

NAME OF THE ACTIVITY : **Webinar**

INTERNATIONAL/ NATIONAL/ STATE/ COLLEGE LEVEL: **National**

ORGANISED BY : **SEMINAR & WORKSHOP DEPARTMENT**

TITLE OF THE ACTIVITY : **Webinar on the occasion of "International Yoga Day"**

DATE & TIME : **26th June 2021 at 11.00 am**

SPEAKER / RESOURCE PERSON : **BK Pratibha, Mahantesh Nagar Centre, Brhmakumaris, Belagavi**



REPORT : KLE Society's B.V.Bellad Law College, Belagavi organised Webinar on the occasion of International Yoga Day on the topic "Yoga for mind concentration" on 26.06.2021. Dr. Jayasimha, Principal welcomed the gathering. Senior Rajyoga Teacher BK Pratibha, Belagavi elaborated importance of yoga for mental fitness. She has presented scientific reasons behind impact of yoga on our mind. She guided student on how to concentrate on mind during exam, other stress related issues.

Later Chief Speaker BK Sneha took excellent encouragement session to all the participants though various live online activities and stressed over living with family with all love and care. Webinar was live on ZOOM with 100 participants and streamed on YouTube with 170 viewers across State of Maharashtra, Goa and Karnataka.

PARTICIPANTS: 170 (Our college students & other)
COORDINATOR : Dr. Smt. Jyoti G. Hiremath, Asst.Prof

GEO TAG PICS

