



**Don Bosco Institute of Technology & Don Bosco
College,
Mumbai - 400070
Report on Webinar 'Ease Yourself with Yoga'**

Title: Guest Session on 'Ease Yourself With Yoga'

Date : 21st June 2021

Time : 10:00 AM to 11:30 AM

Venue :

Zoom Link (for Faculty):

<https://us02web.zoom.us/j/82659611565?pwd=V09tQmY3UVpBVkdWb3p0c2dneVB3QT09>

Meeting ID: 826 5961 1565

Passcode: 402952

Youtube Link (for Students):

<https://youtu.be/X0vW4CDeLJE>

Participants: Zoom Participants [116]

Youtube views [1,723 views] till 28th June 21

Resource Person : Mr. Atul Gandre [Householder Yogi, Certified Yoga Instructor]

Organizing Department / Committee / Authority : Department of Computer Engineering

Faculty Coordinators: Ms. Sana Shaikh and Ms. Sejal Chopra

Objective: To celebrate International Yoga day with various yoga asanas being practiced.

Outcomes: Faculty and Students will practice various yoga asanas for living a better healthy life.

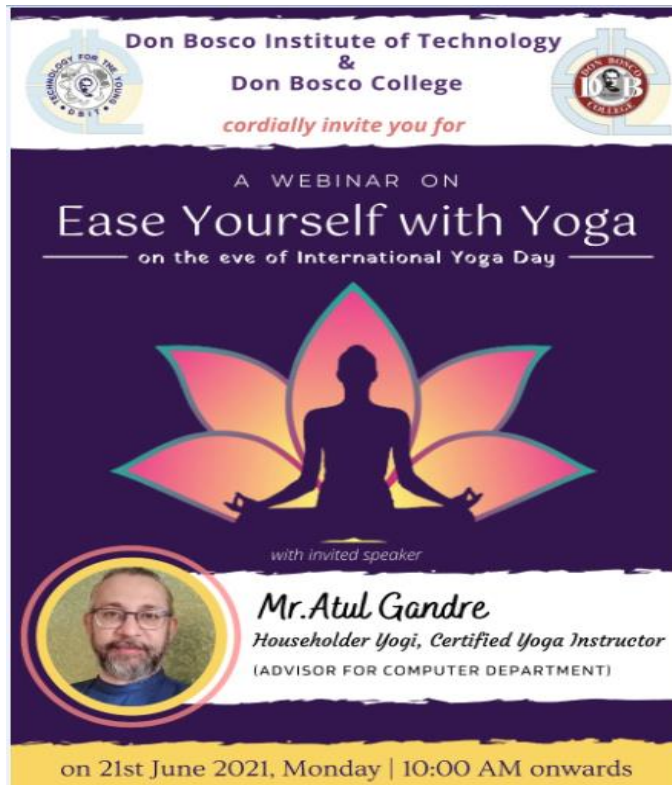
Report:

A Guest Session was organized on the eve of "International Yoga Day", 21st June 2021, for the faculty and students of Don Bosco Institute of Technology and Don Bosco College from 10:00 am to 11:30 am on 'Ease Yourself with Yoga'. The invited speaker for the session was Mr. Atul Gandre who works as a Global Technology Head for a leading IT firm (also Advisor for Don Bosco's Computer division). He is a Yoga enthusiast and practitioner with Yoga Instructor certification. He is a lifelong learner of Yoga as well as Indian philosophy and is undergoing Advanced Teacher Training Program from 'The Yoga Institute', Mumbai. He believes and propagates that every householder has a tremendous potential to imbibe Yoga in daily life and attain the much required balance of mind, with ease.

