



Jesus and Mary College
IQAC in collaboration with the
Department of Physical Education and National Service Scheme
Webinar Report

Title: “Yoga: Guardian of Mind, Body and Spirit”

Speakers:

1. Ms Shalini Sharma Physical Education and Yoga teacher, Shri Ram Siksha Mandir Senior Secondary School, Delhi.
2. Mr Manish Kumar Pillai H.O.D Physical Education, St. Francis de sales school Janakpuri, New Delhi.
3. Ms Anuradha Jha Postgraduate student at Lady Shri Ram College, National Medalist in Yoga, JMC Alumna.

Date: 21 June 2020

Time: 8:00 am – 9:30 am

Webinar platforms used: Google Meet

YouTube (live streaming)

[Click here](#) for video for on YouTube.

[Click here](#) for video on JMC website.

Total Registrations: 341

Number of Registered Students: 214

Number of Registered Faculty Members: 127

Number of participants on Google Meet: 134

Number of participants on YouTube: 70 and counting

Organising Team:

Principal: Sr.(Dr.) Rosily T.L. r.j.m.

IQAC Coordinator: Dr. Alka Marwaha

JMC Webinar Coordinator: Dr. Ameeta Motwani

Moderator: Dr. Rekha Dayal

Dr. Anju Luthra

Dr. Manmohan Kaur

Dr Dinesh Adlakha

Ms. Ishita Singh

Dr. Shikha Singh

Technical Team:

Mr. Naveen Joseph Thomas (live streaming)

Ms. Vrinda Moda (live streaming)

Ms. Megha Jacob

Mr. Gaurav Verma

About the Speaker:

Ms. Shalini Sharma is currently serving as a Yoga and Physical Education teacher in Shri Ram Siksha Mandir Senior Secondary School, Zindpur. She has completed her undergraduate and post-graduate studies in Physical Education from Nagpur University. Apart from this, she also holds a PG Diploma in Yoga Science for Graduate from Morarji Desai National Institute of Yoga which is under the Ministry of AYUSH. Moreover, Ms Shalini is a certified Freelance Yoga Instructor and Therapist. Being a certified Fitness and Yoga instructor, she has conducted numerous workshops and sessions in Delhi for several organisations and community groups and most notably for the Railway Police Force of Delhi.

Dr. Manish Kumar Pillai is working as the Head of the Physical Education Department (PGT) in St. Francis de Sales School, Janakpuri. He is an academically driven individual who holds his Bachelor's and Master's degree in Physical Education from Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi and completed his PhD from the University of Delhi. Also, he completed a second Master's degree in Yoga from Jain Vishva Bharti University, Rajasthan. Formerly, he had served as the Assistant Professor in the Department of Physical Education at Lovely Professional University, Punjab and the School of Physical Education and Sports Sciences at Kannur University. Dr Pillai has also done some commendable works in the world of research and writing. He has published 3 books and has 12 national and 2 international paper publication under his name. Moreover, he has undertaken 3 independent research works, supervised 5 of them and supported the other 9 works and has presented 10 papers at the national level and 3 papers at the international level.

Ms. Anuradha Jha was a former student of our very college. At present, she is a final year student pursuing a Masters in Political Science at Lady Shri Ram College. At such a young age, Anuradha has achieved numerous milestones. She has been practising yoga for over 15 years now and has won several laurels at the state and national level Yoga competitions. In 2017 she was honoured with 'Excellence in Yoga' award by the Uttarakhand government which is an attestation to her excellence in Yoga. She has completed a Foundation Course in Yoga and is currently pursuing a diploma in Yoga and Naturopathy. Anuradha has also been working as a Yoga coach in British School since 2015 and the American Community Sports Association.

Webinar Summary

On 21 June 2020, an interactive webinar on “Yoga: Guardian of Mind, Body, and Spirit.” was hosted by the Internal Quality Assurance Cell in collaboration with the Department of Physical Education and National Service Scheme, Jesus and Mary College.

The event commenced with a welcome speech by Dr. Manmohan Kaur, Associate Professor, Department of Physical Education. She began by saying that today’s event has been organised to commemorate the International Day of Yoga which is celebrated worldwide every year since 2015 on this very day, i.e. 21st of June. She then gave a brief description of the origin of Yoga and pointed out some of the benefits of practising yoga. She ended her speech after humbly requesting our principal Sr. (Dr.) Rosily T.L. r.j.m. to address the gathering. Sr. Rosily began her address by welcoming the three speakers and all the other attendees. She then invoked God’s blessing on each one of us and everyone else in the world who were affected gravely due to the pandemic Covid-19.

