



## Activity Report

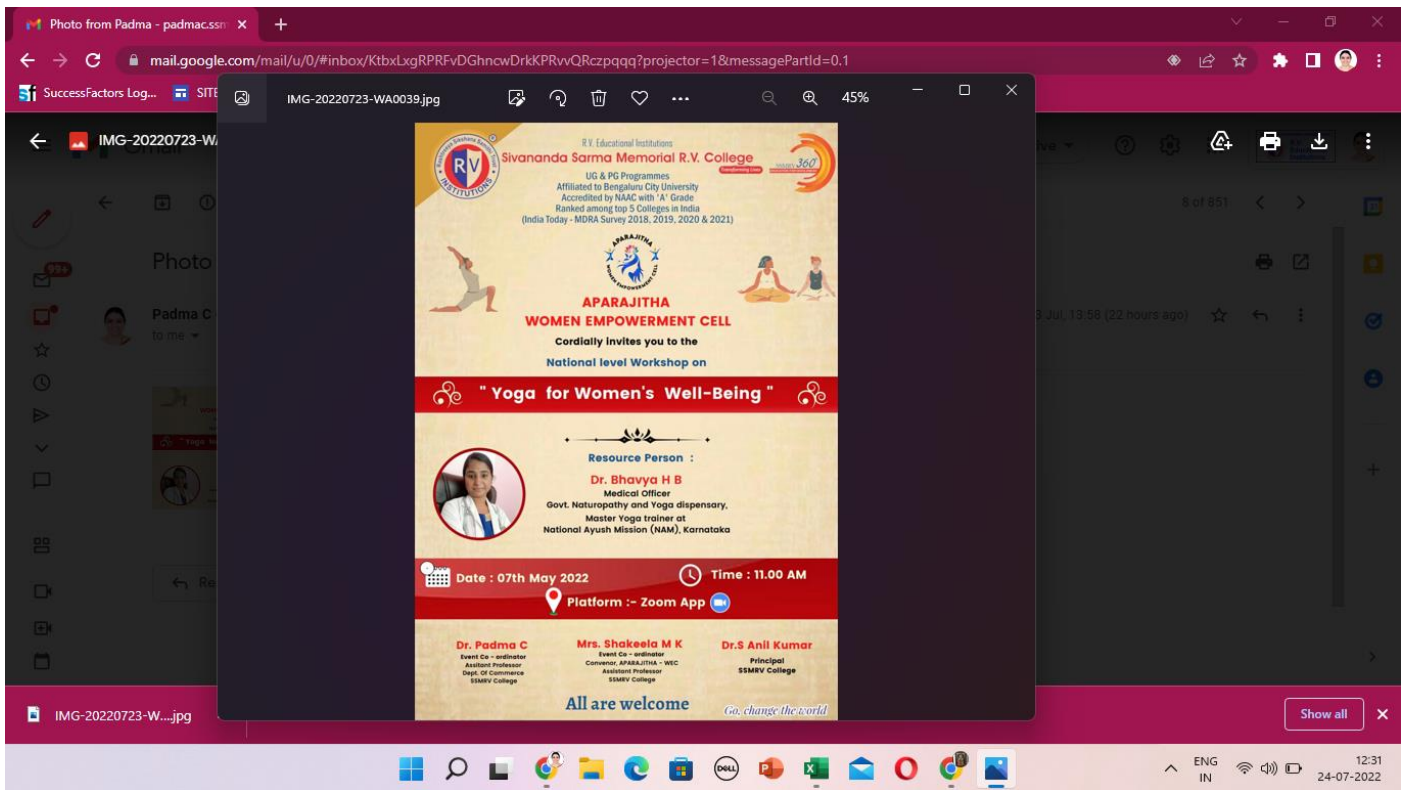
Academic year 2022-23	
1.Basic details	
Name of Activity	YOGA FOR WOMEN'S WELL BEING
Date	7 <sup>th</sup> May 2022
Faculty	Dr. Bhavya H B
Organized by: Name of Department	Yoga Club & Aparajitha Women Empowerment cell
Coordinator/ In-charge of Activity	Dr. Padma C & Ms. Shakeela M K
Time	11.00 A.M to 1.00 PM
Venue	Online Platform
Activity for Class/Group	All College Students & External students
Nature: Academic /Co- curricular/extracurricular/other	Co- Curricular
2.Brief information about Activity	
Topic /Subject activity	Yoga for Women's Well Being
Objectives of the activity	Respect & love to every Women To explain the importance of Diet To explain the Satvik, Tamsik and Rajasik food To explain the Diet, Kriyas , Asanas, Pranayamas , Mudra, Bandha, Dhyana
Methodology	Online – Presentation
Outcome of activity	Dr. Bhavaya clearly explain the importance of diet especially the three different food habits such as Satvik, Tamsik and Rajasik food. Moreover she explained the importance of yoga in every day life and benefits of doing different Asanas.
3.Proofs attached Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.	

Activity In-charge

Pictures/ any documents :

You Tube Link:

<https://youtu.be/uqhZHiVHN9w>



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youtube.com/watch?v=uqhZHIVHN9w&t=37s

YouTube yoga for women well being SSMRV

Shakeela  
Shakeela  
SUPREETA  
SUPREETA  
Padma Ram  
Padma Ram

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Shakeela  
Shakeela  
Padma Ram  
Padma Ram  
Divya Lakshmi  
Divya Lakshmi

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YouTube **yoga for women well being SSMRV**

Integrative approach of Yoga therapy

- DIET
- KRIYAS
- ASANAS
- PRANAYAMAS
- MUDRA
- BANDHA
- DHYANA

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