

**DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR**

**WOMEN DEVELOPMENT CELL  
Academic Session - 2020-2021**

**REPORT ON GUEST LECTURE**

**PROGRAMME DETAILS**

**NAME OF THE PROGRAMME:** Guest Lecture on the topic,  
**‘Yoga and Breathing Exercises for  
Immunity Boosting as Preventive measure  
for Covid-19’**

**NAME OF RESOURCE PERSON:** Ms. Dhanashree Lekurwale,  
Yoga Expert, Nagpur.

**DAY & DATE:** **Wednesday, 16<sup>th</sup> December 2020**

**TIME:** 2.00 PM to 3.00 PM

**ZOOM MEETING LINK:**  
<https://zoom.us/j/99396688614?pwd=T29HRz5OGxOMFRiUT11WVg4RDExdz09>

**TEACHER IN CHARGE:** Dr. Mrs. Pradhnya Bhelwa

**NUMBER OF PARTICIPANTS:** 41 Girls and 6 Lady Teachers, 2 Non- teaching staff

**NOTICE:**

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**Dr.Ambedkar College, Deekshabhoomi, Nagpur**

**Women Development Cell**

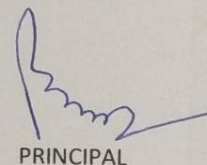
All the girl students of Arts, Commerce, Science and Law are hereby informed that a Yoga workshop is being organized under the aegis of the Women Development cell of Dr. Ambedkar College, Deekshabhoomi, Nagpur on "YOGA AND BREATHING EXERCISES FOR IMMUNITY BOOSTING AS PREVENTIVE MEASURE FOR COVID-19".

Ms. Dhanshree Lekurwale a yoga expert will deliver a talk and a yoga session will be conducted on 16-12-2020 at 2.pm

Attendance is mandatory for members of ladies staff, teaching and non-teaching and girl students of UG and PG courses of all faculties.

Date: 15-12-2020

Time: 2:00 PM



PRINCIPAL

DR.MRS.B.A.MEHERE

**REPORT:**

The women's Development Cell of Dr. Ambedkar College organized an extremely relevant guest lecture on "**Yoga and Breathing Exercises for Immunity Boosting as Preventive measure for Covid-19**", on 16<sup>th</sup> December 2020. The aim and purpose of the lecture was to create awareness about the importance of Yoga and to teach them right breathing exercises in these days of pandemic so that they can take proper care of their health.

Internationally acclaimed yoga expert of Nagpur City Ms. Dhanashree Lekurwale was the guest speaker who held the audience spell bound by her elaborative and

