



"Ye shall know the truth and the truth shall set you free" John 8:32

Andhra Christian College, Guntur

(Day, Evening & P.G.)



Andhra Pradesh, India - 522001
Reaccredited with "A" Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION & IQAC

in collaboration with

ACHARYA NAGARJUNA UNIVERSITY

jointly organising

A TWO DAY NATIONAL WEBINAR

on

"Yoga and Wellness during COVID-19 period"

7th & 8th October, 2020; 10:30 a.m. to 01:00 p.m.

Chief Patron



Most Rev. Dr. K. F. Paradēsi Babu
Moderator Bishop, A. E. L. Church &
Correspondent, A. C. College

Chairperson



Dr. T. Anita Susan
Principal
A. C. College

Inaugural Address



Dr. P. P. S. Paul Kumar
Director of Physical Education &
Secretary, Sports Board
Acharya Nagarjuna University

Resource Person



Dr. K. Venkatachalapathy
Assistant Professor & Director I/c
Centre for Yoga Studies
Annamalai University

Resource Person



Mrs. A. Radhika
Assistant Professor
Department of Yoga, UCPESS,
Acharya Nagarjuna University

Organising Secretary

Dr. G. A. Preetam Prakash
Head, Department of Physical Education
9848428844

Convener

Dr. K. Moses
Coordinator, IQAC
9848183194

Email : accollegewebinar@gmail.com

Registration Link:

<https://forms.gle/q7y3tqj7bcu2wXk7>

Instructions & Participation links will be send through
Email & Whatsapp Group



PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G.)
GUNTUR

Andhra Christian College::Guntur

Report on the Two-Day National Webinar on

"Yoga and Wellness during COVID-19 Period"

Introduction

The global COVID-19 pandemic has brought forth unprecedented challenges, impacting not only the physical health of individuals but also their mental and emotional well-being. In response to these challenges, the Department of Physical Education and the Internal Quality Assurance Cell (IQAC) of Andhra Christian College, Guntur, in collaboration with Acharya Nagarjuna University, organised a Two-Day National Webinar titled "Yoga and Wellness during COVID-19 Period" on the 7th and 8th of October, 2020. The webinar aimed to address the importance of yoga and wellness practices in mitigating the effects of the pandemic, focusing on the holistic health of individuals.

Objectives of the Webinar

The primary objectives of this webinar were:

1. To emphasize the significance of yoga in maintaining physical, mental, and emotional well-being during the COVID-19 pandemic.
2. To provide insights into the practical applications of yoga as a means of coping with the stresses induced by the pandemic.
3. To explore various wellness strategies that can be adopted to enhance overall health during such critical times.
4. To offer a platform for experts to share their knowledge and engage with participants on the benefits of yoga and wellness practices.

Chief Patron and Chairperson

The webinar was held under the esteemed patronage of Most Rev. Dr. K. F. Paradesi Babu, Moderator Bishop of the Andhra Evangelical Lutheran Church (AELC) and Correspondent of Andhra Christian College, Guntur. Dr. T. Anita Susan, the Principal of Andhra Christian College, served as the Chairperson for the event. Their leadership and vision were instrumental in the successful organization and execution of the webinar.

Inaugural Session

The webinar commenced with an inaugural address by Dr. P. S. Paul Kumar, Director of Physical Education and Secretary of the Sports Board at Acharya Nagarjuna University. Dr. Paul Kumar emphasized the importance of maintaining physical health through regular exercise, especially in times of a global health crisis. He highlighted how yoga, with its deep-rooted tradition in Indian culture, offers a comprehensive approach to health that includes physical exercise, mental relaxation, and spiritual awakening.

Sessions and Resource Persons

Day 1: October 7th, 2020

The first day of the webinar featured an in-depth session led by Dr. K. Venkatachalapathy, Assistant Professor and Director i/c of the Centre for Yoga Studies, Annamalai University. Dr. Venkatachalapathy's session focused on the therapeutic benefits of yoga, particularly in strengthening the immune system and reducing stress, which are critical factors during the COVID-19 pandemic.

Dr. Venkatachalapathy began by discussing the physiological impacts of yoga on the body. He explained how regular yoga practice can enhance respiratory and cardiovascular function, improve flexibility, and boost overall energy levels. He also touched upon the psychological benefits of yoga, such as reducing anxiety, depression, and stress—ailments that have seen a significant rise during the pandemic due to prolonged isolation and uncertainty.

