

## Report

**AMITY COLLEGE**  
Department of Physical Education  
Amity University

**Webinars on**

**Women: The Pivot Point of Health and Wellness of the Family**  
Date: 18th May, 2020  
Time: 10:00am to 11:00am

**Yoga and Immunity**  
Date: 20th May, 2020  
Time: 10:00am to 11:00am

**Dr. Kalpana**  
Head & Director  
Amity School of Physical Education & Sport Sciences  
Amity University

**Mr. Lalit Madaan**  
Yoga Therapist/ Instructor  
Morarji Desai National Institute of Yoga

**For registration**

**Chief Patron**  
Dr. Rekha Sapra, Acting Principal

**Organizing Team**  
Ms. Looke Kumari (Assistant Professor)  
Dr. Shubhra Kathuria (Assistant Professor)  
Dr. Sonali Jain (Assistant Professor)

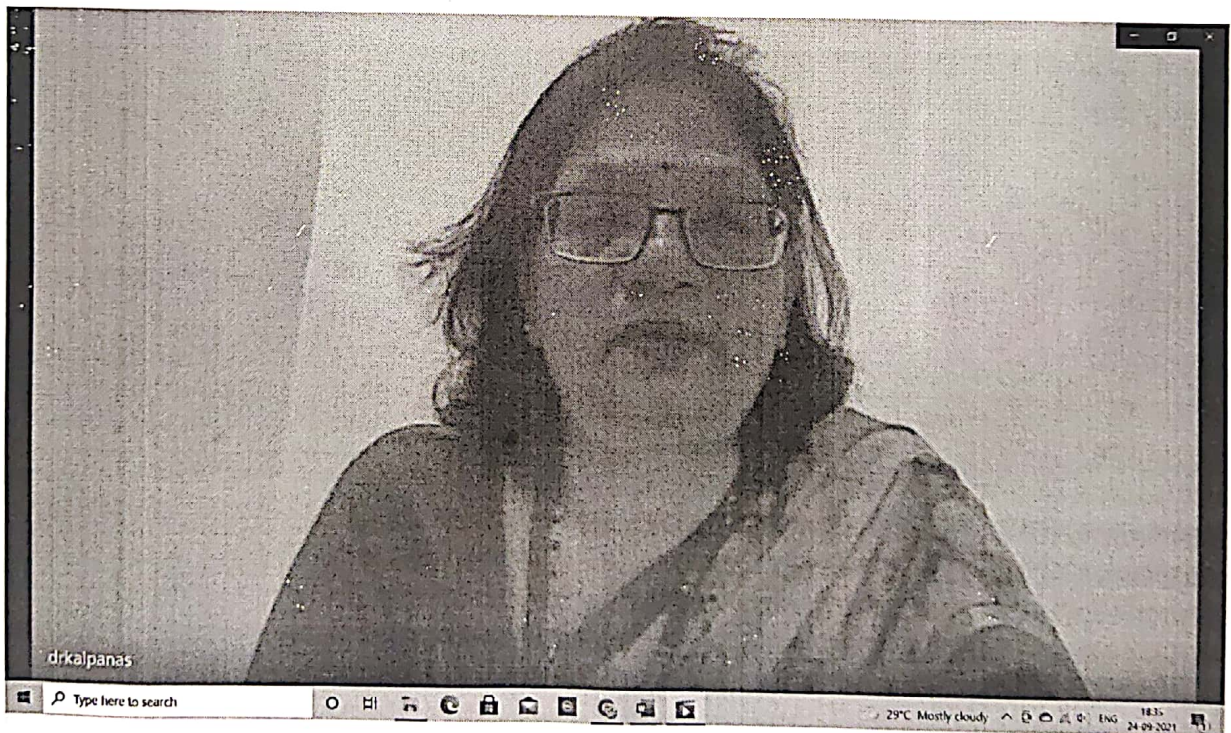
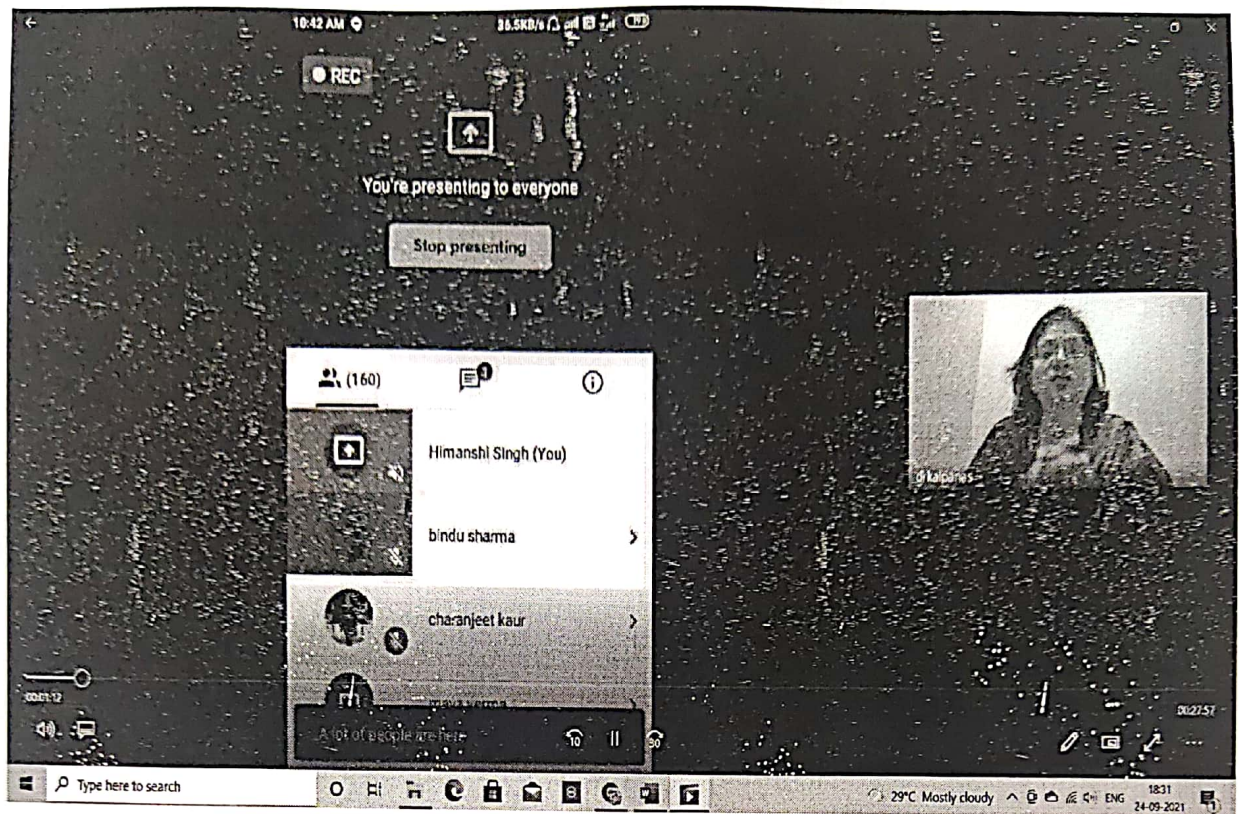
e-Certificate will be provided