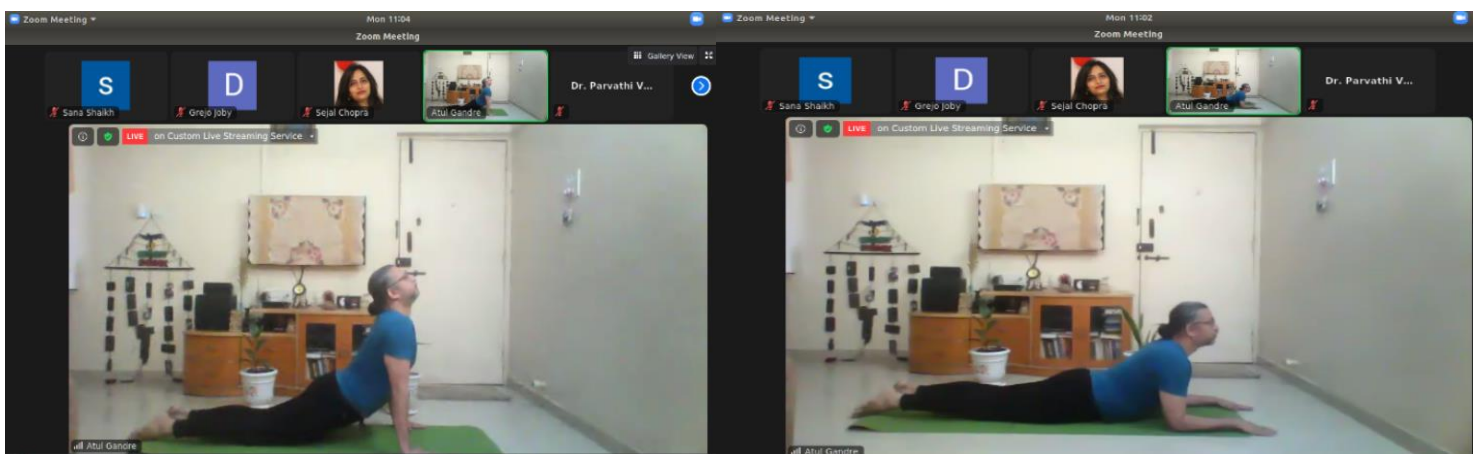
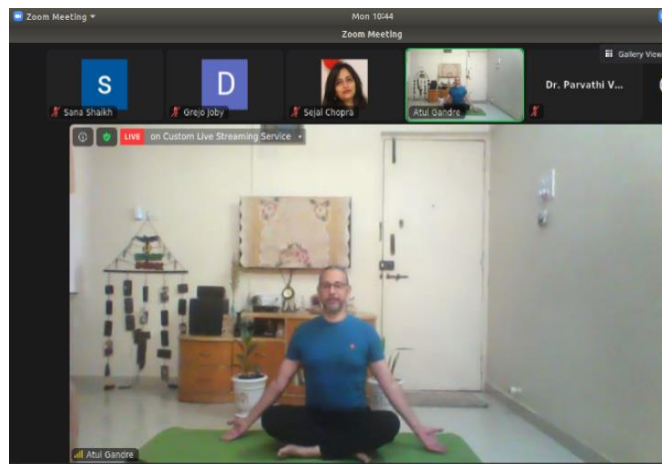
The session was attended by 116 participants on zoom and 1,723 views till 28th June 21 on YouTube. The host of the session was Ms. Sejal Chopra who started the session with a small welcome note. Dr. Parvathi V (Principal, Don Bosco College) started with a refreshing note on Origin of Yoga and its importance in our daily lives. The speaker was introduced by Ms. Sana Shaikh (HOD, Computer department). The speaker briefly explained the basics of yoga and its various types, do's and don't's required for practicing yoga and correct ways of doing it. The speaker then demonstrated the steps to be carried out for various yoga asanas which was practiced simultaneously by people who were attending the session. He provided authentic yoga techniques that were simple to adopt and easy to practice in daily lives.

