



Dr. BRR GOVERNMENT DEGREE COLLEGE

(Accredited with B⁺⁺ by NAAC)

JADCHERLA-509301

MAHABUBNAGAR (DIST), T.S

Dr. CH Appiya Chinamma M.Sc., Ph.D.

Principal

Academic Year: 2020-2021

Talk on the Significance of Yoga and Its consciousness & Report

Department of Zoology

Date: 21st June 2021

The Department of Zoology has conducted an Online Talk on Yoga consciousness on the eve of International Yoga day i.e., on 21st June 2021, as the Day falls in the Pandemic i.e., COVID – 19 and students were confined to their homes. Hence the talk was organized on line by utilizing ZOOM Platform with link and circulated in Student whatsapp groups. This online talk was streamed Live on You Tube. Those participants who cannot contact ZOOM are provided the YouTube Link. <https://youtu.be/kOzB0m9Selk>

The program is addressed by the Chief Patron, Dr.CH.Appiya Chinnamma, Principal. Madam stressed on the practice of YOGA to stay physically and mentally fit. Sri B.Ravinder Rao, In-Charge of the department gave a message on the importance of yoga in our daily life.

Ms K.Neeraja, Assistant Professor of Zoology spoke about the relation between Yoga practice and Development of Immunity against COVID – 19.

Smt.K.Subhashini, Assistant Professor of Zoology explained about different Asanas of Yoga and the way of practicing. Madam also referred to the correlation between yoga and Classical Music.

The program ran well and appreciated by the students and felt enlightened towards Yoga and Promised to do it regularly.

PRINCIPAL
Dr.B.R.R. Government Degree College
Jadcherla