Department of Physical Education, Bharati College conducted a webinar on 18<sup>th</sup> May 2020 on topic 'Women: The Pivot point of health and wellness of the Family'. The webinar was coordinated by Dr Shubhra Kathuria, Director Physical Education as organising Secretary and Speaker

Prof (Dr) Kalpana Sharma, Director Physical education, Amity School of Physical Education & Sports Sciences, Amity University in which she emphasised on how women are dealing with over all growth, health and wellness of their families. How women help families during financial crises and How she motivates her family members during bad times. Total 170 participants attended the webinar on google meet platform. Many questions were asked by participants to the speaker and they were happy and getting positive response.

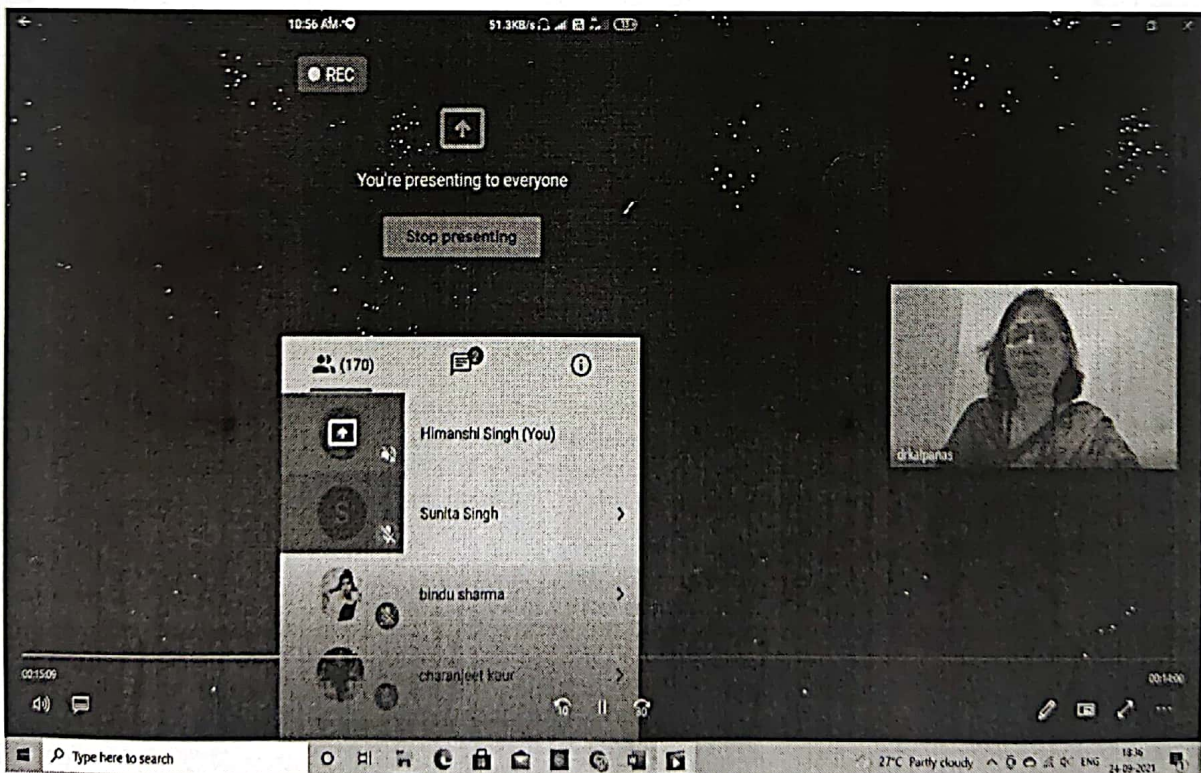
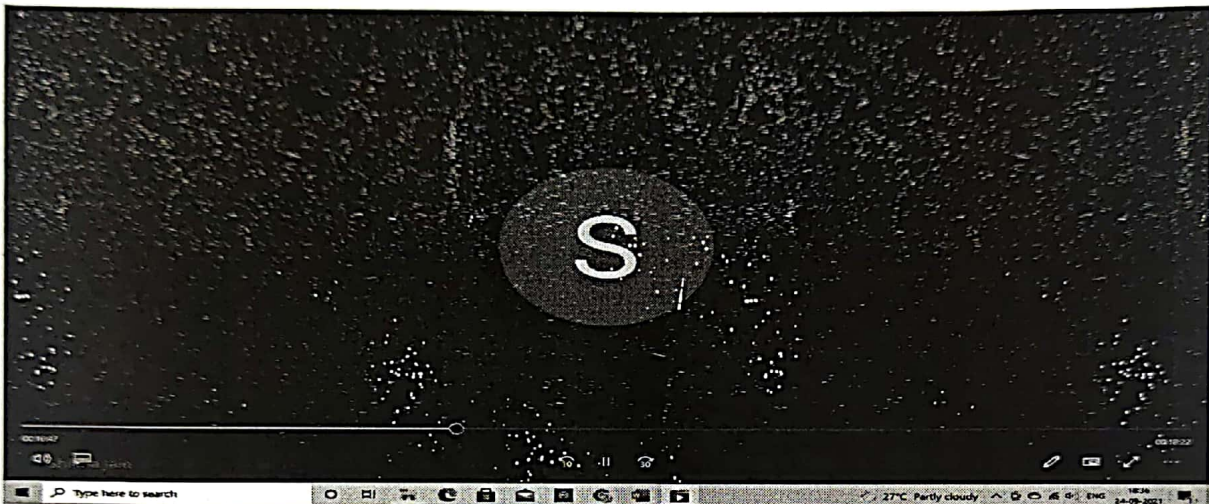
