

**PG and Research Department of Commerce
Government Arts College (Autonomous)
Coimbatore 641018**

REPORT ON WEBINAR

Department of commerce conducted a Webinar as per EBSB (Ek Bharat Shreshta Bharat) on the topic “PRANAYAMA & laughter yoga” on 19th April (Monday) 2021 at 11am.

Resource person Dr.T.S.Mohanraj (Founder of Yazh Yoga) demonstrated basic Pranayama & Laughter Yoga. He also pointed out that it is the apt time to conduct the program during this Covid-19 Second Wave as people need to breathe properly to enhance lungs to work efficiently and come out of mental stress.

Webinar was conducted through Google Platform. 196 participants registered and 100 participants joined the meeting. Webinar started by 11am, Dr.M.Sivasubramanan HoD of Commerce welcomed the gathering followed by Dr.N.Meenakshi Sunderaswari introducing the resource person. Students and faculty had good interaction with the resource person Webinar closed by 1.00pm with Dr.S.Kothai proposing Vote of Thanks.