

**V S M's S R K INSTITUTE OF  
TECHNOLOGY NIPANI-591 237**



Report on Webinar

*On the event of 7<sup>th</sup> international Yoga day*

*21-June-2021*

***“YOGA TO COMBAT COVID-19”***



**UNDER THEME “YOGA FOR WELLNESS”**



# VSM'S SOMASHEKHAR R. KOTHIWALE INSTITUTE OF TECHNOLOGY, NIPANI

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## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

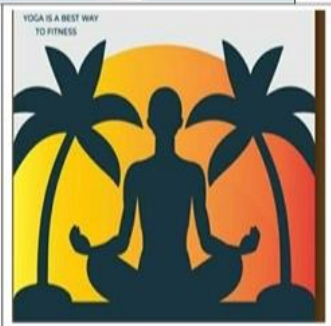
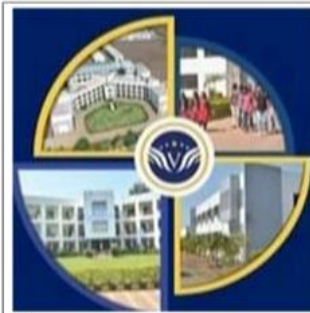
Organizing a webinar on

**"Yoga to combat Covid -19"**

21th June 2021

@

11.00 A.M.



Prof. Prakash Pujar  
(Physical Director)



Dr. K B Jagdeeshagouda  
(Principal & Director)



(Resource Person)  
Dr. Sumitra Bentur  
Ayurvedic Physician , Delhi

**Platform: cisco webex**

**<https://meetingsapac46.webex.com/meet/pr1651671089>**

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# Event Conducted *Webinar on “Yoga to combat covid-19”*

## *On the event of 7<sup>th</sup> international Yoga day*

<b>SL.N O</b>	<b>EVENTS</b>	<b>PERTICULARS</b>	<b>DATE</b>	<b>TOPIC</b>
1.	Well come and introduction	Prof. vidyavatideshapande (c s dept) VSM's SRKIT NIPPANI	21/6/2021	“Welcome to all faculty and students & Introduction of the resource person”
2.	Resource person's talk	Dr. Sumitra Bentur Ayurvedic physician and yoga therapist, Delhi	21/6/2021	“Enhancement of mental immunity through yoga to combat Covid-19”.
3.	Resource person's Practical	Dr. Sumitra Bentur Ayurvedic physician and yoga therapist, Delhi	21/6/2021	“Many Asana's are practiced to improve flexibility and mental health as well as physical strength”
4.	Presidential remark	Dr. K B Jagadishgouda PRINCIPAL & DIRECTOR VSM's SRKIT, NIPANI.	21/6/2021	“Create awareness among the students to reduce the cases of stress and anxiety levels at every moment of their life”
5.	Vote of thanks	Prof. Prakash pujar Physical director VSM's SRKIT, NIPANI.	21/6/2021	“Proposed vote of thanks”

# **1. Well Come and Introduction**

**Title:** “Yoga to combat covid-19”

**Resource person:** Dr. Sumitra Bentur Ayurvedic physician and yoga Therapist, Delhi

**Date:** 21 June 2021

**Time** 11.00 am to 12.30am

**Webinar Platform USED:** CICS0 WEBEX

About resource person

Dr. Sumitra Bentur is an ayurvedic physician and yoga expert 21 years of experience. She brings together aspects of healing for a holistic approach, focusing on integrating herbs, yoga, a healthy diet and life style for healing and balances in the body, mind and soul. She takes sessions on ayurvedic treatments, therapeutic yoga and stress management. She has been international faculty at various ayurvedic yoga and stress programs, a consulting doctor at some hospitals in NCR recently was part of a team of research authors at IIT- Delhi and Dev Sanskriti Vishwavidyalaya, Haridwar on integrative therapy based on yoga and Ayurvedic in the treatment of covid-19.

On 21 June 2021, a webinar on yoga to combat covid-19 was hosted by VSM's Somashekhar R, Kothiwale Institute of Technology Nipani, with the Department of Physical Education and Sports VSM's SRKIT Nipani.

