



Government City College (A) Nayapul, Hyderabad  
Affiliated to Osmania University  
Accredited with 2.76 B<sup>++</sup> Grade



**REPORT ON WEBINAR**  
**for the academic year 2020-2021**

<b>Department</b>	<b>English</b>
<b>Topic</b>	<b>Role of Ayurveda and Yoga in Improving Quality of Life</b>
<b>Resource Person</b>	Dr. D. Sarita, Director, Ayushmaanbhava School, Tirupathi
<b>Date</b>	01-02-2021
<b>Report</b>	<p><b>Report</b> Ayurveda and Yoga have grown to be the alternative systems of medicine in the modern world. The present-day world is beset with so many complexities, intricacies, and tensions at workplace, home and everywhere. As a result, many physical disorders, ailments, and health issues are making way into the society and to free from these illnesses, people started looking for alternative systems of treatment which involve least medication and healing through natural methods, exercises and other long-lasting methods. The session by the resource person, Dr. D. Sarita covered all aspects throwing light on the role of Ayurveda and Yoga in improving quality of life and focusing on the well-being of mankind. The significance of Ayurvedic processes and the yogic practices of Panchakarma, Sukshma Vyayama, Kriyas, Surya Namaskaras, Mudras, Pranayama, and Meditation is explained in a detailed manner.</p>
<b>List of Participants</b>	92

# GOVERNMENT CITY COLLEGE, HYDERABAD

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**welcome**  
to  
**Webinar**

"Role of Ayurveda and Yoga in Improving Quality of Life"



*Chief Patron*

Dr. V. Vijaya Lakshmi

Principal



*Convener*

Dr. B. Krishna Chandra Keerthi

Assistant Professor of English



ayurveda and yoga

Resource Person

Webinar on:



Role of  
Ayurveda and  
Yoga  
in Improving  
Quality of Life

Dr. D. Saritha

M.Sc., (Yoga) Ph D., B Ed

Director, Ayushmaanbava School of  
Yoga & Panchakarma, Tirupati.

Zoom Id: 897 8653 019

Pass Code: gcc12345

Date: 01.02.2021

Time: 2.30 to 04.00 PM




Organized by

Govt. City College(A), Hyderabad

Recording...

**Wake up early**

- Rise up before dawn, say at around 4.30-5.30 am. This is the most fresh and pure time of the day.



I WAKE UP AT 5 O'CLOCK



Saritha Konidhala