



**A Report on
Workshop conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE**



Conducted by Dr. Bhavya H B on “Yoga for Women’s wellbeing”

The APARAJITHA - Women Empowerment Cell, SSMRV College organized a Workshop on “Yoga for Women’s wellbeing” on 7th May 2022 online - Marking the Occasion of International Yoga Day. The Speaker for the day was Dr. Bhavya H B, Medical officer Govt. Naturopathy and Yoga dispensary, Master yoga trainer at National Ayush Mission, Karnataka.

Compeering was done by Ms. Harini, President, Women Empowement Cell, Aparajitha, SSMRV College.

Welcome: The event started with a Welcome Speech by Ms. Revathi, Member, Aparajitha-WEC, SSMRV College.

Principal Address: Dr. S. Anil Kumar, Principal SSMRV College, addressed the gathering and inspired the Students with his motivational words.

About the Talk:

Dr. Bhavya, briefed the gathering on the point of Yoga as a wellness. Yoga is highly recommended for women in their adolescence. This tumultuous period shapes the entire lifetime of young girls as they undergo major changes in their body and mind. Various asanas of yoga are designed for women at this stage to ensure they adapt to these multiple changes easily and painlessly. For instance, the practice of Pranayama and meditation help calm the restless, fearful and confused teenage mind. The wandering and wavering mind is a result of the physical changes the adolescent body goes through. Asanas such as Dhanurasana and Vajrasana are among those yogasanas that are ideal for women to help them develop a regular and healthy menstrual cycle. Practising these asanas regularly will ensure that women develop muscular strength, avoid obesity and develop healthy reproductive organs by keeping their hormones in balance.

Dr. Bhavya even stated that Yoga does more for women than just make their bodies supple. It lends balance to the mind and nourishment to the soul. That is why women should not consider yoga as another chore on their overloaded schedule but as a necessary activity that will help them handle their other obligations optimally. The logical question that arises in relation to yoga is when to start. This is the icing on the cake as far as women are concerned because yoga is suitable for all ages.

She stressed that Women go through various physical changes during the years of conception and motherhood. Yoga helps optimize productivity for women. Women experience various ‘alien’ feelings during their pregnancy time; it is important that they achieve and maintain good physical and mental health.

Later in her talk she emphasized Yoga has important elements for these phases of women’s lives. Right from adolescence to motherhood, menopause and old age, women undergo many life changes. Yoga will offer relief for women from major mood swings that lead to disharmony and imbalance in their lives. A daily routine can be customized for women according to their age and needs. The asanas in yoga may be designed for women in such a way that it keeps them fulfilled. With this, they can achieve bodily poise and mental peace.

She finally concluded saying that Yoga is a relaxing experience for women and carries with it an overall sense of well-being. Your Yoga routine is exclusively time for you. Take a break from the demands of being a career woman, wife and mother and be yourself!

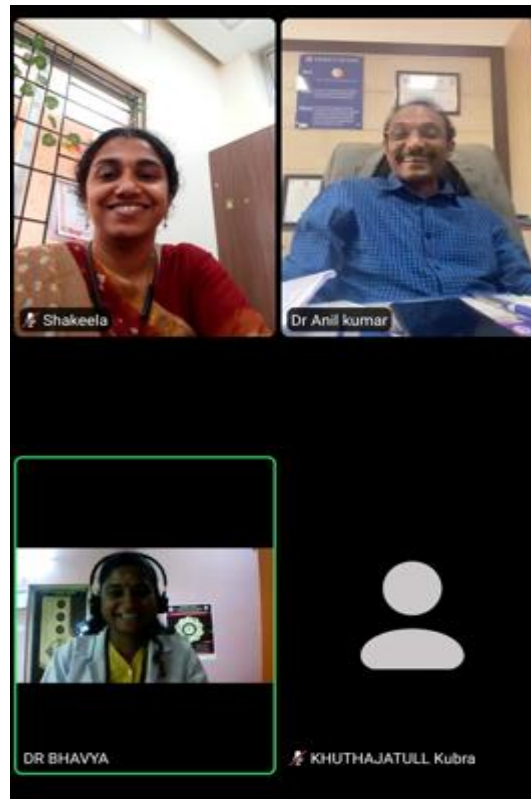
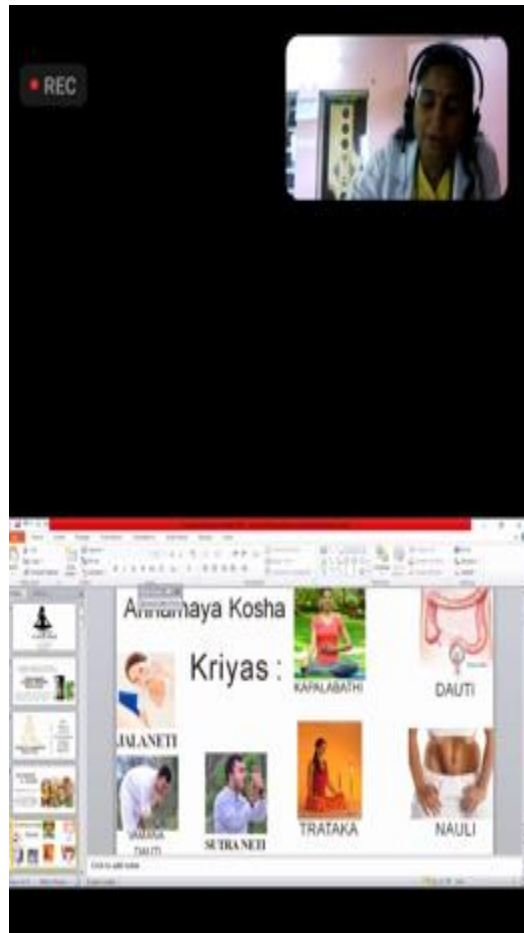
The session was followed by an interactive question and answer session with the Participants.

