

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR

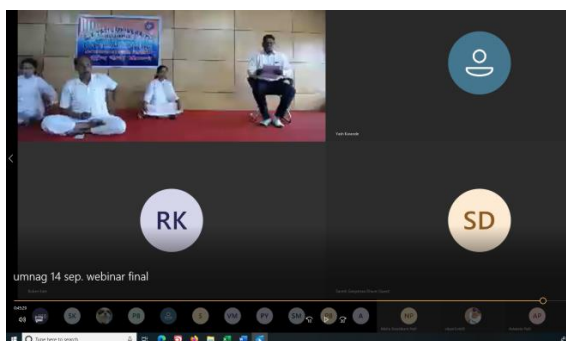
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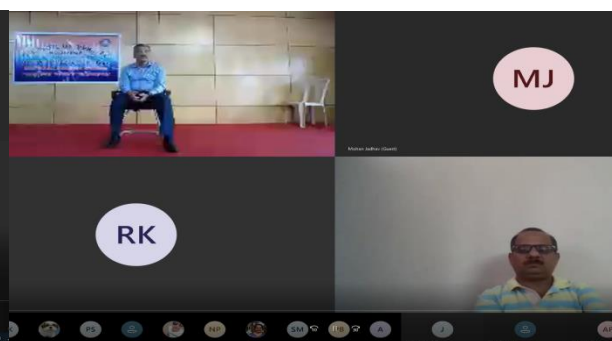
Date & Time	Topic	Speakers	Monitor	Chair Person
14.09.2020 4 to 5 pm	Pranayama	Mr. Vilas Nikam President, Patanjali Yoga Samiti, Kolhapur	Mr. R. S. Pawar NSS Coordinator & Sports director	Dr. Rakesh Mudgal Vice- Chancellor, D.Y. Patil Education Society, Kolhapur

The webinar was conducted on the topic of **pranayama** by Mr. Vilas Nikam. He explained importance of daily pranayama to maintain health and increase immunity in this **COVID-19** pandemic situation. He and his colleagues demonstrated steps in pranayama. About 110 students and the staff attended this webinar.

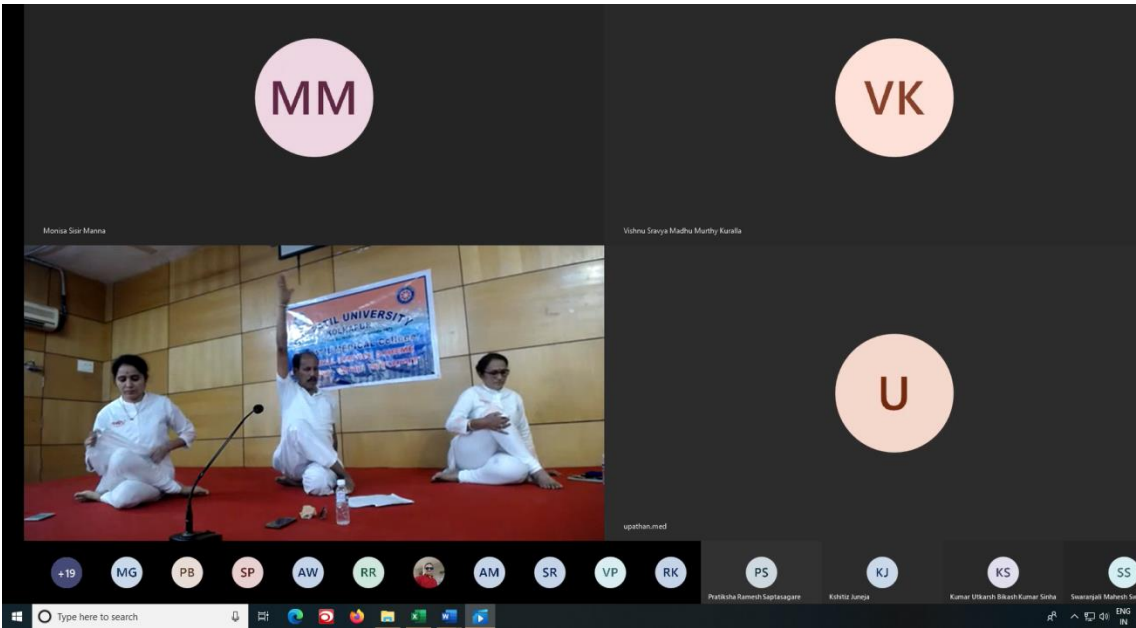
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Mr. Ram Powar

NSS Coordinator
D.Y. Patil Education Society
(Institution Deemed to be University, Kolhapur)