Thereafter, Dr. Anju Luthra, Associate Professor of the Department of Physical Education, introduced our illustrious speakers. She then requested the moderator of the webinar, Dr. Rekha Dayal, Associate Professor, Department of Commerce, to carry forward the session. Dr. Dayal in her opening statement quoted Dr. John Hagelin, “Universe essentially emerges from thought and all that matter around us is just precipitated thought.” She used this quote to give out the message that focusing on health is something that we all can do within ourselves despite what may be happening on the outside and it all begins with a thought. She also gave a brief introduction to Yoga, welcomed all three speakers of the day, and requested our first speaker, Ms. Shalini Sharma, to take the floor.

Ms. Shalini Sharma began the session by asking everyone to meditate for a few minutes. Following this, Ms. Sharma gave a wonderful presentation that revolved around unravelling the true meaning of Yoga, analysing the effect of the current situation on our lifestyle, and understanding the importance of *Ashtang* Yoga in alleviating the negative impacts of Covid-19 on our overall health and well-being. She clearly stated that this unprecedented pandemic has caused boundless unfavourable behavioural changes in every individual and only Yoga is the key to deal with these adverse changes effectively. She ended her presentation with a “*Shanti Prarthna*” hoping for peace everywhere.

Our second speaker Dr. Manish Kumar Pillai enlightened us with a presentation on “Yog: The Wheel of Wellness (A Holistic Approach)”. He started by explaining what a holistic approach means and stated that an individual can have a holistic personality only by practising Yoga. He further stated that yoga has an extraordinary ability to affect our body at the smallest functioning unit i.e. cell, and thus by bringing about changes at the basal level it helps transform the individuals for the better. However, he cautioned that in order to bring about the desired changes one must be well-acquainted with the functioning of the body systems. Dr. Pillai also talked about the concept and significance of physical, mental and spiritual health with suggestions on how to develop these aspects of health. He also elaborated on the preparation and steps to meditate. He concluded his presentation by giving a detailed description of the seven primary chakras and their relation to the body systems.

The last speaker of the webinar, Ms. Anuradha Jha started the session with a prayer. She then gave a practical demonstration of several basic *asanas* which one can easily follow every day to enhance their well-being and fitness level. She explained in great detail the benefits of each *asana*. Some

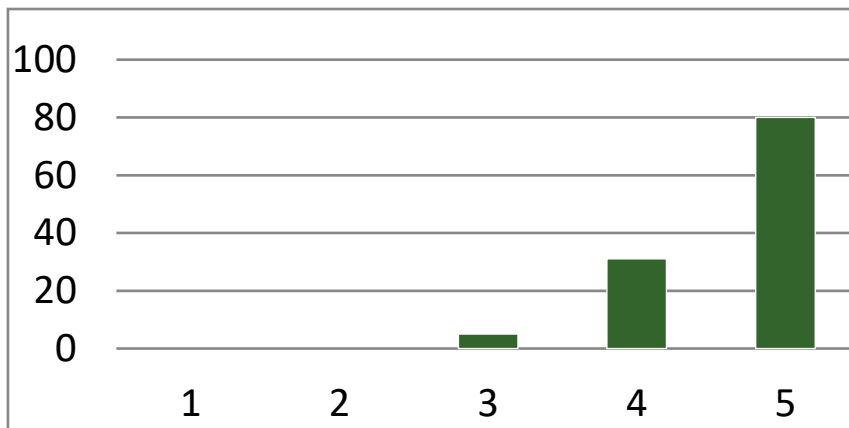
of the *asanas* that she performed were *chakrasana*, *vajrasana*, *paschimottanasana*, and *bhujangasana*. Ms Jha ended her presentation by performing the *padmasana* which is the best posture to perform meditation.

The last speaker was followed by the Question-Answer session moderated by Dr. Rekha Dayal. A spectrum of interesting questions were posed to the speakers and each of our stellar speakers responded comprehensively to the questions which helped the participants clear their doubts.