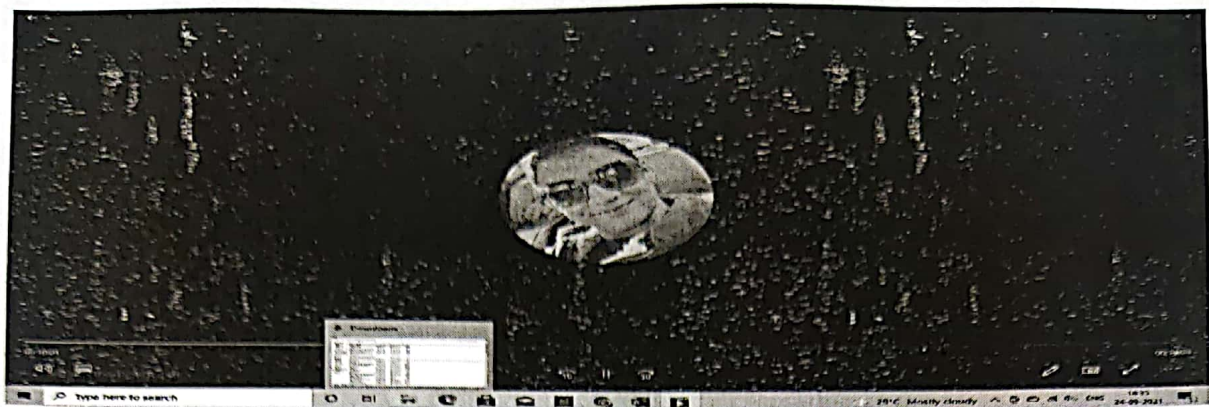
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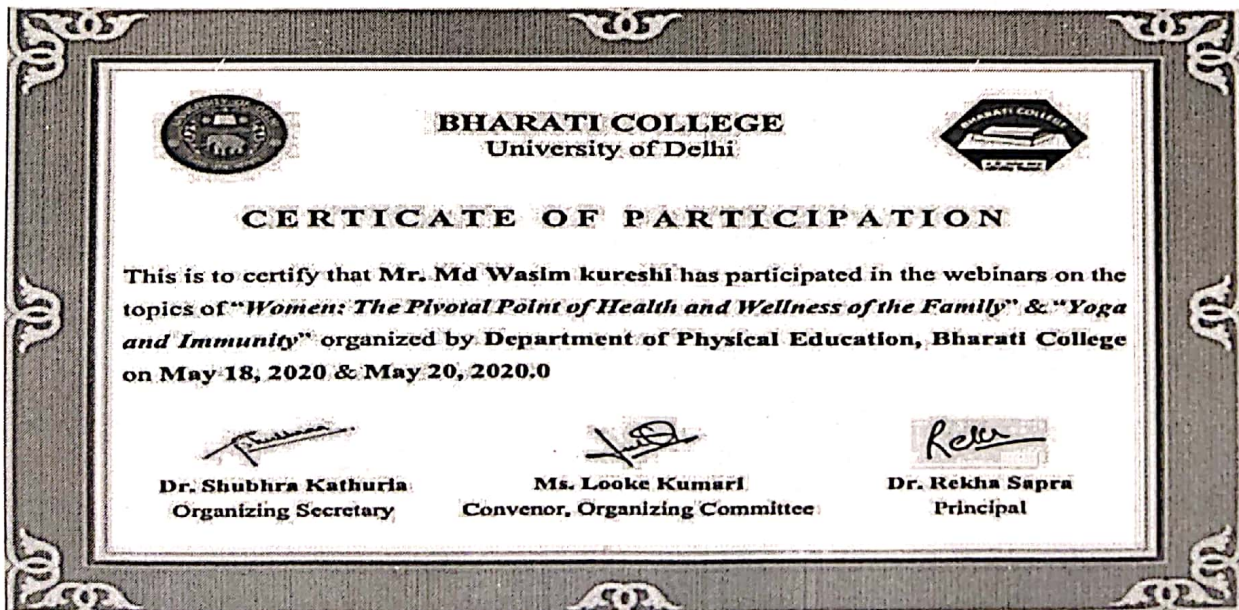
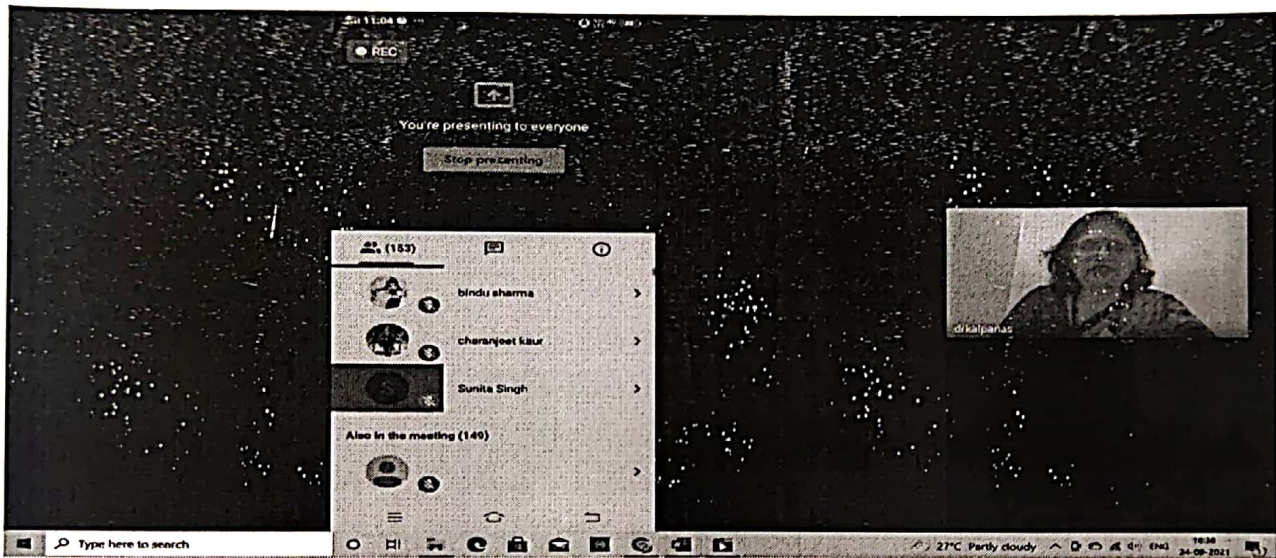
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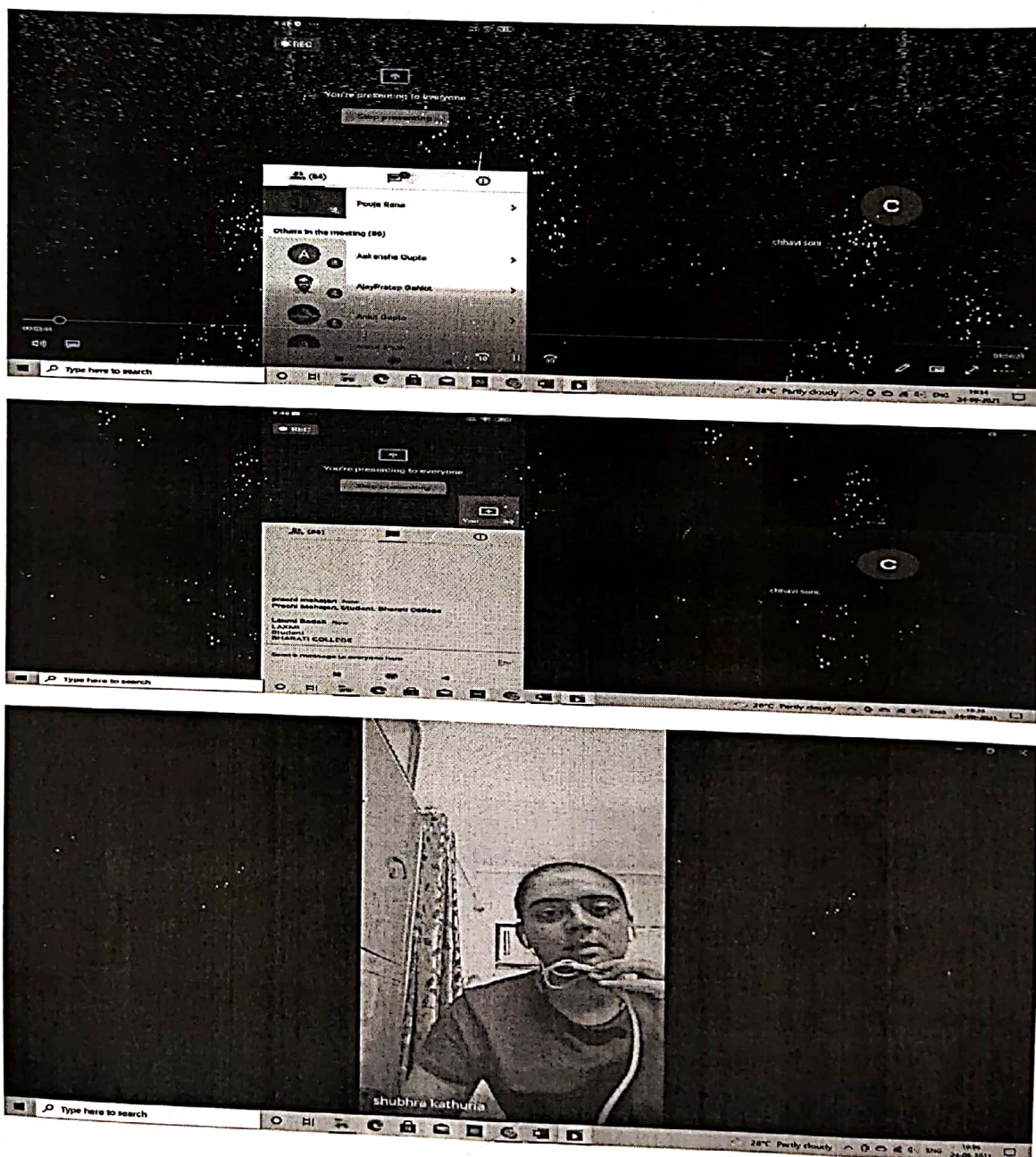