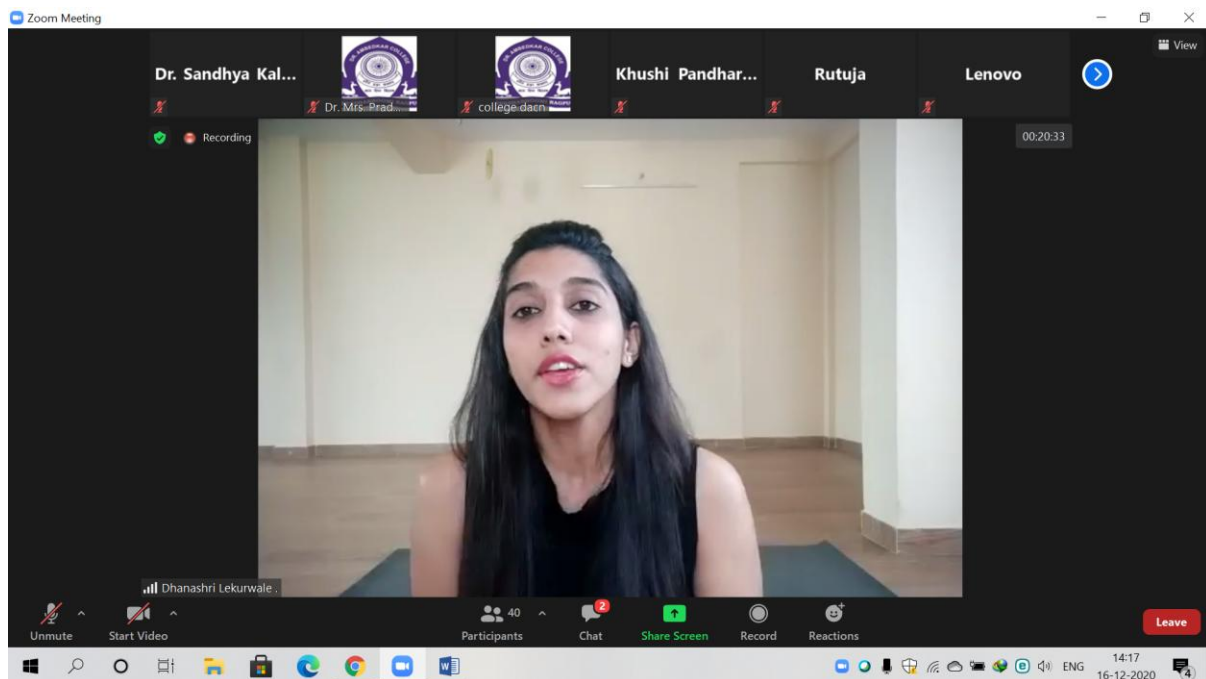
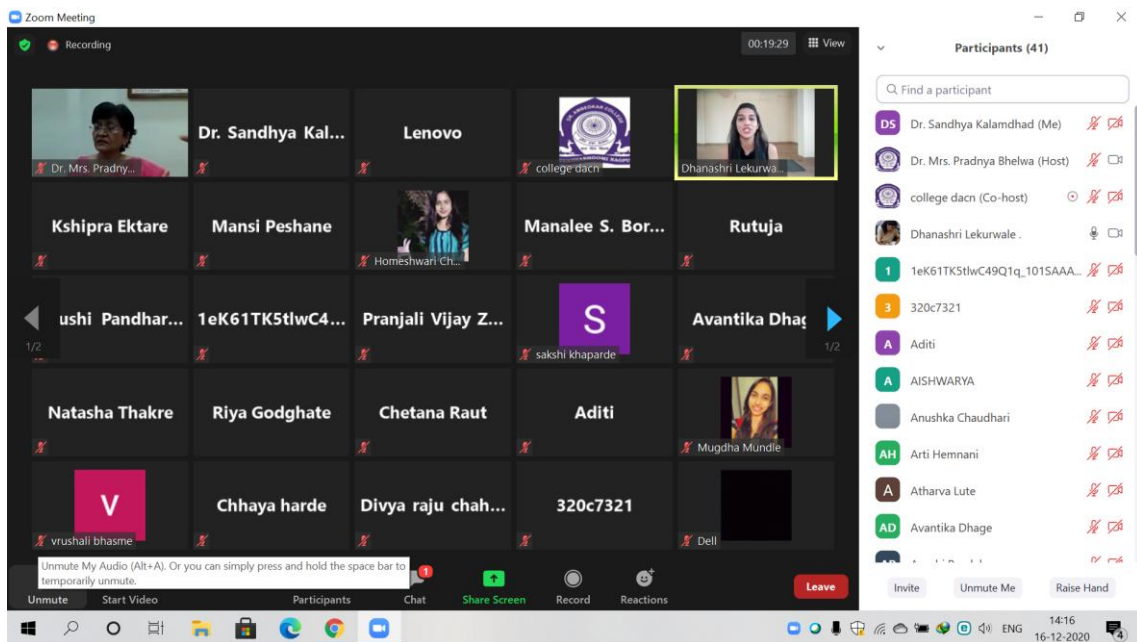
informative presentation and practical training on how to do right yoga postures and right breathing techniques.

Highlighting the importance of yoga especially for the girl students, she talked about importance of alignment in yoga. By way of excellent performances, she showed the various Yogas and Pranayam techniques. She advised that it is important to have control over 'breathing in and out' while practicing Yoga. She emphasized upon the importance of back bending and forward bending, benefits of Suryanamaskar, Vajrasana etc. Her student Ms. Asawari performed various yogas when Ms. Dhanashree was explaining the importance of each right posture. She also explained the health benefits of all Asanas and also emphasized that certain Asanas should not be performed by the persons with certain medical ailments like Kapalbharati should not be practiced by a person with high B P or Heart problem etc. While elaborating breathing techniques she talked about Bhramary, AnulomVilom, Kapalbharati and importance of 'OM' and how to chant this. She further elaborated one should follow a healthy lifestyle, healthy diet and exercise and avoid fatty food, for healthy life.