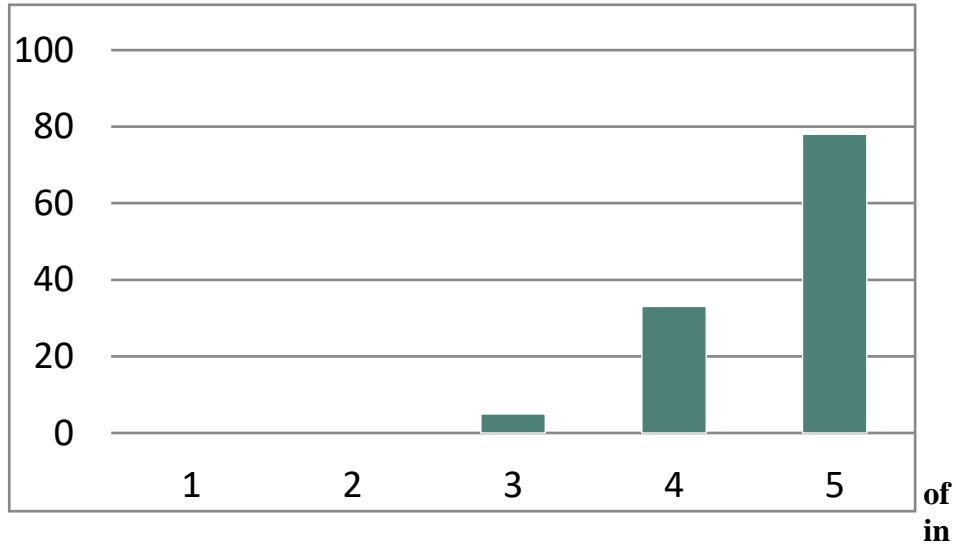
The interactive webinar concluded with a vote of thanks by Dr. Dinesh Adlakha, Associate Professor, Jesus and Mary College.

Feedback Summary: After the webinar, we circulated the feedback form to which we received 116 responses from more than 30 institutions all over the country. Of these responses, only 50, i.e. 43.1% were from Jesus and Mary College. Below is a brief analysis of the data from the feedback forms:

Relevance of the webinar to the participants (on a scale of 1 to 5):



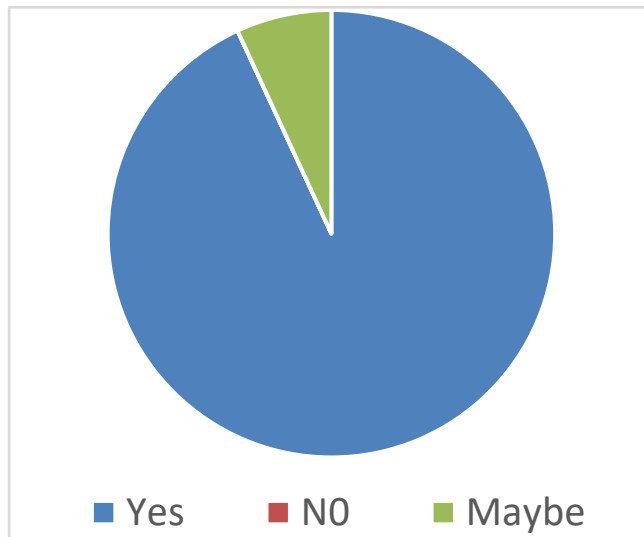
Responses to whether the content met the expectations of the participants (on a scale of 1 to 5):



**Responses
attendees**

willingness to participate in more such webinars:

**of
in
the
their**





JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI
Internal Quality Assurance Cell (IQAC)

in collaboration with
Department of Physical Education & National Service Scheme (NSS)

organises an Interactive Webinar on

**YOGA: GUARDIAN OF THE MIND, BODY
AND SPIRIT**

Date: 21st June, 2020



Time: 8.00 AM to 9.30 AM



Webinar Platform: Google Meet

Moderated by Dr. Rekha Dayal, Associate Professor, JMC



SPEAKERS



Ms. Shalini Sharma

Physical Education & Yoga Teacher
Shri Ram Shiksha Mandir
Sr. Sec. School, Delhi

Dr. Manish Kumar Pillai

H.O.D Physical Education
St. Francis de Sales School
Janakpuri, Delhi

Ms. Anuradha Jha

Postgraduate student at LSR
National Medallist in Yoga
JMC Alumna

REGISTER @ <https://forms.gle/8drMAapEgB6Rw18i7>

E-Certificates will be given to all the registered Participants

Sr. (Dr.) Rosily T.L. rjm

Principal

Dr. Alka Marwaha

IQAC Convener

Sr. (Dr.) Molly K.A.

