



KALEIDOSCOPE
21st Jun 2020

**Live Webinar on “Developing Healthy Immune Response
on the occasion of International Yoga Day**

Yashwantrao Bhonsale College of Pharmacy, Sawantwadi – Maharashtra
Department of Pharmacognosy and Phytochemistry
Presents

**Webinar on “Developing Healthy Immune Response
during monsoon, through Ayurveda and Yoga”**
21st June 2020, Sunday 3:00-5:00 pm
On occasion of *International Yoga Day*

Speakers

Dr. Sujal Torgal
BAMS, DPCH
Chief Medical Officer
Traya Natural Health Centre, Donapaula Goa

Dr. Nandhini Sadasivam
BNYS
Naturopathy & Yoga Consultant
Traya Natural Health Centre, Donapaula Goa

Register at: <https://forms.gle/sTxhz4cnVX5aW3SJ9> Streaming at
zoom YouTube

Convener and Coordinators

Convener
Dr. Vijay Jagtap
Principal

Coordinator
Mr. Durgesh Gautam
TPO

Program Coordinators
Ms. Sparsha S. Bandekar
Ms. Siddhi P. Fogueri

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Yashwantrao Bhonsale College of Pharmacy celebrated the 5th International Yoga day on 21st Jun 2020. On this occasion a webinar was arranged on the topic “Developing Healthy Immune Response during Monsoon, through Ayurveda and Yoga”. The live streaming of the webinar was carried through Zoom and YouTube. The Guest Speakers for the occasion were, Dr. Nandhini Sadasivam, Naturopathy and Yoga Consultant and Dr. Sujal Torgal, Chief Medical Officer from Traya, Natural Health Center, Donapaula Goa.

The webinar begun with the welcome address of Dr. Vijay Jagtap, Principal and was coordinated by Mr. D. T. Gautam, Ms. S. S. Bandekar and Ms. S. P. Fogueri, Assistant Professors. The Speaker enlightened the audience with the benefits of Ayurveda and Yoga during especially in the monsoons and also demonstrated some Yogasanas and highlighted the benefits of the same.

Total of 150 registrations were obtained for the same, and more than 150 people attended the Webinar during Zoom and YouTube live streaming. Certificates were provided to the participants though feedback mode. Further the YouTube link has attained 250+ views later on.

