

**WOMEN CELL
UNIVERSITY COLLEGE FOR WOMEN, KOTI, HYDERABAD**

INTERNATIONAL YOGA AND MUSIC DAY CELEBRATIONS (ONLINE)

**Date: 23rd June 2021
Timings: 10.30 AM – 12.30 PM**

REPORT

The International Yoga and Music Day celebrations organized by Women Cell, University College for Women, Hyderabad were held on 23rd June 2021. The celebrations began with significance of the program and powerpoint presentation on the activities of the Women Cell by the Convener of the program **Dr. G. Vijaya Lakshmi**, Coordinator, Women Cell, UCW.

Dr. RupasriMukhopadhyay, Department of Genetics, UCW conducted the program and introduced **Dr. Ashwin Mridul**, an Alumnus of the College. She gave an melodious rendition of Annamacharya Keerthana, which marked an auspicious beginning of the program.

The session on the Yoga began with the presentation by Dr. A. Gayathri Devi, Assistant Professor (C), Department of Chemistry, UCW. She is a qualified yoga resource person with Avadhoota Datta Peetham Upadhyaya Certificate and Central University level 2 as well as Central Board Yoga Certificate holder. She explained the meaning and purpose of yoga and how one can apply yoga techniques to life in achieving physical, mental and spiritual well being. Patanjali yoga sutras and mudra pranayamas were explained during the presentation.

In the next session, Dr. S. Deepashree, Naturopathy and Yoga doctor from Bengaluru presented a talk on Yoga program titled “Yoga at home with family”. She explained about the pancha kosas and their importance in life. She quoted various yoga principles from Bhagawad Gita and also highlighted Patanjali yoga sutras and yoga vashishtam. She stressed on the importance of yoga with family and how to build a happy healthy home and healthy society. Her talk enlightened the participants on various simple sutras of life. At the end of the session, she interacted with the participants and answered the queries and questions raised by them.

In the last session, **Dr. G. Nalini**, Session Incharge, introduced **Dr. Gowthami Ravichandran**, Founder of Gowthami’s Nrityalaya Academy of Music and Dance, Hyderabad. In her presentation, the speaker explained the importance of music and opined that music + Human is Heaven. She also expressed that music is the hidden language of the soul, it can change the world and the people in it. Music has the power to cure diseases, improves concentration skills and vocabulary for the young students, musical activities stimulate development in every area of the brain. She explained about Panchamaveda and its relevance to positive thinking. She mentioned about several ragas and its effect on the body and how they can cure the ailments.

In the end, **Ms. Karunasree** from Department of Economics proposed formal vote of thanks.

PHOTOS

Organised by: **Women Cell, UCW**

INVITED SPEAKERS

Dr. S. DEEPASHREE
MBBS (Yoga and Naturopathy), Rajiv Gandhi University of Health Sciences, Bengaluru, INDIA

Dr. GOWTHAMI RAVICHANDRA
Founder, Gowthami's Nrityalaya-Academy of Music and Dance, Hyderabad

Annamayya Keerthana Rendition by **DR. MRIDULA ASHWIN**
Alumnus, UCW, Kofl,

Dr. A. GAYATHRI DEVI
Department of Chemistry, UCW
Internal Resource Person

ZOOM ID - 83832488846, PASSCODE - 200271

Karuna Sree

Dr. Rupasree

Dr. Gowthami Ravindra

Sujatha I

INTERNATIONAL WOMEN'S DAY CELEBRATIONS
Topic - *Women in Leadership: Legal Awareness & Legal Reforms*
In Collaboration with
Telangana State Legal Service Authority (TSLSA) & Metropolitan Legal Service Authority (MLSA) & Women Study Centre, UCW
Date: 8th March 2021