

ITSR WEBINAR ON: “YOGA TO BOOST IMMUNITY DURING THE PANDEMIC”

28 May 2021, 10 AM

<https://meet.google.com/ssr-czan-ozl>

Welcome Speech : Silpa T Anirudhan

Presidential Address : Dr Ahammadu Zirajuddeen

Head, Department of Sociology, ITSR

Yoga Trainer : Cyril Chacko

Kannur University Yoga Champion

Felicitation : Faculty/ Teachers.

Experience Sharing/Interactive Session: Teachers, Students

Vote of Thanks : Angitha

2nd Year B A Sociology, ITSR

REPORT OF WEBINAR ON “YOGA TO BOOST IMMUNITY DURING PANDEMIC”

The webinar on “Yoga to Boost Immunity During Pandemic” was conducted on 28th May, 2021 on Google Meet from 10 am to 12 pm. The resource person was Mr Cyril Chacko, (Kannur University Yoga Champion and All India Inter University Participant). The webinar was summoned in the presence of Dr Ahammadu Zirajuddeen, (Head, Department of Sociology, ITSR) and other faculty members and was attended by the students of ITSR as well. The webinar was thought provoking in its aspects to boost up immunity and to be aware about the power of the human subconscious mind by himself. The resource person not only elaborated on what is yoga and how will it help us to find solace within oneself and to be in harmony with the universe, but also he trained the pupil to practice yoga and to make it a daily ritual.

Mrs Silpa T Anirudhan (Department of English) delivered the welcome speech in which she talked about the importance of yoga as a daily ritual during the pandemic. She elaborated on the spiritual and physical dilemma faced by the mass during the period of Corona since there are no ways to go outdoors just for a walk or to exercise. People are in desperate need to fight this battle and there lies Yoga as a solution because it can be performed indoors and will end up in spiritual peace. She wholeheartedly welcomed the Resource person Mr Cyril Chacko, Honorable HOD Dr Ahammadu Zirajuddeen, respected faculty members and the students of ITSR, to the session and handed over the session over to Honorable HOD Dr Ahammadu Zirajuddeen, for the presidential address.

Dr Ahammadu Zirajuddeen, in his presidential address, exclaimed on the ways of yoga and how it is essentially a mode of spiritual and physical wellbeing. He elaborated that this kind of a training should have been done via offline, but the situation demands us to make it online. On desperate times, desperate measures should have to be taken.

He was more than happy for participating in such a session and feels delighted to welcome Mr Cyril Chacko to initialize his session.

Prior his lesson, Mr Cyril Chacko, (Kannur University Yoga Champion and All India Inter University Participant) elaborated on the great Indian sage and yoga master Sri Arabindo who said that, yoga is a methodical effort towards self perfection through developing your talent on the physical, vital, mental, intellectual and spiritual levels. Therefore, yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation. He elaborated on various asanas, meditation and Breath regulations. After half an hour of the effective introduction he began the training session by a warming up to make the body flexible and then entered modelling into asanas. The students began to practice the asanas by doing it with him. During the two hour session he covered major asanas, postured and ended up in 'pranayama' which helps in regulating the breath cycles and there by he taught how to communicate to oneself through meditation. He concluded by preaching the importance of being in harmony with the universe and with one self. He urges every one to practice yoga every day before the first meal and he promised that this will bring about a huge change in metabolism, physical well being, spiritual peace and mental focus and thereby we can surpass the threats of the pandemic as well.

The faculty members such as Mujeebu Rahman Vazhakkunnam, (Department of Sociology), Mr Shabeesh P (Department of Sociology), Mrs Silpa(Department of English), Mr Shihap P(Department of History) also delivered their valuable messages regarding the session.

Later the students were given opportunities to share their experience of doing yoga. They were excited to do the asanas and showered their gratitude for conducting such a training. They wished to make a change in their lifestyle by practicing yoga on a daily basis. They asked the faculty to bring the resource person once in person, so they can actually make use of him in the complete sense.

Vote of Thanks was delivered by the students representative, Angitha, Second Year B A Sociology. She thanked Mr Cyril Chacko, the Faculty, non teaching staff, and all enthusiasts for organizing and participating such a memorable session, concerning their mental and physical well being. She wished the institute all the luck that it could conduct more webinars like this here after.



