



Webinar on "Yoga to stay healthy in these Covid times"



ACS College of Engineering

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Many experts have recommended yoga for women to help them successfully cater to the multiple demands on their time. Yoga does more for women than just make their bodies supple. It lends balance to the mind and nourishment to the soul. That is why women should not consider yoga as another chore on their overloaded schedule but as a necessary activity that will help them handle their other obligations optimally.

Department of **CSE and ECE** with the help of **SHE** committee members of ACSCE, provided the opportunity for girl students and lady faculties of ACSCE by organizing a webinar "**Yoga to stay healthy in these covid times**".

Event was organized and conducted on 27/07/2021 @3pm through online platform using Microsoft teams

ACS College of Engineering
Approved by AICTE New Delhi, Affiliated to VTU, Belagavi
(A Unit of RajaRajeswari Group of Institutions)
CET Code : E186 COMED-K : E003 PGCET : T918

Conducting event on
YOGA TO STAY HEALTHY DURING THESE COVID TIMES
Only for girls

Yoga Master
Dr. Vidya M J
RV College of Engineering

Principal
Dr. M.S Murali

Organizer
Dr. Mareeswari V,
HOD(CSE)

Faculty Co-ordinator
She Committee Members

27th July 2021
@ 3:00 pm

Organized by Dept. of CSE

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Brief Profile of the Speaker



Academician with Doctorate in the field of Signal & Image Processing from VTU
Completed State Level Yoga Teacher Education (Prantha Prashikshan) from Shri Pathanjali Yoga Shikshana Samithi, Registered Karnataka.

Achievements:

- Developed “ **DantAstra** ” Software Product, a software for Dental Patient Management.
- Presently Founder & Director of company named “**Giritra Solutions**” at **Nagarabhavi, Bengaluru**
- Biomedical Consultant at **South Asian Society for Oral and Maxillofacial Implantology**
- Innovator of the Registered device “**Amrutha Hani- Automatic Theertha / Holy Water Dispenser** ” to ensure a contact less serving and also maintain hygiene and contamination free Theertha / Charanamrit in the device not only in holy places but also during high crowd scenarios like festivals, rath yatras etc.,
- Has published more than 11 International Journal Papers, 03 Book Chapters, 10 International Conference Papers and 05 National Conference Papers.
- Teaching yoga for free in the **International wing of the Samithi.**

Specialisation:

- Specialisation includes “**Yoga for Professionals**” and “**Laughter Yoga**”

Programs Conducted:

- Presently Conducting 21 day workshop for kids of RV College of Engineering known as Free Online SPYSS-RVCE Kids Yoga
- Recently conducted **12 days Yoga workshop as a part of RVCE Covid Helpline-2021** initiative to build immunity during this pandemic situation
- Yoga Workshops from last **6 years in RVCE** on the occasion of **International Yoga Day.**

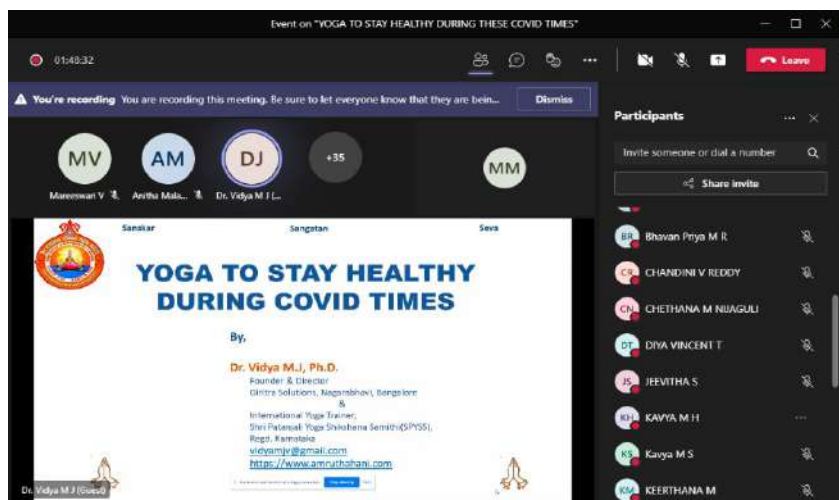
- Initiated **regular yoga workshops** for RVCE faculty and regular yoga classes for boys hostel students of RVCE.
- Her Team has been leading the program of **yoga for youth** in the **induction programme in several engineering colleges like RVCE, SJB Institute of Technology, ACS College of Engineering** and many more.
- **2 branches of Yoga Kendra** under the SPYSS in and around Nagarabhavi Bengaluru - yogic education is given as free seva to mankind.
- Several programs on **Laughter Yoga-A Key to Happiness in RVCE and several other schools and Ladies clubs** in Bangalore

The session began by seeking the blessings of the Almighty by chanting the mantra” Asatoma sadgamaya” followed by welcoming and introducing the speaker by Ahwini A M, Assistant professor, Dept. of ECE.

The yoga instructor, Dr. Vidya M J, took yoga session with great dedication. Students participated with full interest, enthusiasm and eagerness.