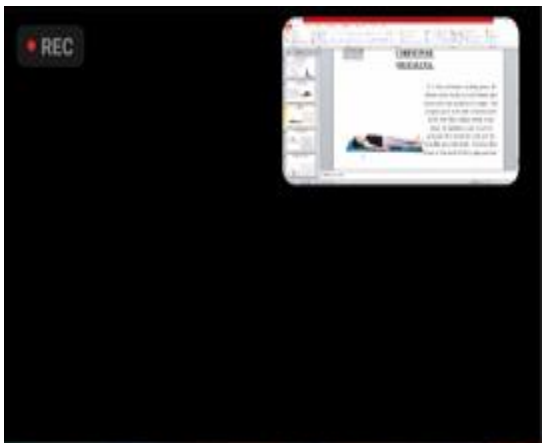
Time Duration: The Programme lasted from 11:00 PM to 1:00 PM. Platform: ZOOM App (Online)

Attendees/ Presence:

Around 120 Participants including Faculty and Students who are pursuing their Bachelor’s and Master’s Degree from this Institution, attended and benefited from the programme.

Incharge - Activity Centre





- S Shakeela (me) [Microphone off, Video off]
- S Shakeela (Host) [Microphone on, Video off]
- 2B 20msb454 B. Dhivya [Microphone off, Video off]
- DA Dr Anil kumar [Microphone off, Video off]
- SM Sufiya Mehak [Microphone on, Video off]
- 2 20MSB456-M.Durga [Microphone off, Video off]
- 2S 20MSB463 Sneka.G [Microphone off, Video off]
- 2V 20MSB466 VAISHNAVI.J [Microphone off, Video off]
- AJ AD5channabasamma jc [Microphone off, Video off]
- AA Afthaz Afthaz [Microphone off, Video off]
- A Aishwarya.T [Microphone off, Video off]
- AK Anjum Kouser [Microphone off, Video off]
- A Anuradha.s [Microphone off, Video off]

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About this call

People Information Activities

- R Rakshith Ravish [Microphone off, Video off]
- R Ramya k Katalingappa [Microphone off, Video off]
- R Ramya shree M [Microphone off, Video off]
- R Rashmi Narayanswamy [Microphone off, Video off]
- Renu Kumar.R Renu [Microphone off, Video off]
- R Rishika A [Microphone off, Video off]
- rohan v [Microphone off, Video off]
- Rohit Bhandari [Microphone off, Video off]
- Safina Seher [Microphone off, Video off]
- S Sahana s [Microphone off, Video off]
- Sakshi Mahato [Microphone off, Video off]
- S Sandesh R [Microphone off, Video off]

- A Afreen Fathima [Microphone off, Video off]
- a aishwarya ethiraj [Microphone off, Video off]
- A Aishwarya Lakshmi [Microphone off, Video off]
- A Aishwarya M [Microphone off, Video off]
- Akash A [Microphone off, Video off]
- Akhila Ranjanagi [Microphone off, Video off]
- Akmal Pasha [Microphone off, Video off]
- Akruti Singh [Microphone off, Video off]