

Andhra Christian College

Affiliated to Acharya Nagarjuna University
Sambasivapet, Mainroad, Guntur-522001,A.P.India

Email:accollegeguntur@ymail.com website:www.accollegeguntur.com

PHYSICAL EDUCATION DEPARTMENT CIRCULAR


Two Day National Webinar on Yoga and Wellness during Covid-19

A **Two Day National Webinar on Yoga and Wellness during Covid-19** is conducted from 07.10.2020 to 08.10.2022. Most Rev. K. F. Paradesi Babu, Moderator Bishop AEL Church and correspondent of A.C.College greeted the participants and spoke about the importance of Yoga for health and happiness .

Dr. T. Anita Susan, Principal A.C.College was the chairperson for the webinar. She welcomed the participants to the seminar . Dr. P.P.S Paul Kumar, Director of Physical Education and secretary, sports board, Acharya Nagarjuna University delivered the inaugurated letters. He highlighted the significance of Yoga for mental, spiritual and physical wellbeing. Dr. K. Venkatachalapathi, Asst. Professor and director incharge center for yoga studies Annamali university was one of the resources persons. He spoke at length on the benefits of Yoga to combat Covid – 19. Mrs. A. Radhika, Asst. Professor Department of Yoga UCPESS, Acharya Nagarjuna university pointed out the advantages of inculcating the practice of Yoga for general health and mentioned that the Prime Minister Sri. Narendra Modi also instilled confidence among the people that Yoga can be the source of relief from Covid-19.

Dr. K. Moses, Vice principal and co-ordinator IQAC, officiated as Convener for the webinar .

Dr. G. A. Preetham Prakash, Physical Director conducted the seminar successfully as organizing secretary .


(Dr.K.MOSES)
PRINCIPAL

Copy to:

- 1.The Co-ordinator, IQAC, Andhra Christian College.
- 2.The Office Manager, Andhra Christian College.

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PHYSICAL EDUCATION DEPARTMENT

Two Day National Webinar on Yoga and Wellness during Covid-19

Name of the Activity : Two Day National Webinar on Yoga and Wellness during Covid-19

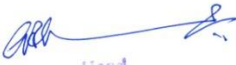
Date:06.01.2019 to 09.10.20.19

Name of the Resource Person :Dr.G.A.PreetamPrakash, H.O.D. Physical Education

Topic: : Two Day National Webinar on Yoga and Wellness during Covid-19

Place:Online

No. of Students involved: 10


Head
Dept. of Physical Education
Andhra Christian College GUNTUR


PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day / Even. & P.G.)
GUNTUR

PHYSICAL EDUCATION DEPARTMENT

Two Day National Webinar on Yoga and Wellness during Covid-19

Dr. K. Venkatachalapathi, Asst. Professor and director incharge center for yoga studies Annamalai university was one of the resources persons. He spoke on the benefits of Yoga to combat Covid – 19.

"Ye shall know the truth and the truth shall set you free" John 8:32

Andhra Christian College, Guntur
(Day, Evening & P.G.)
Andhra Pradesh, India - 522001
Reaccredited with "A" Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION & IQAC
in collaboration with
ACHARYA NAGARJUNA UNIVERSITY
jointly organising
A TWO DAY NATIONAL WEBINAR
on
"Yoga and Wellness during COVID-19 period"
7th & 8th October, 2020; 10:30 a.m. to 01:00 p.m.

Chief Patron

Most Rev. Dr. K. F. Paradesi Babu
Moderator Bishop, A. E. L. Church &
Correspondent, A. C. College

Chairperson

Dr. T. Anita Susan
Principal
A. C. College

Inaugural Address

Dr. P. P. S. Paul Kumar
Director of Physical Education &
Secretary, Sports Board
Acharya Nagarjuna University

Resource Person

Dr. K. Venkatachalapathy
Assistant Professor & Director I/c
Centre for Yoga Studies
Annamalai University

Resource Person

Mrs. A. Radhika
Assistant Professor
Department of Yoga, UCPRESS,
Acharya Nagarjuna University

Organising Secretary
Dr. G. A. Preetham Prakash
Head, Department of Physical Education
9848428844

Convener
Dr. K. Moses
Coordinator, IQAC
9848183194

Email : accollegewebinar@gmail.com
Registration Link :
<https://forms.gle/q7yXtYVbeau2wXk7>
Instructions & Participation links will be send through
Email & Whatsapp Group

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