

“Two week online yoga training program on Yoga mudra’s and Pranayama ”

The Department of chemistry has organized “Two week online yoga training program on Yoga mudra’s and Pranayama ” from 18th June - 1st August 2020, 5-6 pm every day. Students from both UG and PG, Faculty of department of chemistry and other various departments, non teaching staff and family members of the faculty, students and non teaching staff and some of the faculty from other colleges actively participated in the yoga training program on yoga mudras and pranayama. The Resource person Dr. Gayathri devi, has explained very clearly the yoga mudras and had made all the participants to practice the few mudras every day and she gave a detailed explanation about the benefits of practicing mudras everyday. In between had sessions by other very experienced yoga trainers who gave hands on training to the participants on some of the special mudras and pranayama. The two week yoga program was very much helpful and all the participants were greatly benefitted by this program, and all the participants were very happy and mentioned that the yoga program was conducted at the right and needy time, as practicing yoga and pranayama is highly required to at this critical situation to combat covid-19 and to maintain good health.

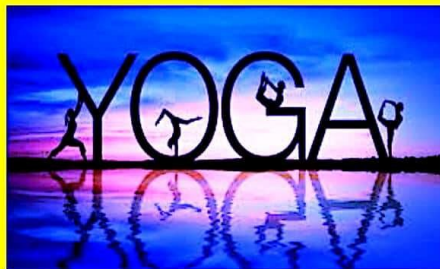
UNIVERSITY COLLEGE FOR WOMEN

KOTI, HYDERABAD

**A Constituent and Autonomous College
of Osmania University, NAAC Accredited A**

**Cordially invites you all
for
"Two week online yoga training Program on Yoga
mudra's and Pranayama"**

(18th - 1st August 2020) (5-6 pm every day)



YOGA

LIVE LIFE TO ITS FULL POTENTIAL

Resource Person: Dr.O.Gayathri devi

Organised by

Department of Chemistry

Dr.K.Premalataha

Head, Dept. Chemistry, UCW

Dr.M.Kavitha

ViCe Principal, UCW

Prof.A.RojaRani

Principal, UCW

Zoom Meeting

Participants (14)

Find a participant

- Prema Lathay (Host, me)
- Ogirala Gayatri Devi
- Swaroopa Rani
- XT1092
- B.KAVYASRI
- Dr. G. Vijaya Lakshmi
- Galaxy S5
- Manasa Pusuluri
- Ogirala Gayatri Devi
- Rajeshwari
- Ramyia
- Sravya reddy
- Sripathi Damodhar
- Navya jilla

Invite Mute All Unmute All

Ogirala Gayatri Devi

4:45 PM 6/7/2020