



**Bharatiya Vidya Bhavan's  
Sardar Patel Institute of Technology  
Munshi Nagar, Andheri-W, Mumbai-400058**



## Report

Event Name: Yoga to support you

Date of Event: 2021-03-11

Place of Event: Online Platform

In-Charge Member: IEEE WIE-SPIT

On the background of women's week 2021, WiE-IEEE-SPIT organized a webinar on "Yoga to support you" by Dr Sujata Kulkarni. The session began by seeking the blessings of Goddess Saraswati.

The major theme of her talk was hormonal imbalance in females and how 30-40 minutes of everyday exercise and yoga help in maintaining the hormonal balance. She further explained the common symptoms of hormonal imbalance and factors that affect the normal hormonal levels. She demonstrated a few yogasanas like:

1. Baddha konasana
2. Pashimottanasana
3. Ardha ushtrasana
4. Supta baddha konasana
5. Bhujangasana
6. Setu bandhasana
7. Ardha halasana
8. Sarvangasana
9. Matsyasana
10. Shashankasana

Along with yogasanas she also shared a few general healthcare tips. Finally, she took questions from the audience before concluding the session.



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**WIE-IEEE SPIT presents**

# YOGA TO SUPPORT YOU

Certified as a Yoga Protocol  
Instructor from Ministry of AYUSH,  
Govt. of India

“Life starts with a Women.  
The greatest love of all starts with Her.  
She has to be fit and healthy for everyone.”

**Dr. Sujata Kulkarni**

Session by Dr.Sujata Kulkarni  
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- Anupriya Dasgupta which yoga poses would you suggest for people with pcos?
- Trusha Talati Should people with arthritis do yoga?
- aarti karande Which Asana is good for eyes
- Priya Agarwal what aasan do you suggest for when on periods?
- Maitri Vora How to manage stress during exams as we dont have time for anything else
- Alisha kadam 🙏
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