The event commenced with a welcome speech by Prof. Vidyavathi Deshapande CSE department VSM's SRKIT Nipani. She began by saying that today's event has been organized to commemorate the international day of yoga which is celebrating worldwide every year since 2015 on this day, i.e., 21st of June. thereafter she gave introduced illustrious speaker resource person.

## **2. Resource person's talk**

Dr. Sucmitra Bentur starts the session with a brief introduction to yoga. And a wonderful presentation on why yoga is beneficial that revolved around unravelling the true meaning of yoga, analyzing the effect of the current situation on our life style and understanding the importance of yoga in alleviating the negative impacts of Covid-19 on our overall health and well-being. And explain some biological changes healing and regeneration, yoga compared to conventional exercise, and specific benefits of yoga practices we will be doing today i.e., explain reduce anxiety, reduce stress, improve lung function, improves cardiovascular fitness and flexibility. And explain bridging the body-breath-mind-soul.

## **3. Resource person's Practical**

Dr. Sumitra Bentur starts practical session's wonderful presentation of Asana's steps by steps and explained in great details the benefits of each Asana. She performed the following Asana's.

- i. TADASANA
- ii. ARDHA KATI CHAKRASANA (LATERAL ARC POSTURE)
- iii. ARDHA USTRASANA
- iv. USTRASANA (CAMEL POSTURE)
- v. UTTANA MANDUKASANA
- vi. DANDASANA
- vii. VAKRASANA (THE SPINAL TWIST POSTURE)
- viii. MAKARASANA
- ix. BHUJANJAGASANA
- x. SETUBHANDASANA (THE BRIDGE POSTURE)
- xi. PAVANA MUKTASANA
- xii. SAVASANA &
- xiii. PRANAYAMA. The practice of PRANAYAMA involves breathing exercises and patterns. And finally end the sessions with Om chants with prayer.

