



### Information Technology

Event Title	ISR EVENT ON "Importance of Yoga in Pandemic Situation and yoga for Modern Life"		
Objective of Event	On the occasion of International Yoga Day, the main objective was to emphasize the benefits of Yoga in modern life style.		
Chief Guest /Speaker Details	Mr Don paul, Trainer, Atman kalari yoga centre, Ernakulam, Kerala Dr. T. Nalini, Professor, MGR Educational and Research Institute		
Date	21/06/2021	Time	10.30 am to 12.00 pm
Venue	YOUTUBE	No. of Participants	214

## REPORT

### TITLE

"IMPORTANCE OF YOGA IN PANDEMIC SITUATION AND YOGA FOR MODERN LIFE"

### CONTENT

Department of Information Technology of Dr. M.G.R. Educational, under the benevolence of our Honourable President sir and under the constant support of our Vice Chancellor Madam, Prof. Dr. S. GeethaLakshmi, organized the "International Yoga Day" in association with National Service Scheme (NSS) on 21-06-2021 at 10.30 am.

The session started with welcome address given by Head of the department, Dr.N. Kanya, followed by felicitation address given by Dr.P.S.Rajakumar, Program Coordinator, NSS.

The first session was handled by Mr Don paul, Atman kalari yoga centre, Ernakulam, Kerala who delivered a speech on "Importance of yoga in pandemic situation ". Mrs.K.Nithya formally introduced the speaker Mr. Don Paul. The session was then handed over to him. In his speech, he shared his experiences in yoga and highlighted the necessities of yoga during this pandemic. He gave some introduction about Pranayana, Shalwashana and Rajayoga. He also spoke about the benefits of yogic vegetarian diet. The session was an interesting one.

The second session was on "Yoga in Modern life" handled by Dr. T. Nalini, Professor, Department of CSE/IT. She was introduced by Ms.R.S.Rashika. Then session



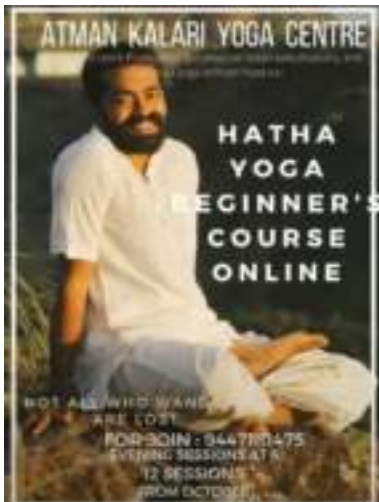
**Dr. M.G.R.**  
**EDUCATIONAL AND RESEARCH INSTITUTE**  
**(Deemed to be University)**  
Maduravoyal, Chennai - 600 095, Tamilnadu, India.  
(An ISO 9001-2015 Certified Institution)



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was handed over Dr.T.Nalini madam in which she elaborated about various things including what is yoga, how to choose a guru, her experiences in yoga, different types of yoga and specially kayakalpa yoga. It was a very knowledgeable and informative presentation.

Mr A.Kameshwaran concluded the session and delivered the Vote of thanks. The complete event was moderated by Dr Dahlia Sam. The event had participants from all over the country and all of them were highly benefited.



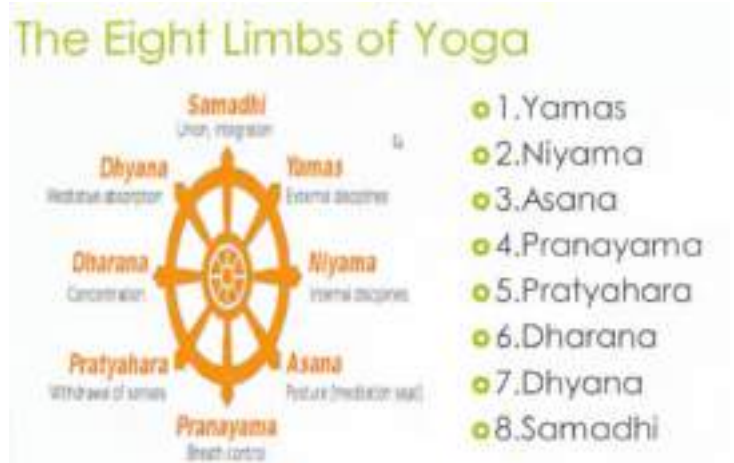
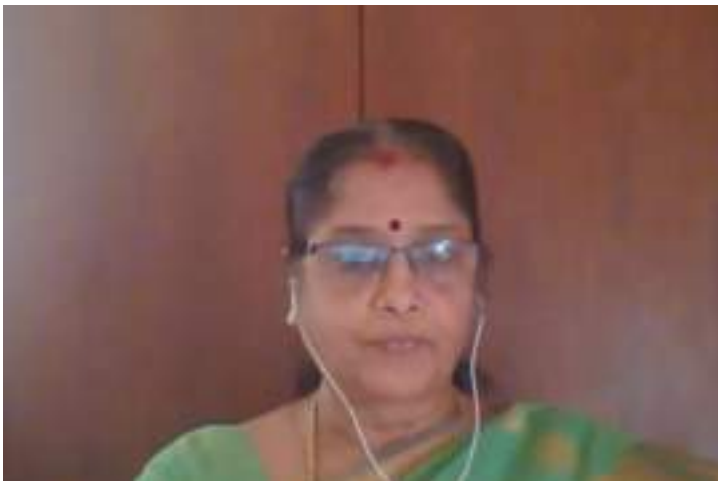
## EVENT OUTCOME

All the participants were able to understand the importance of maintaining a good disciplined lifestyle and how Yoga can play a major part in carrying a healthy life.

## PHOTOS



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Dr. Dahlia Sam  
 Mr. KAMESHWARAN. A