Initially a presentation was given and discussed health problems faced by people during covid times like poor physical health, fear of infection and lack of information about the disease, frustration and boredom in homes etc. she also discussed problems of female adolescents like gaining weight called obesity, growth of facial hair known as hirsutism, irregular menstrual cycle called amenorrhea which is caused by genetic problem, eating engineered junk food, having food addiction towards packed food items.

One of the important root causes is lack of physical exercise. So, the problem can be treated by performing yoga Asanas which improves the functions of chemical messengers known as hormones in our body.



Event on "YOGA TO STAY HEALTHY DURING THESE COVID TIMES"

01:49:08

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Participants

Invite someone or dial a number

Share invite

Presenters (2)

Mute all

Mrs. Ashwini A M

Anitha Malaghan Organizer

Dr. Vidya M J (Guest) Guest

Attendees (33)

Arund C (Guest) Guest On hold

ASHITHA K

Ashwini V

Bhavan Priya M R

CHANDINI V REDDY

CHEZHAMA M NIJAGUJI

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Sanskar Sangatan Seva

What happened to health during Covid Times

Poor physical health

Length of isolation

Comorbid mental illness

Fear of infection & lack of information

Age

Socioeconomic background

Frustration & boredom

Parental mental health

Lack of contact with friends & family

Family difficulties

Bereavement

Dr. Vidya M J (Guest)

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ENG 3:01 PM 16/7/2021

Event on "YOGA TO STAY HEALTHY DURING THESE COVID TIMES"

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Participants

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Presenters (2)

Mute all

Mrs. Ashwini A M

Anitha Malaghan Organizer

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Attendees (33)

Arati S Swamy

Arund C (Guest) Guest On hold

ASHITHA K

Ashwini V

Bhavan Priya M R

CHANDINI V REDDY

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CETHAMA M NIJAGUJI

Sanskar Sangatan Seva

Common Problems of Today's Female Adolescents

- Gaining **weight rapidly**
- Troubled by **facial hair**
- Troubled by **Acne**
- Irregular menstrual cycle**

- Obesity** - excess fat or gaining weight
- Hirsutism** - woman develops excessive hair growth
- Amenorrhea** - missing one or more periods

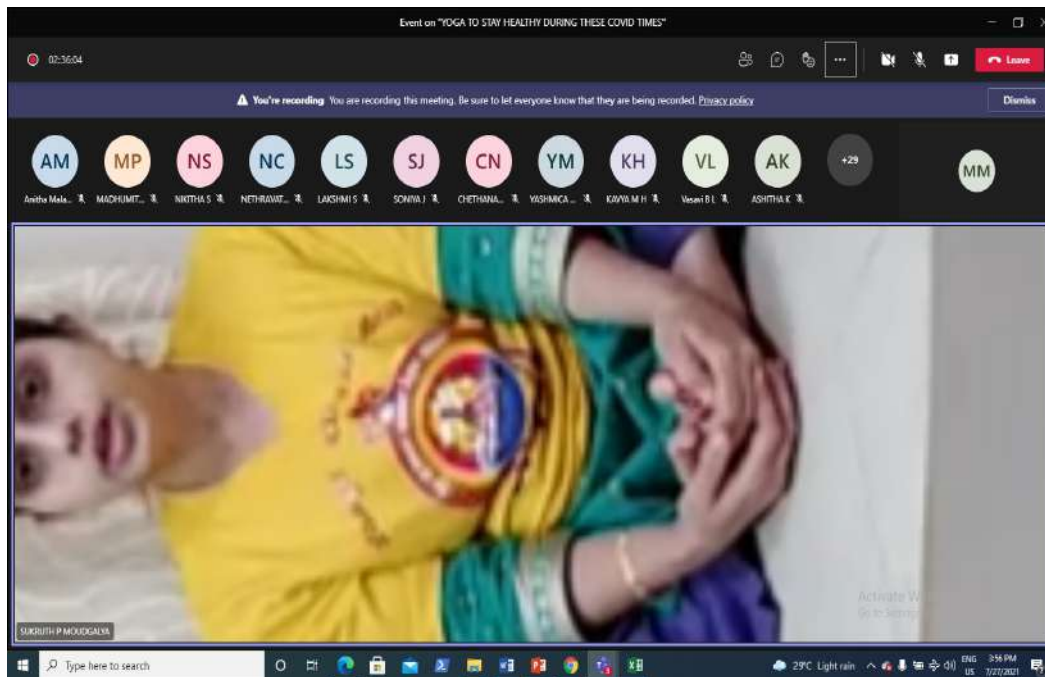
Dr. Vidya M J (Guest)

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Later, she demonstrated a series of Padmasanas, Badhakonasana, Tadasana, BhujangAsana . Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done.



The session concluded with an interactive session between the instructor and the participants in which the queries were addressed satisfactorily. The session was very refreshing, reviving and relaxing.

Mrs. Anitha Malaghan, Assistant professor, Dept. of CSE

Dr. Mareeswari V

Ahwini A M, Assistant professor, Dept. of ECE

SHE Committee-Chairperson

Event Co-ordinators