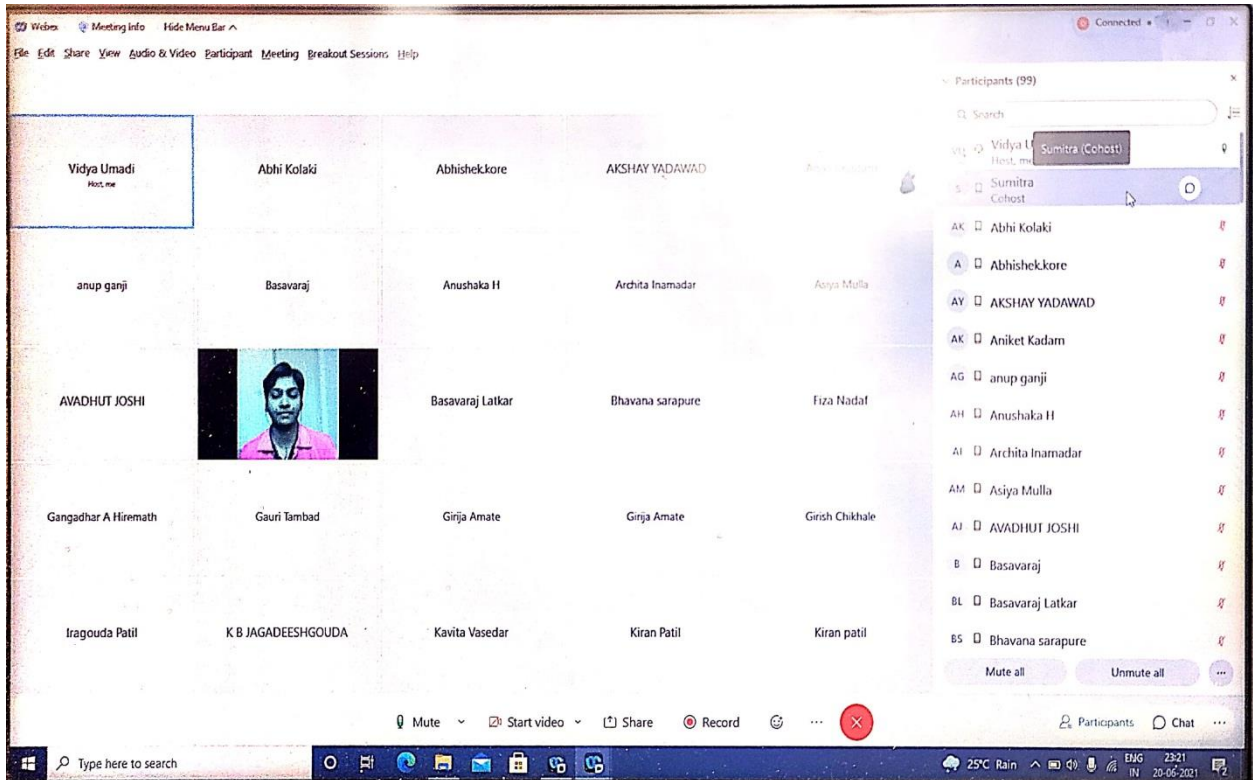
#### **4. Presidential remark**

Dr. K. B. Jagadishgouda, Principal & Director VSM's SRKIT, NIPANI. Sir has addressed the webinar and convey the importance of 7th international yoga day and this webinar conveying the importance's of yoga day to day today life. I am very much thankful to Dr. Sumitra Bentur for sparing valuable time and demonstrate the various tasks. Sir has conveying a message to all faculties as well as the students regarding the importance of yoga because in day to day life we all peoples come across with so many stresses because today the working time is entirely different particularly if you see the circuit branch students they have to sit at long hours together and have to work. which is going to create the time changes in their body as well as the matter to keep mental health in between our working duration. Adopt some yoga. it is going to give the mental relief for us and some additional energy also to continue with our work. I hope everyone is going to adopt The Yoga in daily life.

#### **5. Vote of thanks**

Mr. Prakash Pujar Physical Education Director VSM's SRKIT NIPANI, he was "Proposed vote of thanks" & end the webinar sessions

# INTRODUCTION OF RESOURCE PERSON AND STARTS SESSIONS



# RESOURCE PERSON PPT PRESENTATION ON WELLNESS SERIES

Yoga sessions  
By  
Dr Sumitra Bentur BAMS,DYT  
Ayurveda Physician & Yoga therapist

**Why yoga is beneficial**

Stable ANS equilibrium,  
↓  
with a tendency toward PNS dominance  
↓  
rather than the usual stress-induced SNS dominance.

**Homeostasis is a dynamic balance between the autonomic branches.**

## Biological changes

**THE PROCESS OF DETOXIFICATION AND ELIMINATION**

**Immunity**

**Healing & regeneration**

## The Relaxation Response

- Slowed brain wave patterns
- Improved skin and vision
- Improved sleep and energy
- Decreased muscle tension
- Slows heart rate
- Lowers blood pressure and blood lactate levels
- Improved immune system
- Improved digestion
- Normal lipids
- Restored circulation
- Decreased metabolism

Improved sense of well-being and the ability to communicate effectively and manage life's demands

