

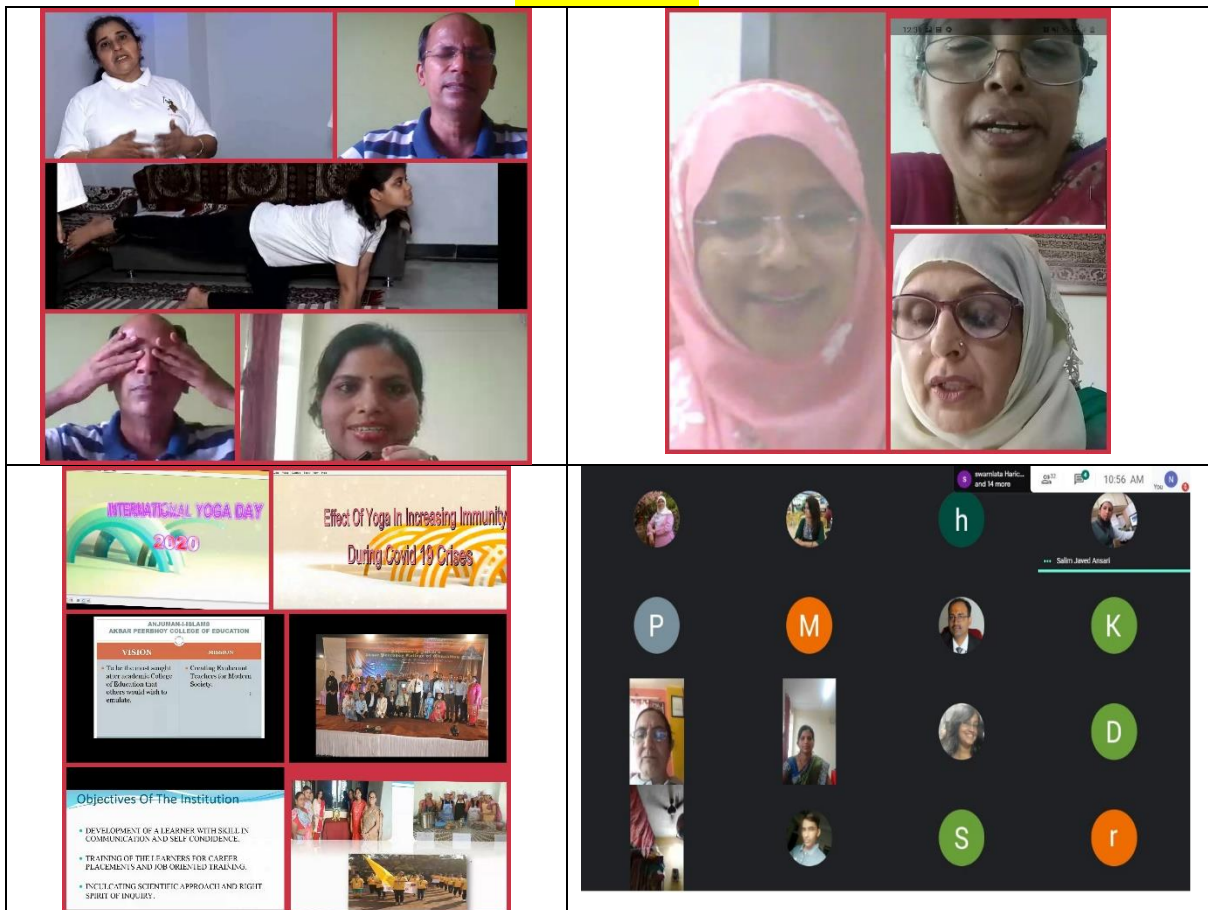
**IQAC, ANJUMAN-I-ISLAM'S AKBAR PEERBHUY
COLLEGE OF EDUCATION
REPORT**

Particulars	Description
Event or Activity	On the occasion of “International Yoga day” Anjuman-I-Islam's Akbar Peerbhoy College of Education & Sainath Education Trust's H.B.B.Ed college Oragnized “National level webinar”
Date	21 st June 2020
Duration	11:00 am to 12:30pm
Venue	Google meets
Theme	‘Effects of yoga in increasing immunity during covid 19 crisis’
Objectives	<ul style="list-style-type: none"> ✚ Making people aware about physical and mental illness and providing solutions through Yoga ✚ To reduce the rate of health challenging diseases during Covid 19 crises ✚ Make people aware about the benefits of yoga and connect them with nature

<p>Resource persons/ Trainers / Speakers</p>	<p>Key note speaker Dr. Bandita Satapathy (Research Officer, Kaivalyadhama Yoga Research Institute, Lonawala)</p> <p>Resource Persons 1.Dr. Kailash Chandra das (Prof. International Institute for Population Sciences, (IIPS) Mumbai) 2.Mrs.Shabana Khan (Qualified Yoga Trainer, Navi Mumbai)</p>
<p>Guest</p>	<p>Dr. Ratni Thakur (Principal Oriental College of Education)</p>
<p>Participants</p>	<p>Total of 88 participants attend the Webinar which included-</p> <ul style="list-style-type: none"> ➤ Student and faculty of Anjuman Islam's Akbar Peerboy college and H.B.B.Ed college. ➤ Principals, faculty members form various other Schools & Colleges. ➤ Participant from state other than Maharashtra- <ul style="list-style-type: none"> • Odisha • Nagpur • Lucknow • Bangalore • Aurangabad • Hyderabad • Doha
<p>Resources used</p>	<ul style="list-style-type: none"> ❖ Laptop ❖ Google meets ❖ Video

	<ul style="list-style-type: none"> ❖ PPT ❖ Telegram ❖ Google form.
<p style="text-align: center;">Outcomes</p>	<ul style="list-style-type: none"> + Managing Stress hormones that compromise the immune system. + Developing effective coping skills and reaching a more positive outlook on life. + Creating mental clarity and calmness, increases body awareness, sharpness concentration

Pictures



**Sign: Mrs Hoorjahan Hasan.
IQAC Coordinator.**

**Dr. Asma Shaikh
Principal**