



## 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>

The screenshot shows a YouTube video player displaying a presentation titled "Annamaya Kosha Kriyas:". The presentation includes several slides with images and text:

- Slide 1: "Annamaya Kosha Kriyas:"
- Slide 2: "KAPALABATHI" with an image of a woman in a yoga pose.
- Slide 3: "DAUTI" with an anatomical diagram of the digestive system.
- Slide 4: "JALANETI" with an image of a woman in a yoga pose.
- Slide 5: "VAMANA DAUTI" with an image of a man in a yoga pose.
- Slide 6: "SUTRA NETI" with an image of a man in a yoga pose.
- Slide 7: "TRATAKA" with an image of a woman in a yoga pose.
- Slide 8: "NAULI" with an image of a woman's abdomen.

The video player interface includes a progress bar at 56:48 / 1:39:37, a play button, and a volume icon. The video title is "SSMRV College -Women Empowerment Cell - National Workshop- Yoga for Women's well being - 7.5.22". The video has 117 views and was uploaded on 20 May 2022. The video player also shows a list of participants: Shakeela, SUPREETA, and Padma Ram.

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

YouTube yoga for women well being SSMRV

Shakeela  
Shakeela  
Padma Ram  
Padma Ram  
Divya Lakshmi  
Divya Lakshmi

Miniplayer (1)

SSMRV College -Women Empowerment Cell - National Workshop- Yoga for Women's well being - 7.5.22  
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YouTube yoga for women well being SSMRV

Shakeela  
Shakeela  
Shakeela  
SUPREETA  
SUPREETA

SSMRV College -Women Empowerment Cell - National Workshop- Yoga for Women's well being - 7.5.22  
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