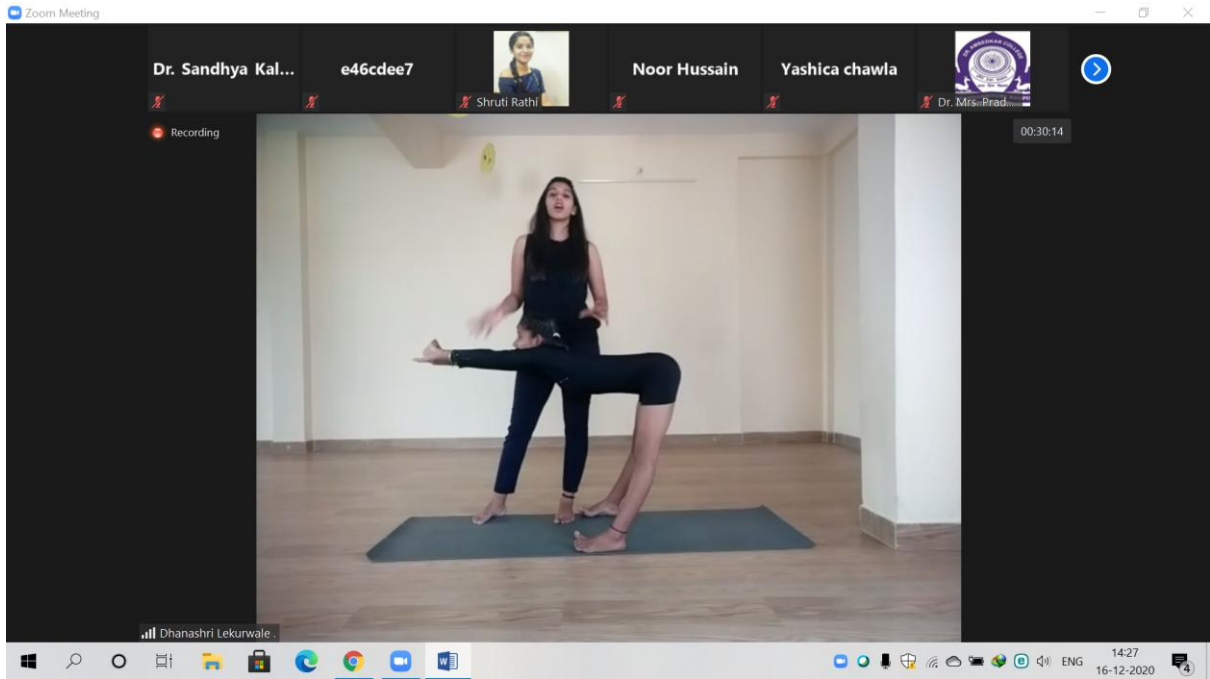
The outcome of the lecture is that awareness has been created and knowledge dispensed amongst the girl students about the right practices of yoga and breathing techniques for healthy life.

Earlier Principal of the college, Dr. B A. Mehere welcomed the guest and gave introductory remarks by informing that this programme is a deliberate attempt on the part of the college to take measures for prevention of CORONA Virus infection amongst the students and staff. She also congratulated Ms. DhanashreeLekurwale for being invited at various prestigious institutions at such an early age.Coordinator of the Women's Development Cell Dr. Sandhya Kalamdhad was prominently present in the programme. Mrs. PradhnyaBhelwa, member of the Women Development Cell ably conducted the proceedings while the vote of thanks was proposed by Mrs. VarshaPanbude, member of

WDC.Fourty one girl students, six faculties and two non- teaching faculties attended the lecture.



Mrs. DhanashreeLekurwale addressing the Girl students and Lady Teachers



Ms. Asawari performing Yoga while Ms. Dhanashree explaining the importance

