



**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
**REGIONAL CENTRE MUMBAI**

**YOGOTSAV - 2022**  
**"Rejuvenating Through Yoga"**



# **Yogotsav 2022**

## **A webinar on "Rejuvenating through Yoga"**

The Regional Centre Mumbai has organised a webinar on "Rejuvenating through Yoga" - a live session with demonstration by Yoga Expert Dr. Yogita Mandole on the occasion of "Yogotsav - 2022" on 07.06.2022 at 10.00 AM.

Dr. Satywan Hanegave, Coordinator and Vice-Principal of K.J.Somaiya College welcomed the participants in the live session. In the initial remark, Dr. E. Krishna Rao, Regional Director (I/c) has spoken about the relevance of yoga in daily life and brief introduction of speaker and Yoga Expert Dr. Yogita Mandole

Later Dr. Yogita Mandole, Yoga Expert started her live session on the above topic. In her presentation, she has explained the current situation of the society. And also teaches the different aasanas and pranayam which will help us to fight against the daily life problems. She also gave a brief information about the benefits of each aasanas and pranayam.

After the practical session, Dr. Prashant Nitnaware, Coordinator, LSC 1632 gave the vote of thanks.

This informative and practical webinar was attended by a total of 40 participants. The participants also gave positive feedback at the end of the session.

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**Dr. E. Krishna Rao**  
Regional Director (I/c)