Webinar Convener

Dr. M. K. Chawla & Dr. Anju Luthra

Dept. of Physical Education

Ms. Mahima Varma

Programme Officer, NSS-JMC



Internal Quality Assurance Cell (IQAC)
in collaboration with
Department of Physical Education & National Service Scheme (NSS)
Jesus and Mary College, University of Delhi
Presents a Webinar on

‘Yoga: Guardian of the Mind, Body and Spirit’
on

June 21st, 2020 at 08:00A.M – 09:30 A.M.

Programme Schedule

- 08:00 – 08:05 am** Introduction by **Dr. M.K. Chawla**, Associate Professor, Department of Physical Education, Jesus and Mary College, University of Delhi
- 08:05 – 08:10 am** Address by **Sr. (Dr.) Rosily T.L. r.j.m**, Principal, Jesus and Mary College, University of Delhi
- 08:10 – 08:15 am** Welcome Address by **Dr. Alka Marwaha**, Coordinator, IQAC
- 08:15 – 08:20 am** Introduction of Panelists by **Dr. Anju Luthra**, Teacher-Incharge, Department of Physical Education, Jesus and Mary College
- 08:20 – 09:10 am** **Interactive Session on ‘Yoga: Guardian of the Mind, Body and Spirit’**

Moderated By:

Dr. Rekha Dayal, Associate Professor, Jesus and Mary College,
University of Delhi

Panelists:

- **Ms. Shalini Sharma**, Physical Education & Yoga Teacher, Shri Ram Shiksha Mandir Sr. Sec. School, Delhi
- **Dr. Manish Kumar Pillai**, H.O.D Physical Education, St. Francis de Sales School, Janakpuri, Delhi
- **Ms. Anuradha Jha**, JMC Alumna, Post Graduate student at LSR, National Medallist in Yoga

- 09:10 – 09:25 am** **Question-Answer Session**
- 09:25 – 09:30 am** Vote of Thanks by **Dr. Dinesh Adlakh**a, Associate Professor, Jesus and Mary College, University of Delhi

REC

Divya Chaturvedi and 125 more

131 9:13 AM

Dr. Manish Kr Pillai

Er.krishna singh

Rekha Dayal

Dinesh Adlakha

Chakra and the Endocrine System

Dr Manish Kr Pillai

Kuldeep Singh

REC

pragathisingh_ and 123 more

131 9:41 AM

Rekha Dayal

Dr Manish Kr Pillai

Dinesh Adlakha

Er.krishna singh

Dr Anju Luthra

Yoga: Guardian of the Mind, Body and Spirit

Turn on captions

Present now

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10:20 AM You W

and 49 more

Dr. Manish K Pillai

Anurag Jha

Dinesh Adlakha

Er.krishna singh

D

Dr Anju Luthra

Rekha Dayal

This screenshot shows a Zoom meeting in progress. The main video window displays Rekha Dayal, a woman with glasses and a dark patterned top, who is speaking. The top left corner has a red 'REC' indicator. The top right shows the time as 10:20 AM and the participant list. The gallery view on the right includes Dr. Manish K Pillai, Anurag Jha, Dinesh Adlakha, Er.krishna singh, a large orange 'D' icon, and Dr Anju Luthra. The name 'Rekha Dayal' is visible at the bottom left of the main video frame.

REC

10:21 AM You W

Priyanka Takher and 49 more

Dr. Manish K Pillai

Anurag Jha

Rekha Dayal

Er.krishna singh

D

Dr Anju Luthra

Yoga: Guardian of the Mind, Body and Spirit

Turn on captions Present now

This screenshot shows the same Zoom meeting from a different perspective. The main video window now shows a man with glasses and a green polo shirt wearing large headphones. The top left corner has a red 'REC' indicator. The top right shows the time as 10:21 AM and the participant list. The gallery view on the right includes Dr. Manish K Pillai, Anurag Jha, Rekha Dayal, Er.krishna singh, a large orange 'D' icon, and Dr Anju Luthra. The name 'Priyanka Takher and 49 more' is visible at the top left of the main video frame. At the bottom, there are controls for muting, video, and chat, along with 'Turn on captions' and 'Present now' options.