

UGC-Human Resource Development Centre  
Goa University

Webinars on Yoga and Wellness(Online mode)

22/03/2022 from 11 a.m. to 1 p.m.


A REPORT

- o/c
1. UGC-HRDC, Goa University conducted its Webinar on Yoga and Wellness (Online mode). There were Fifty eight participants attended the course. Participants were from Goa, Punjab, Chhattisgarh, Harayana, Uttar Pradesh, Jharkhand, West Bengal, Karnataka, Kerala, Bihar, Gujrat, Tamil Nadu, Odisha, Uttakakhard, MSU-IIT, Philippines, LSPU-SCC, Philippiness and New Millennium School, Bahrain.
  2. The Webinar on Yoga and Wellness. The lecture session was delivered by Resource person Shri M. Shreedhara, Joint Registrar (Administration) Goa University from 11 a.m to 1.00 p.m. and it was attended by the participants..
  3. The Course was conducted under the leadership of Director-in-Charge, Prof. Purva G. Hegde Desai and coordinated by Dr. Ingrid Anne P. Nazareth, Assistant Professor, HRDC, Goa University. Towards the end of the Webinar on Yoga and Wellness each participant expresses their feedback and Question answer session about the course and sharing of experiences.
  4. Dr. Ingrid Anne P. Nazareth, Assistant Professor, closing remarks and vote of thanks to the participants.

We are enclosing herewith:

- a. Schedule of Webinar on Yoga and Wellness
- b. List of Resource person and topic.
- c. Participants list



  
(Prof. Purva G. Hegde Desai )  
In-Charge-Director-UGC-HRDC

**DIRECTOR**  
**HUMAN RESOURCE DEVELOPMENT CENTRE**  
**GOA UNIVERSITY**  
**GOA - 403 206**

UGC-HUMAN RESOURCE DEVELOPMENT CENTRE  
Webinars Yoga and Wellness

22-03-2022 from 11 a.m. to 1 p.m.

Sr.No	Name of Resource Person	Lecture Topic
1	Shri M. Shreedhara	Yoga and Wellness





**UGC-Human Resource Development Centre**

**Goa University**

**Webinars Yoga and Wellness 22/03/2022**

**Participants Details**

Sr.No	Name of the Participants	College Address	Phone No.	E mail ID of Participants
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