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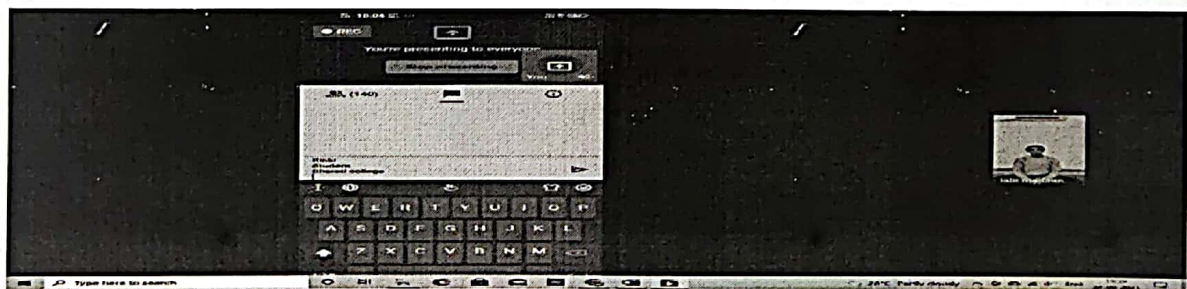
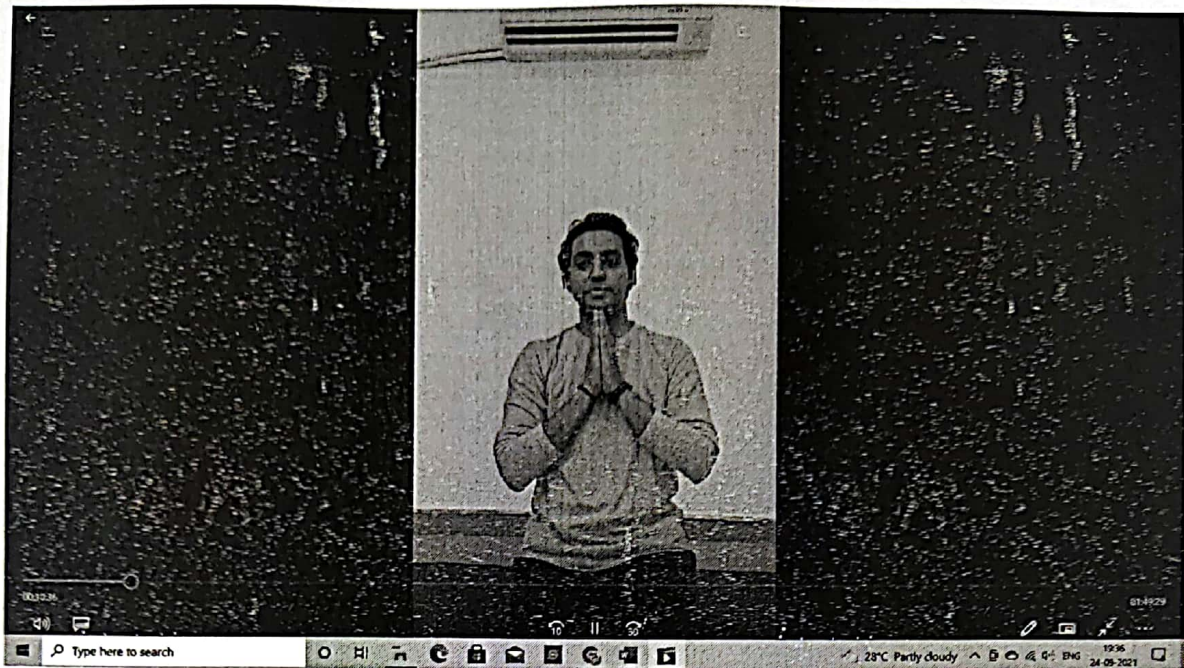
## Report