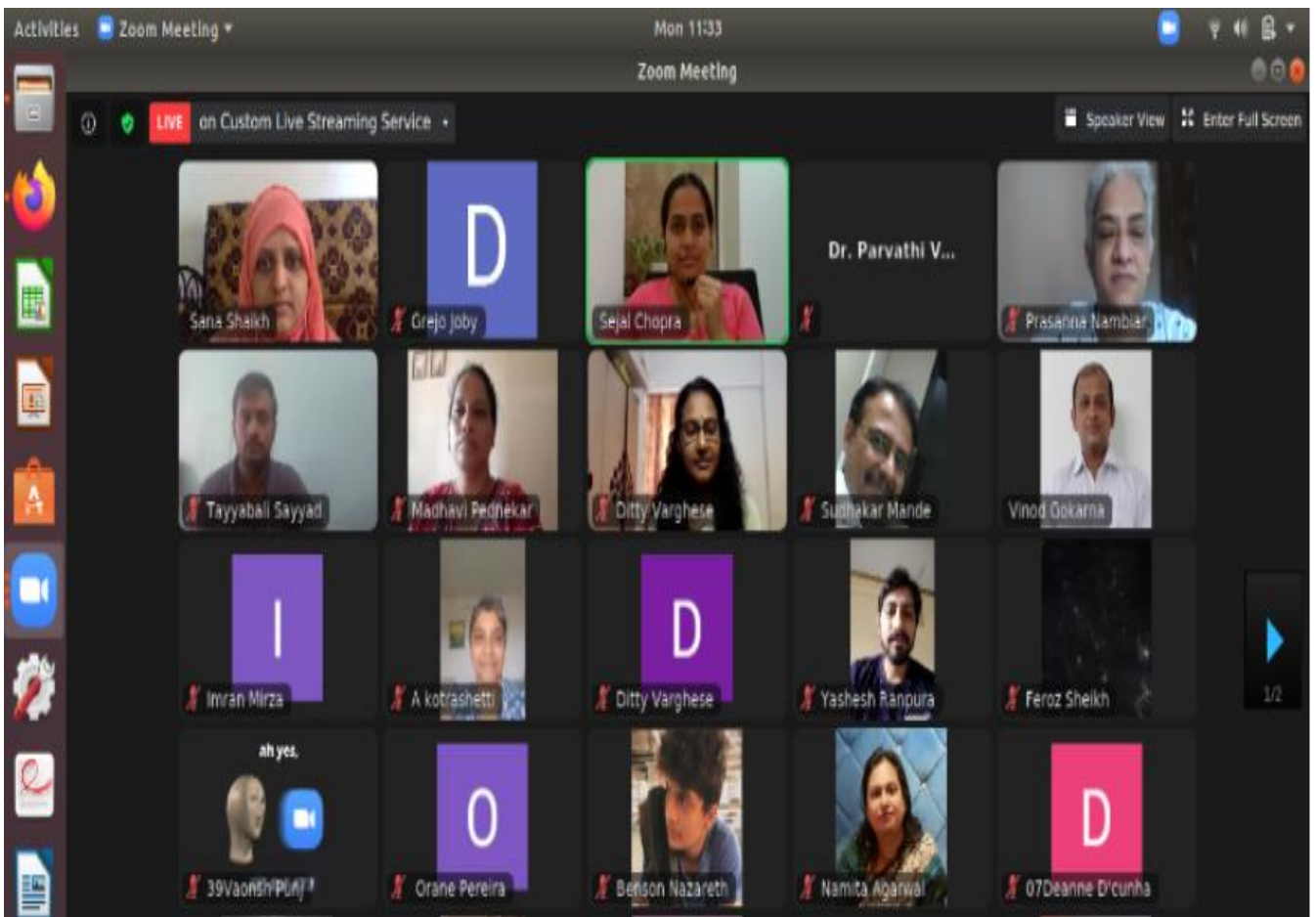
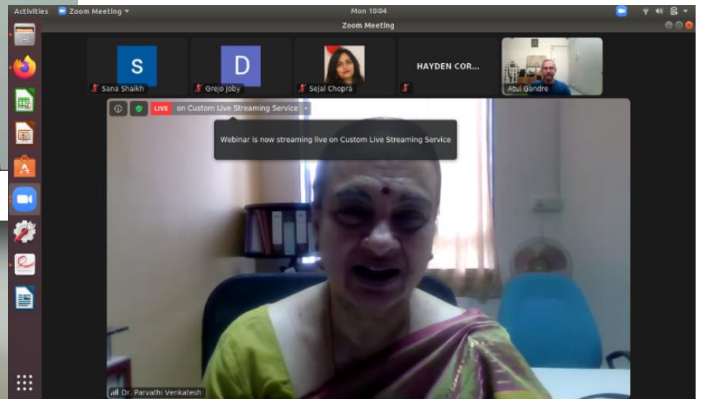
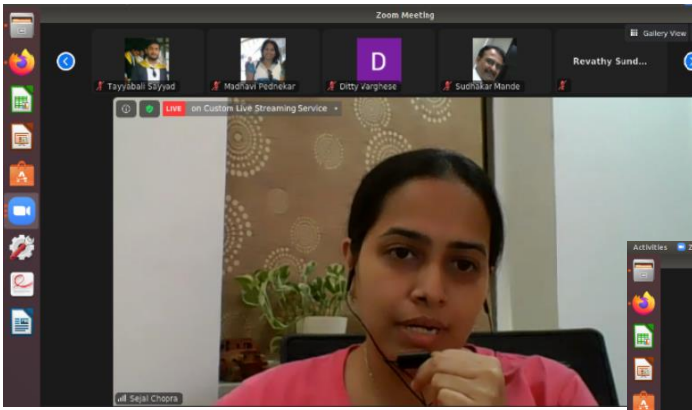
Ms. Sejal Chopra offered a token of thanks and this marked the end of the session.