*Bridging the body-breath-mind-  
soul*

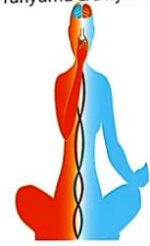


Uttanasana

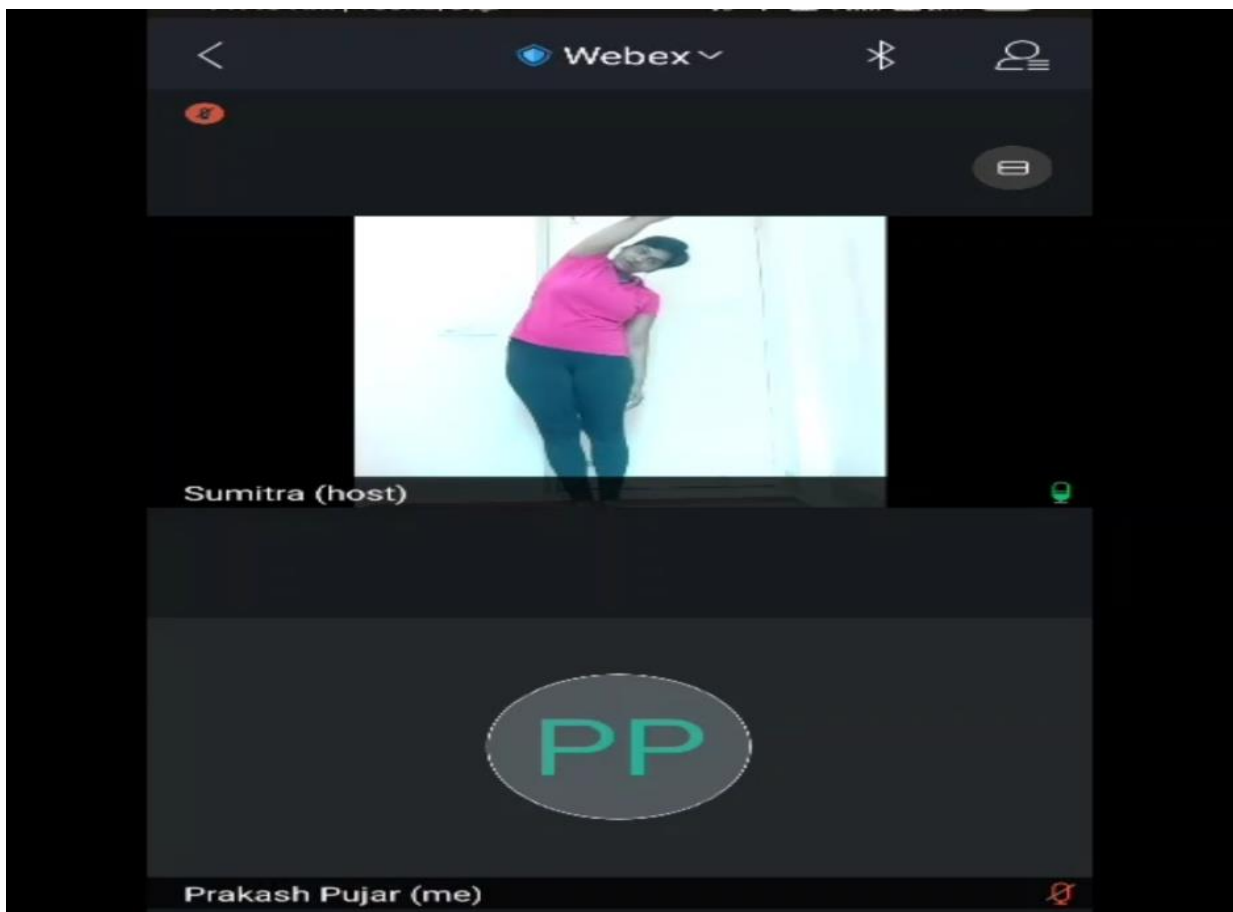


*e body-breath-mind-soul*

Pranyama & Dhyana

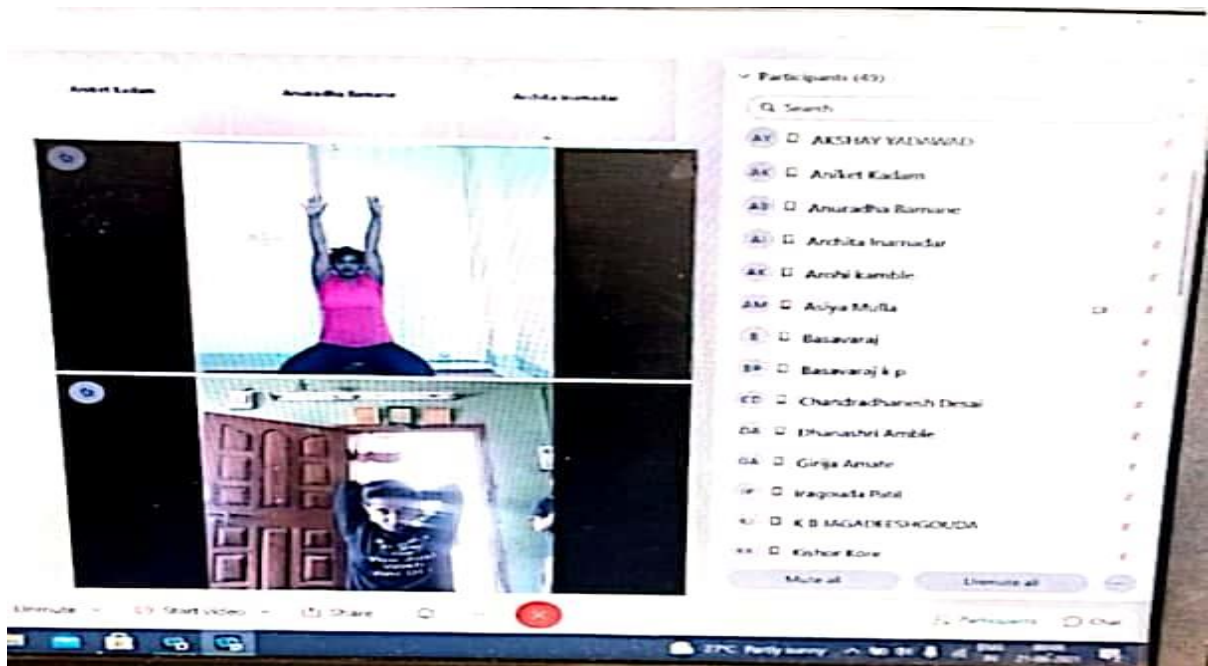


## RESOURCE PERSON DR. SUMITRA BENTUR YOGA EXPLAINING BY