

## Report on the activities carried out in the School of Earth, Ocean & Atmospheric Sciences (SEOAS) on account of International Day of Yoga

### Activity on 20<sup>th</sup> June

#### 1. Talk and hands-on training by Dr. Reshma Raut Dessai

Dr. Reshma Raut Dessai, Assistant Professor, School of Physical and Applied Sciences delivered a talk on ‘**Significance of yoga to our health and wellness**’ to the teaching and non-teaching staff of SEOAS on 20<sup>th</sup> June 2022 at 1530 hrs in CF-21 room. She also spoke about various yoga portals and gave hands-on training on different types of Pranayam - Kapalbhati. Twenty-one staff members attended this session.



## Activity on 21<sup>st</sup> June

Teaching and non-teaching staff of the School participated in the activities.

### 1. Yogasana session by Ms. Mitali Chodankar

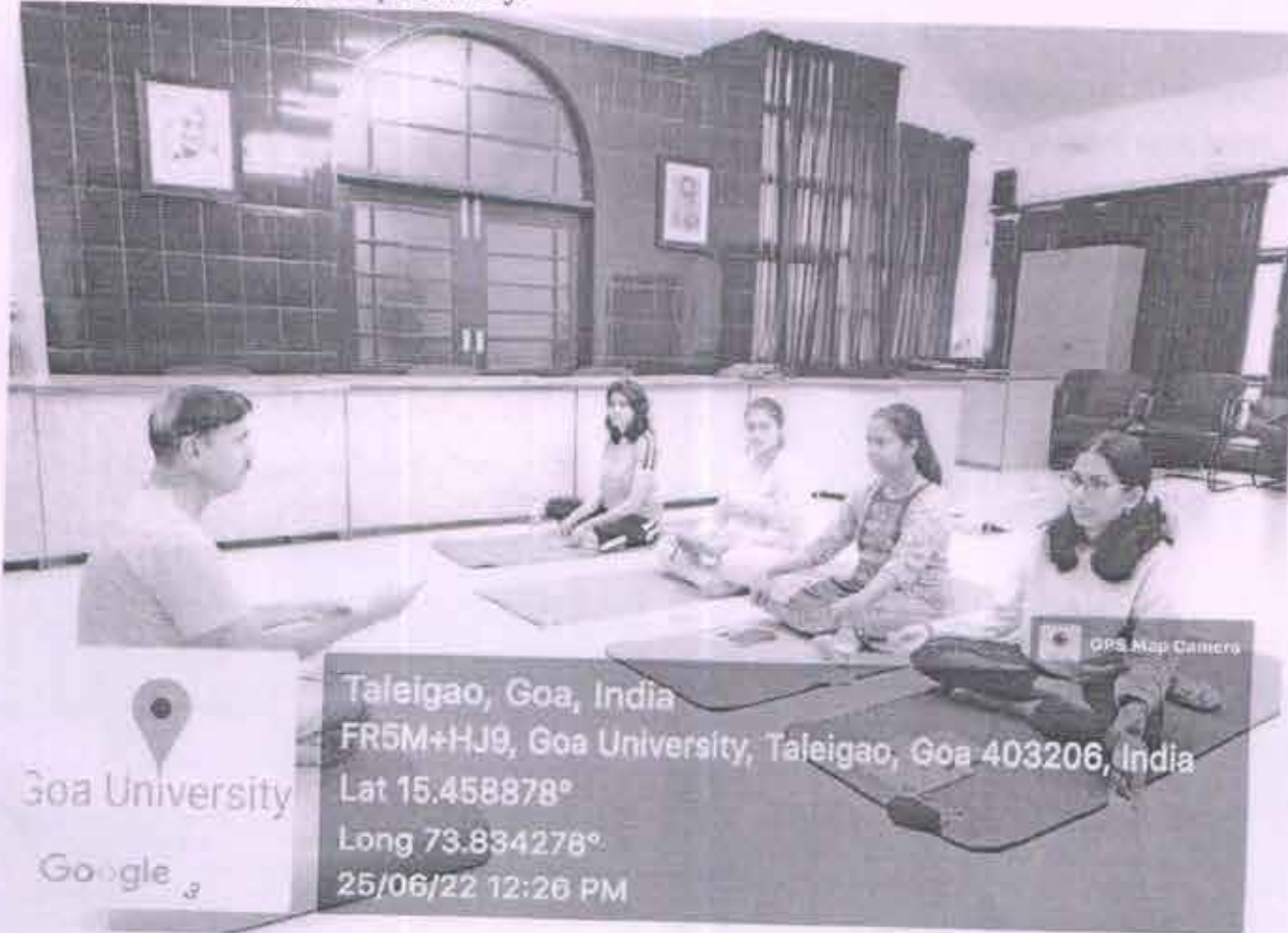
Ms. Mitali Chodankar, alumni of M.Sc. Marine Sciences conducted a brief session on yogasanas at 1500 hrs at the premises of School of Earth, Ocean and Atmospheric Sciences (Faculty Block C). Twenty members attended this session. Ms. Mitali is a silver medalist in Yoga at the recently held Skill India program (2022). She has been actively participating in Yogasana competitions from 2015 onwards and has been a prize winner in most of the competitions participated by her.





**2. Happiness Course by Mr. M. Shreedhara**

Mr. M. Shreedhara, Joint Registrar (Administration) conducted the first session of a three day 'Happiness Course' at 1630 hrs in the Conference Hall. Eight staff members attended this session. The next two sessions were conducted on 25<sup>th</sup> and 26<sup>th</sup> June at the Council Hall and premises of School of Earth, Ocean and Atmospheric Sciences (Faculty Block C), respectively.



*6/11/22*  
*25.8.22*  
Dean, SEOAS