

Women Development Cell of  
Bombay Teachers' Training College  
A Constituent College of HSNC University, Mumbai

In collaboration with

Isha Foundation

Organizes  
A live session on

Topic: Equip yourselves for the Covid-19 Era

Date: 24<sup>th</sup> June, 2021.

Moderators: Dr. Neelu Verma  
Dr. Raju Talreja

Time: 11PM to 12:30

Speaker: Ms. Kalpana Maniar

This informative session was conducted by the Women Development Cell of Bombay Teachers' Training College in association with Isha Foundation. The event began with an introductory prayer which was followed by Dr. Neelu Verma giving us insight on Isha Foundation and enumerated the various places and organisations where they had conducted yoga and kriya seminars, workshops and webinars along with enlightening us about the Padma Vibhushan awardee, Sadhguru who has addressed audiences on yoga and spirituality at various levels, local, national as well as on international forums. She finally introduced the guest for the day, Ms. Kalpana Maniar, Director of Edelweiss Rural & Corporate Services Limited who has been associated with Isha Foundation for many years and devotes her time on various Outreach programme and initiatives.



yoga centre in Tamil Nadu.

Ms. Kalpana informed the audience about the main take away of the event which was Sadhguru's insights on the physical and mental challenges faced by people in times like the pandemic that we are going through, practices to boost immunity and improve respiratory function. She informed us of the changes she went through in life prior to joining the Isha foundation and the results and changes after joining it. She introduced Sadhguru, talked about the works of his life and the presence of Dhyanalinga, an Isha

She presented a video on the home remedies associated with immunity development and improvement which included the use of Turmeric, Neem leaves, Mint Leave and Amla. She then showed a video about various asanas particularly about Sashtanga asana and Makarasana which are precursors to Simha Kriya which is essentially a good exercise to improve the respiratory functioning. In a video, Sadhguru explained the correct process to perform these asanas, the various precautions to be taken while performing it etc.



Later, feedback received through YouTube chat was shared by Dr. Raju Talreja and a number of questions put forth by participants and by teachers themselves, were answered.



Following that a video on a guided session of Isha Kriya meditation conducted by Sadhguru showed by the guest, Ms. Kalpana Maniar was said to have a healing effect on the body and the potential to transform lives of individuals.

The guided and inspiring session ended with a vote of thanks by Dr. Neelu

Verma.

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Written By Jaffin James, Roll no 17 FY. B. ED

Moderated by Dinaz Irani Roll no12 FY. B. ED