Department of Physical Education, Bharati College conducted a webinar on 20<sup>th</sup> May 2020 on topic 'Yoga and Immunity'. The webinar was coordinated by Dr Shubhra Kathuria, Director Physical Education as organising Secretary and Speaker Yoga Acharya Shri Lalit Madaan, Yoga therapist from Morarji Desai National Institute of Yoga in which he emphasised on how we as individual can boost our immunity with yogasana during the pandemic. How people can stay mentally strong during the time of world crises. He explained what is yoga, its different asana's & benefits. what is pranayama and its benefits. He performed asana and our participants too performed along. Many participants asked questions on medical treatments in yoga related to arthritis, asthma etc. Around 160 participants attended the webinar.



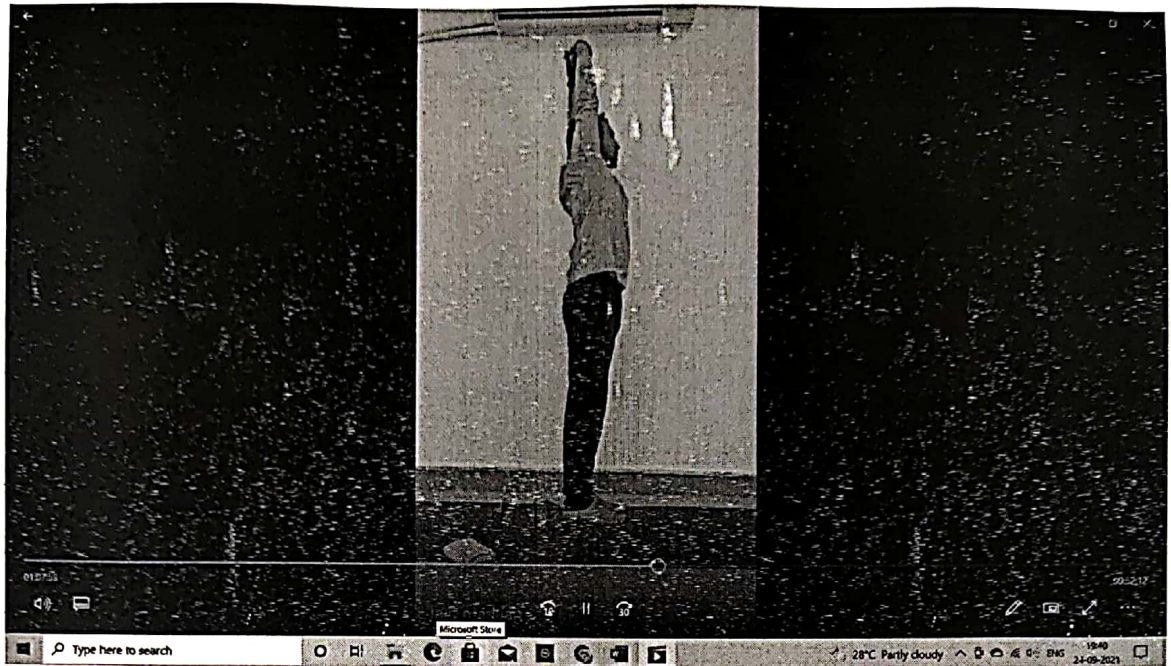
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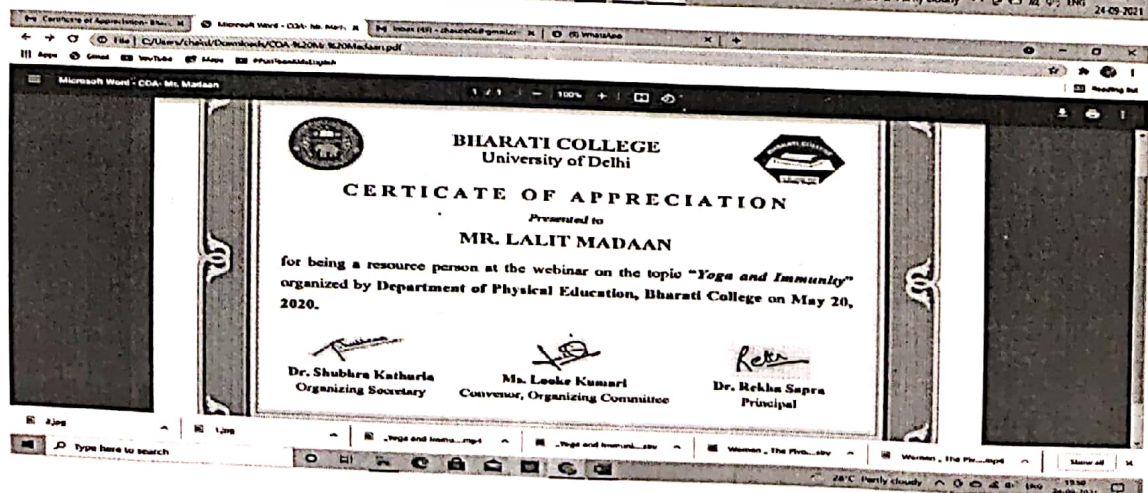
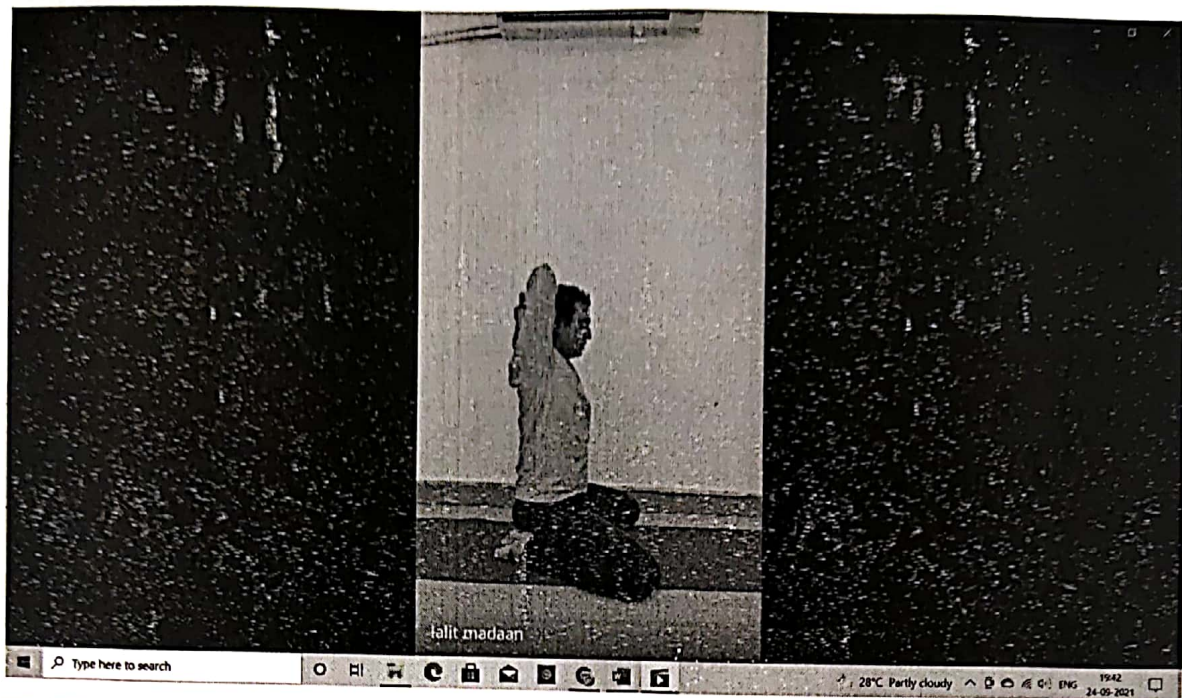
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