Poster:



Pictures:





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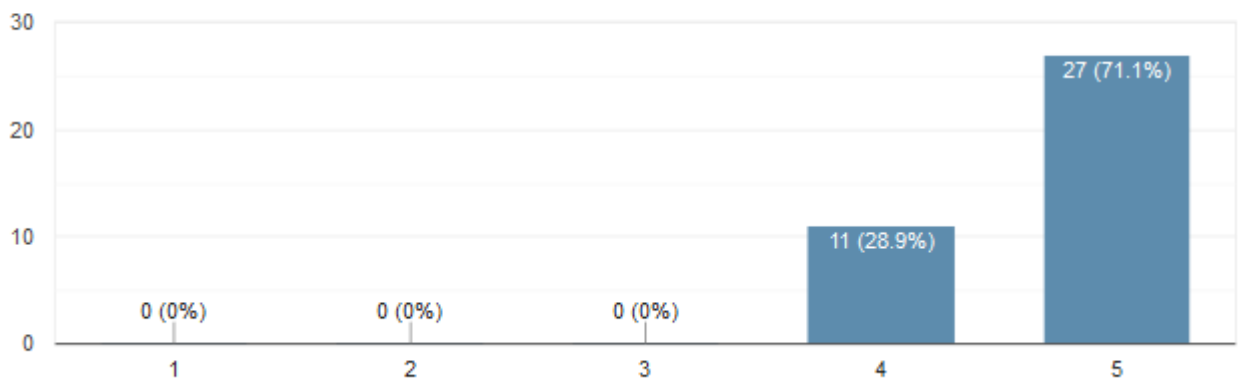
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Feedback Analysis:

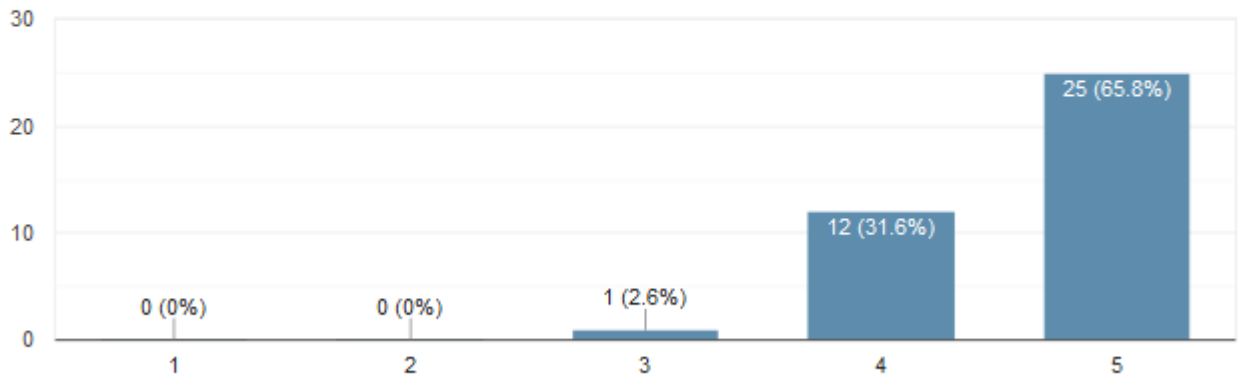
How organized did you find the event?(Please rate on the scale of one to five-one being the least organized and five being the most organized)

38 responses



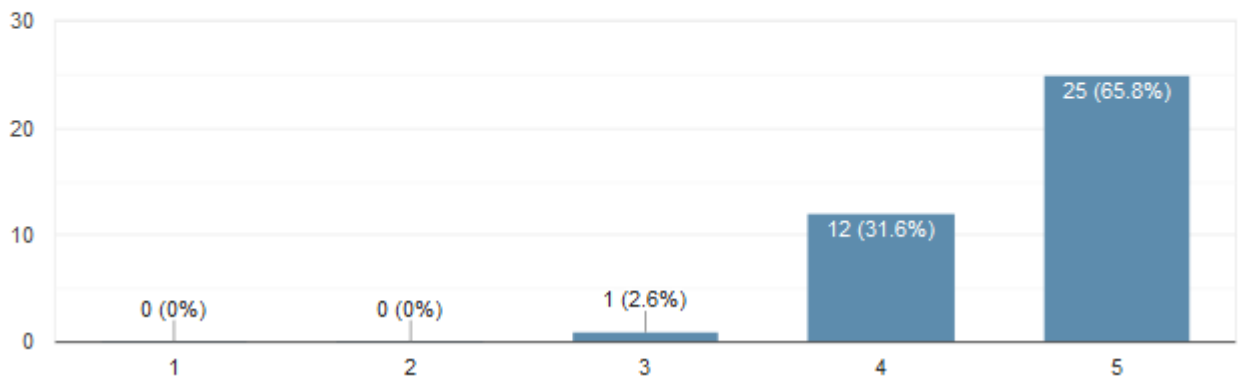
How interesting did you find the event?(Please rate on the scale of one to five-one being the least interesting and five being the most interesting)

38 responses



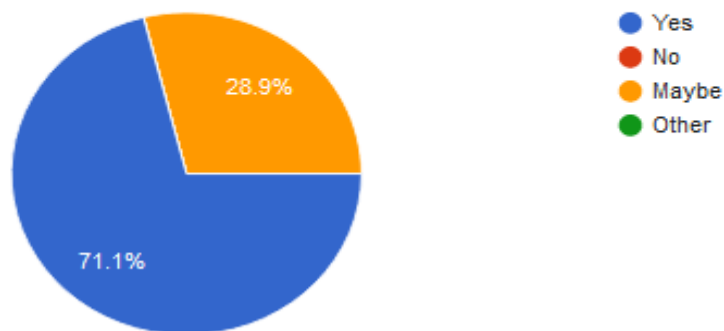
How structured did you find the speakers talk was?(Please rate on the scale of one to five-one being the least structured and five being the most structured)

38 responses



Would you say attending today's session will impact you to start practicing Yoga daily?

38 responses



Report Prepared By: Ms. Sana Shaikh and Ms. Sejal M Chopra