ACTIVITIES FOR THE ACADEMIC YEAR 2020-21

1. Two Day National Webinar On Yoga and Wellness during Covid – 19 Period

Department of Physical Education & IQAC

In collaboration with Acharya Nagarjuna University

Organized

A Two Day National Webinar on Yoga and Wellness during Covid – 19 Period

The Department of Physical Education, Andhra Christian College hosted a 2 day National Webinar on Yoga and Wellness during Covid – 19 period on the 7th & 8th of October 2020. The **Most Rev. K. F. Paradesi Babu,** Moderator Bishop AEL Church and correspondent of A.C. College greeted the participants and spoke about the importance of Yoga for health and happiness.

Dr. P.P.S Paul Kumar, Director of Physical Education and secretary, sports board, ANU delivered the inaugurated letters. He highlighted the significance of Yoga for mental, spiritual and physical wellbeing.

Dr. K. Venkatachalapathi, Asst. Professor and director in-charge, Center for Yoga Studies Annamali university was one of the resources persons. He spoke at length on the benefits of Yoga to combat Covid – 19.

Mrs. A. Radhika, Asst. Professor Department of Yoga UCPESS, ANU pointed out the advantages of inculcating the practice of Yoga for general health and

mentioned that the Prime Minister Sri. Narendra Modi also instilled confidence among the people that Yoga can be the source of relief from Covid-19.

Dr. K. Moses, Vice principal & co-ordinator IQAC, officiated as Convener for the webinar. **Dr.G.A. Preetham Prakash,** Physical Director conducted the seminar successfully as organizing secretary.

2. Online Classes on Covid protocols (2020-2021)

During the time of Covid 2020 the department of physical education A.C. College under the leadership of **Dr. G. A. Preetham Prakash** held online classes for sports persons of A.C. College. The participants were instructed to practice Yoga at home exercise regularly follow Covid protocol by social distancing wearing mask, drinking warm water, eating nutritious and healthy food, staying at home etc.

They were also instructed to Covid test if any symptoms of Covid were seen in them. The importance of D - Vitamin, Dry Fruits, Protein food like boiled eggs, vitamins and minerals were stressed upon.

During that time in order to maintain social distancing games were avoided but at the same time the courts were maintained in good condition.

ONLINE CLASSES CONDUCTED DURING COVID PERIOD