PRACTICAL

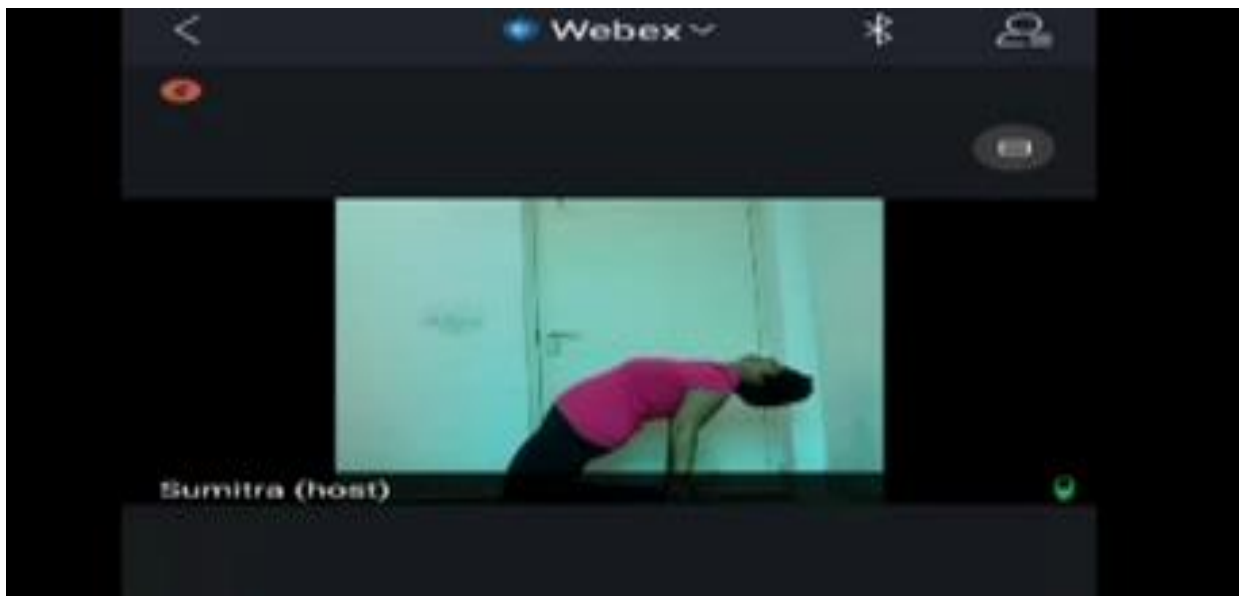




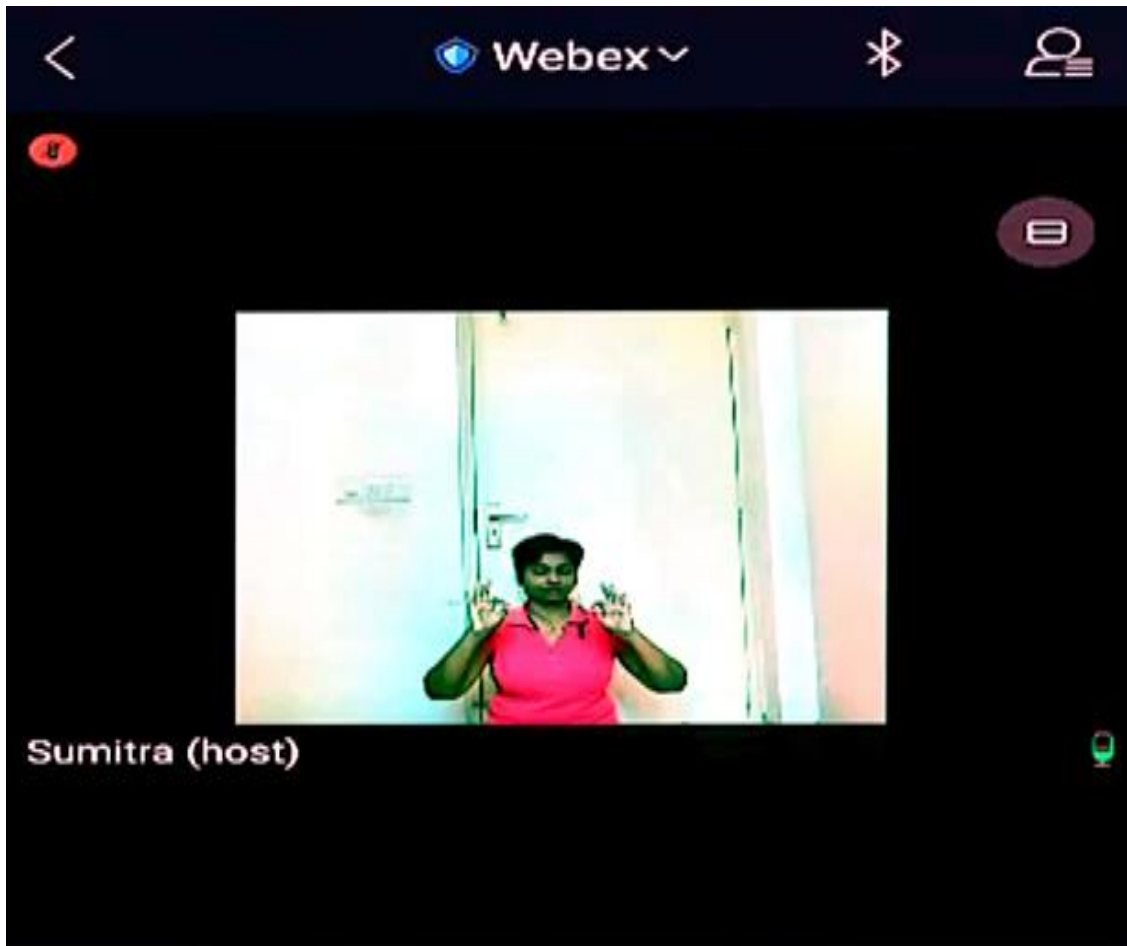
# STUDENTS PARTICIPATE A WEBINAR WITH PRACTICAL



## THE BRIDGE POSTURE



# PRANAYAMA CHINAMUDRA POSITION



# NADISHODHANPRANAYAMA



# END WEBINAR SESSION OM CHANTS WITH PRAYER



<b>ORGANISING TEAM</b>	
Dr. K B Jagadishgouda	Principal & Director VSM'S SRKIT, Nipani.
Mr. Prakash Pujar	Physical education and sports department VSM's SRKIT, NIPANI.
Prof. Santhosh Hulloli	Sports coordinator
Prof. vidya Umadi GS Dept.	Technical coordinator
Prof. vidya Deshapande CSE Dept.	Anchor