The session was interactive, with Dr. Venkatachalapathy demonstrating various yoga postures (asanas) and breathing techniques (pranayama) that can be easily incorporated into daily routines. He encouraged participants to practice these techniques regularly to build resilience against the physical and mental challenges posed by the pandemic.

Day 2: October 8th, 2020

The second day of the webinar featured a session by Mrs. A. Radhika, Assistant Professor in the Department of Yoga at UCPESS, Acharya Nagarjuna University. Mrs. Radhika's session was centered around the concept of wellness during the COVID-19 period, with a specific focus on the role of yoga in promoting holistic well-being.

Mrs. Radhika began her session by defining wellness as a multi-dimensional concept that includes physical, mental, emotional, and spiritual health. She highlighted the interconnectedness of these dimensions and how imbalances in one area can affect overall well-being. She explained how the COVID-19 pandemic has disrupted the balance in many people's lives, leading to increased stress, anxiety, and health issues.

The session provided practical advice on how to use yoga as a tool for restoring balance and enhancing wellness. Mrs. Radhika demonstrated several simple yoga postures and breathing exercises designed to calm the mind, strengthen the body, and uplift the spirit. She also discussed the importance of mindfulness and meditation in managing stress and maintaining emotional stability during challenging times.

Throughout the session, Mrs. Radhika emphasized the importance of regular yoga practice as part of a comprehensive wellness routine. She encouraged participants to integrate yoga into their daily lives, not just as a physical exercise but as a holistic approach to health and well-being.

Participation and Interaction

The webinar saw active participation from students, faculty members, and yoga enthusiasts from across the country. The interactive nature of the sessions allowed participants to engage with the resource persons, ask questions, and seek guidance on various aspects of yoga and wellness. The use of Zoom as the platform for the webinar facilitated seamless communication and interaction, ensuring that participants could benefit fully from the knowledge and expertise shared by the speakers.

Organizing Committee

The webinar was meticulously organized by a dedicated team led by Dr. G. A. Preetham Prakash, Head of the Department of Physical Education at Andhra Christian College, who served as the Organizing Secretary. The coordination and planning by Dr. K. Moses, IQAC Coordinator, were instrumental in the smooth execution of the event. The organizing team ensured that all logistical aspects were managed effectively, from participant registration to the distribution of participation links and instructions.

Key Takeaways

1. **Yoga as a Tool for Immunity and Stress Management:** The sessions underscored the importance of yoga in boosting immunity and managing stress during the COVID-19 pandemic. The practical demonstrations of yoga postures and breathing techniques provided participants with valuable tools to enhance their physical and mental health.
2. **Holistic Wellness Approach:** The webinar emphasized the need for a holistic approach to wellness, particularly during times of crisis. Participants were encouraged to adopt a balanced lifestyle that includes regular physical activity, healthy eating, and mental relaxation.
3. **Practical Application:** The interactive nature of the sessions allowed participants to gain hands-on experience with yoga practices that could be easily incorporated into their daily routines. The resource persons provided practical advice on how to maintain consistency in practice and achieve long-term health benefits.
4. **Community and Support:** The webinar fostered a sense of community among participants, providing a platform for sharing experiences and supporting one another in their wellness journeys. The discussions highlighted the importance of staying connected and supporting each other during challenging times.

Conclusion

The Two-Day National Webinar on "Yoga and Wellness during COVID-19 Period" was a significant success, achieving its objectives of promoting yoga and wellness practices as essential tools for navigating the challenges of the COVID-19 pandemic. The insightful presentations by the resource persons, coupled with the active participation of attendees, made the event a valuable learning experience for all involved.

The event highlighted the relevance of traditional practices like yoga in modern times, especially during global health crises. The knowledge and skills imparted during the webinar are expected to have a lasting impact on the participants, encouraging them to incorporate yoga and wellness practices into their daily lives for better health and well-being.

The organizing team, led by Dr. G. A. Preetham Prakash and supported by Dr. K. Moses, deserves commendation for their efforts in putting together such a well-organized and impactful event. The success of this webinar serves as a testament to the importance of continued learning and adaptation in the face of unprecedented challenges, and it underscores the role of educational institutions in fostering holistic health and wellness in society.

In conclusion, the Two-Day National Webinar on "Yoga and Wellness during COVID-19 Period" has set a high standard for future events, demonstrating the power of collaboration, knowledge sharing, and community support in promoting health and well-being during times of crisis.