Women Empowerment Chair | RID:2982, Salem, was the resource person. Dr. N. Thillaikarasi, Coordinator, AICTE-SPICES Programme & Aditi-Women Development Club, DGCT commenced the session with welcome address. Smt. Archana Manojkumar, Secretary, DGCT, gave felicitation. Dr. D. Rajeswari, Co-Coordinator, AICTE-SPICES Programme & Aditi-Women Development Club, DGCT introduced the resource person.

During the webinar the Yoga Trainer Rtn. Sreepriya Venkatesan emphasized the benefits of practicing yoga for mental and physical well-being. She also performed some simple asanas that students can practice during their daily routine. Particularly students realized that Yoga and meditation is a great remedy to remove their tensions, to attain calm mind, good concentration and Rejuvenation of the body and mind etc. 58 students got benefited through this session which was beneficial for the overall development of the students. Ms. A. Hazeera Banu, AP/English, DGCT, concluded the session with vote of thanks.

Google meet link : meet.google.com/mjn-cayf-iet

No. of Participants: 58

Glimpses of Webinar:



