

**"3-DAY ONLINE GUIDED FREE WORKSHOP
On PRANAYAMA, MEDITATION & ASANA"**

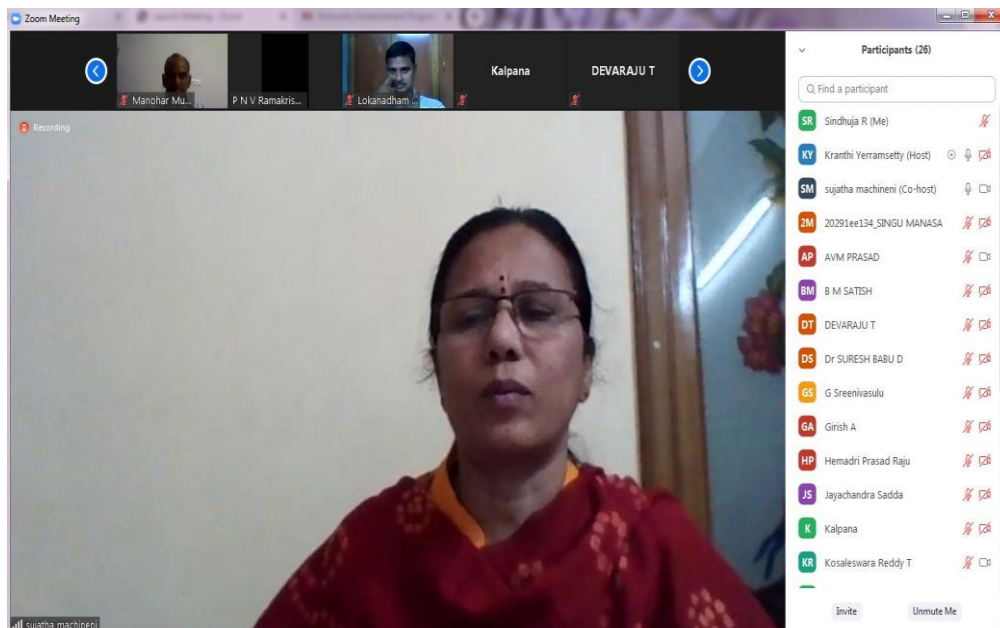
**NSS, IEEE-WIE Affinity Group and Women Empowerment Cell
(28-05-2021 to 30-05-2021)**

REPORT

A 3-Day Online Guided free workshop on "**PRANAYAMA, MEDITATION & ASANA**" was organized under NSS, IEEE-WIE Affinity Group and Women Empowerment Cell by Department of Electrical and Electronics Engineering, Sree Vidyanikethan Engineering College, Tirupati in association with **Art of Living Organization** for the benefit of undergraduates students, postgraduates students and faculties of various department and various institutions.

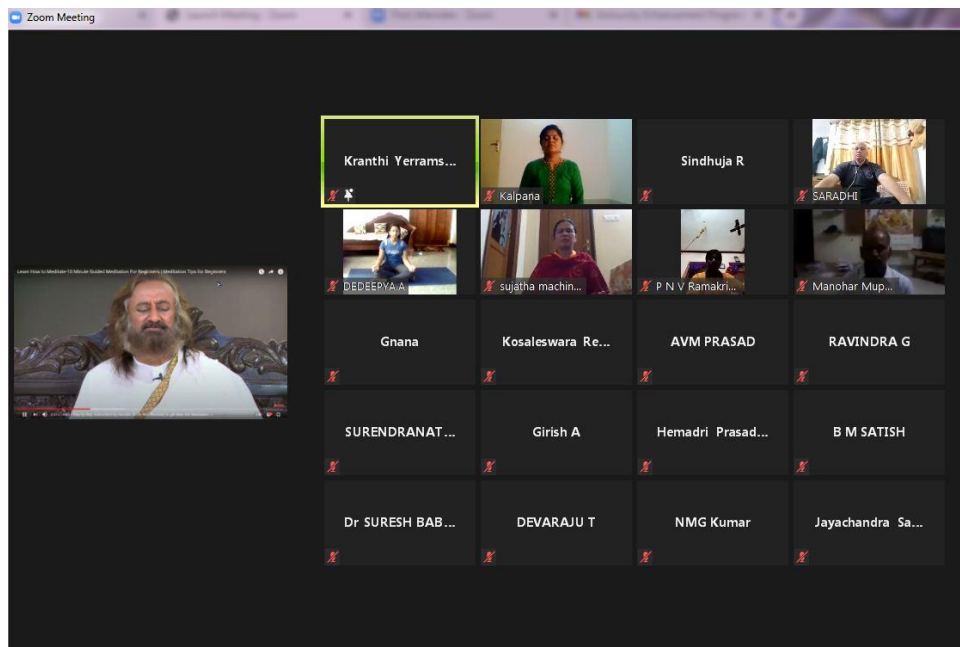
The 200 participants who have enrolled for this workshop were divided into 5 batches and each batch was headed by well trained faculties from Art of Living organization. The speaker of the session was Dr. Harish Saranam, Dr. Sairam Kumar, Ms. Soumya Kotha, Dr. Sai Krishna Kumar and Ms. Kranthi Yerramsetty who have trained the students and faculties of the workshop on 28-05-2021 virtually through Zoom platform between 5.30 pm to 06.00 pm.

The session started with the welcome note by Dr.M.S.Sujatha and Mr.G.Kuladeep, Co-Ordinator of the workshop.





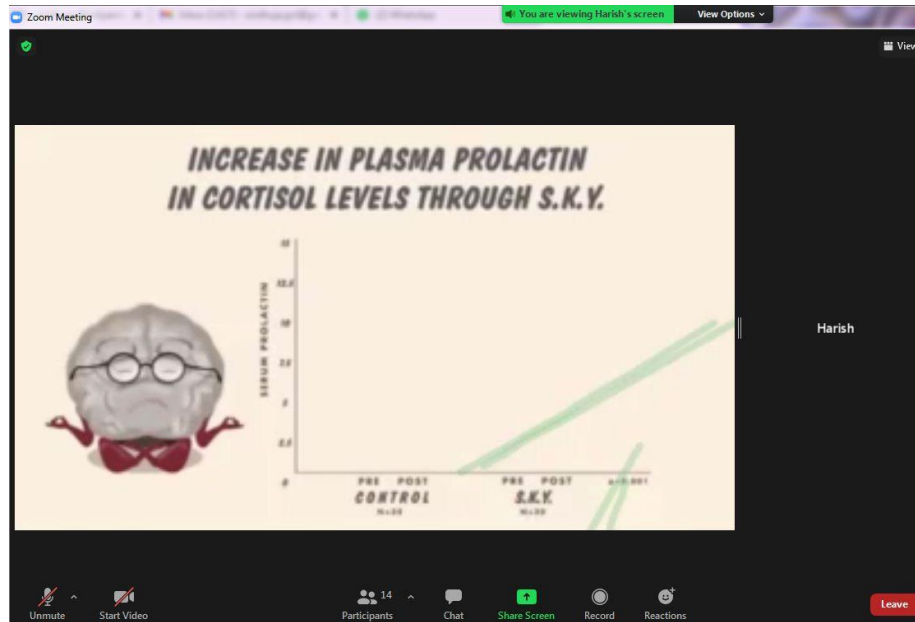
Art of living has recognized that the fear and anxiety of the pandemic, the stress from the lockdown and isolation; and the uncertainty about the economy, jobs and future were affecting people’s mental health and well-being. So they have immediately launched this Immunity Enhancement Program. The main thought of this program is to speak to different segments of society suggesting everyday solutions for lockdown; providing tips for health and immunity; guidance on leadership and working from home; strengthening relationships and taking care of children and teens.



The session started with a short meditation for beginners followed by “Can yoga help me boost immunity? Can I practice yoga during the COVID-19” The answer is yes.

Regular practice of yoga has shown effective results. Different asanas boost immunity, build the body’s strength, increase energy levels, bring down anxiety and stress,

infuses positivity and freshness in the mind. Lack of sleep, poor nutrition, and life stress all lead to a weakened immune system and vulnerability to sickness. Stress, more than anything, leads to a breakdown in the body's ability to defend itself against bacteria and viruses. When stressed, the hormone cortisol stays in the blood for extended periods of time, which the body develops resistance to, leading to increased inflammation.

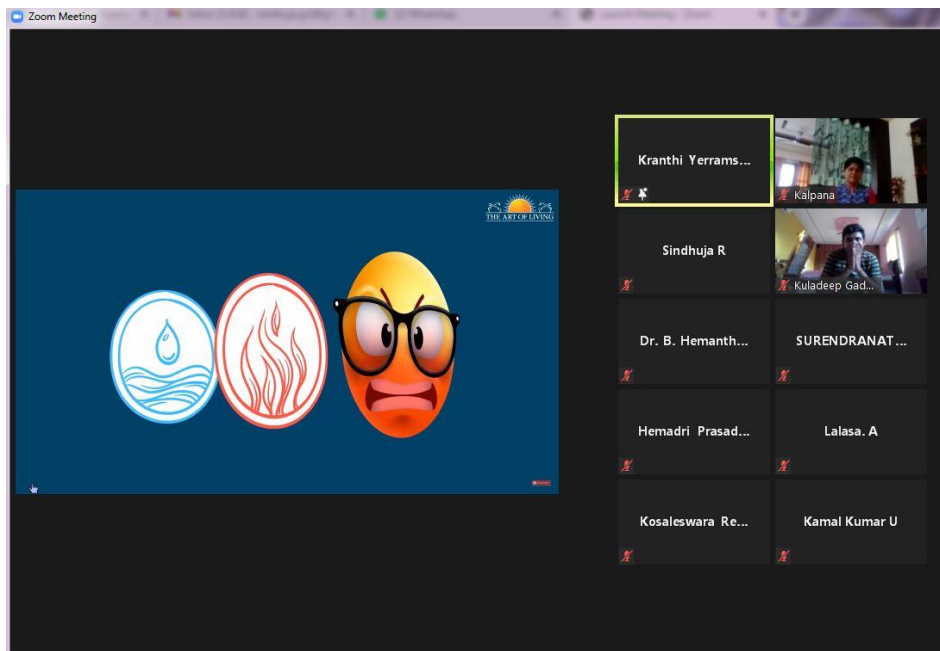


The figure is a screenshot of a Zoom meeting. The main slide is dark blue with a white silhouette of a human figure on the left. To the right of the figure, the text "90% NUTRITIONS" is displayed in large, white, stylized font. Above the text is a small logo for "THE ART OF LIVING". On the right side of the screen, there is a grid of 10 participant video thumbnails. The thumbnails are arranged in two columns and five rows. The names of the participants are listed next to their thumbnails: Kranthi Yerrams..., Sindhuja R, Dr. B. Hemanth..., Hemadri Prasad..., Kosaleswara Re..., Kalpana, Kuladeep Gad..., SURENDRANAT..., Lalasa. A, and Kamal Kumar U. The Zoom meeting interface at the top shows "Zoom Meeting" and "You are viewing Harish's screen".

When sick, antibiotics and other medicine can help the body recover from the disease. However, what medicine fails to do is improve the body's immune system. This is where yoga comes to the rescue! Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body.

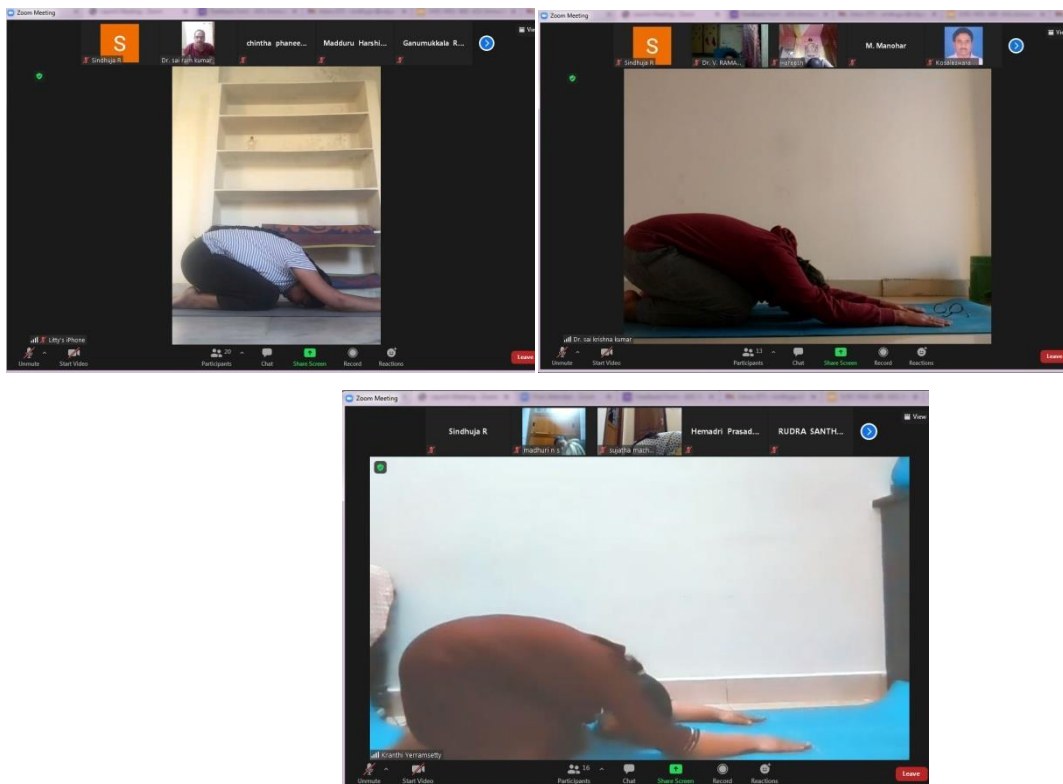
Ms. Kranthi Yerramsetty added fact that Yoga lowers stress hormones and strengthens the nervous system while also stimulating the lymphatic system, which removes toxins from the body. Yoga calms the mind and can contribute to deeper,

regulated sleep, which is crucial for wellness; sleep is one of the most important factors in healing and maintaining a healthy immune system.

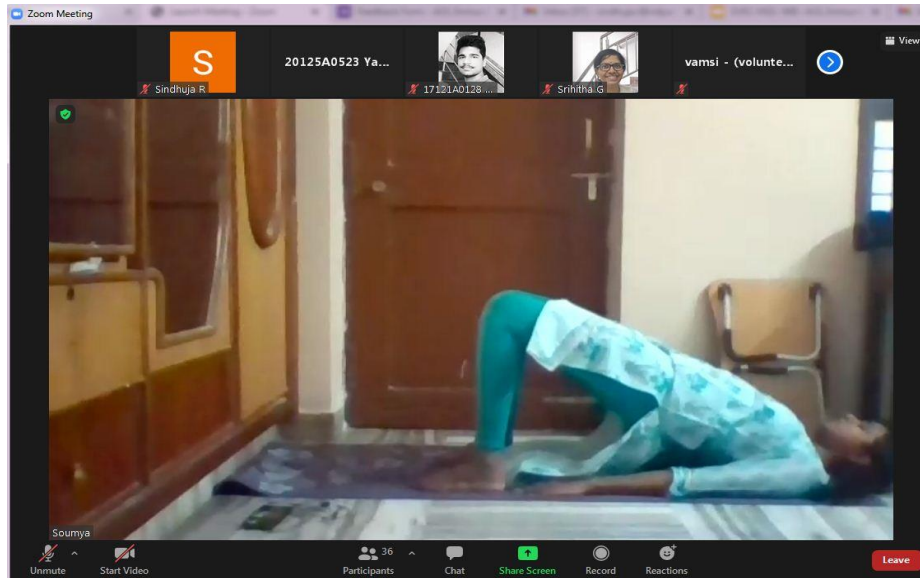


The faculties added simple yoga poses that boost immunity during COVID-19 situation.

Shishuasana (Child pose) is an excellent pose to decongest the chest and relax the mind.



Setu Bandhasana (Bridge pose) opens the heart and improves blood circulation, increasing energy in the body.

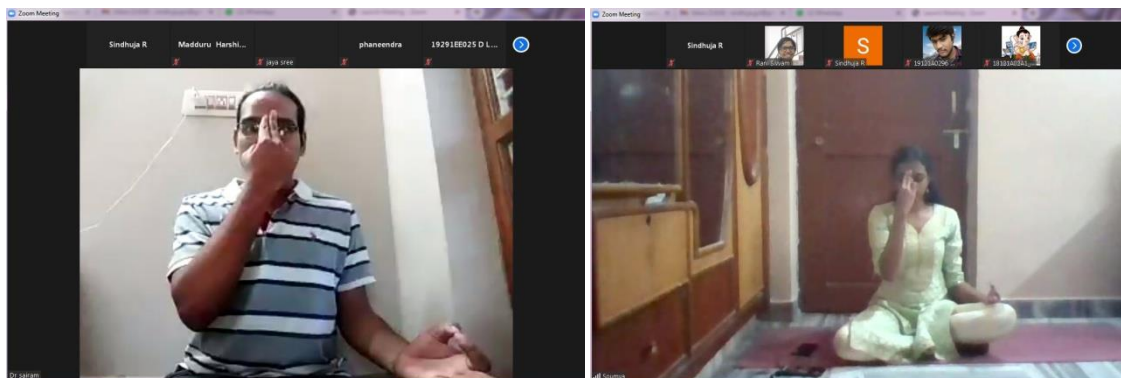


Bhujangasana (Cobra pose) stimulates the thyroid gland, strengthening the nervous system.



In order to maintain the oxygen levels speaker of the session added few more mudras. Mudras used in combination with yogic breathing exercises enliven the flow of prana in the body, thereby energizing the cells in the body. These mudras mentioned here could help those afflicted by COVID and are in their recovery phases.

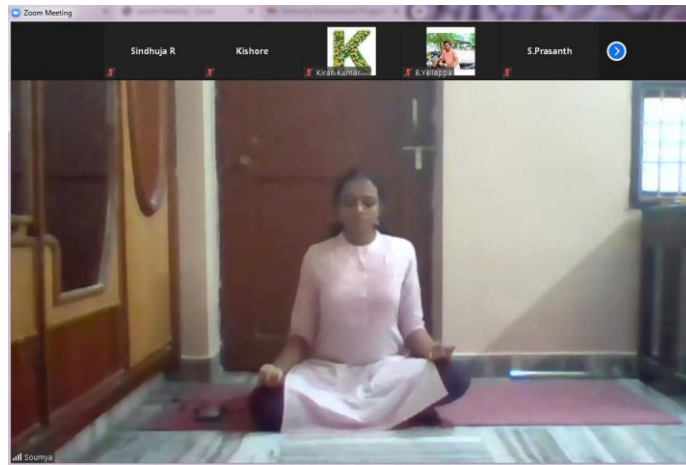
Prana Mudra:



Prana Mudra can greatly improve your body's immune system and it also stabilizes your mind. The relaxation effect of the mudra decreases nervousness and helps improve one's confidence. It also brings more balance and stability to the mind, thereby curing any

sleeping or eating disorders you may have been afflicted with. Ms. Soumya added that practicing this mudra also reduces, and sometimes removes, any deficiencies caused by a lack of essential vitamins (A-K).

Apana Mudra:

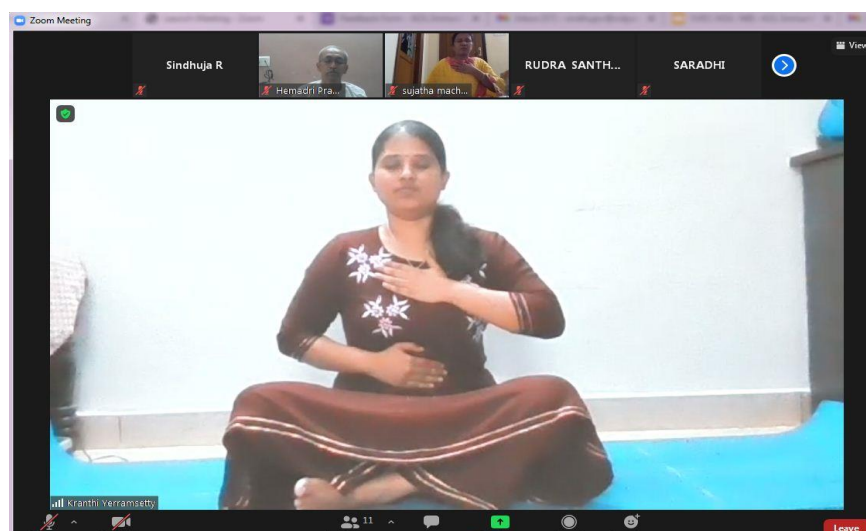


Apana Mudra relieves back pain, detoxifies body, good for those suffering from breathing disorder, strengthens immune system, control diabetes and enables easy childbirth.

Pranayama:

Pranayama is not just breath control as commonly perceived but it is the control of prana through the breath. These techniques involve breathing through the nostrils in a specific pattern of inhalation, breath retention, exhalation. Some common yoga breathing exercises include Bhramari pranayama, Kapalbhatai Pranayama, Bhastrika pranayama, Ujjayi breathing and Nadi Shodhan pranayama.

It helps in promoting correct breathing. By breathing properly in a correct manner, the oxygen supply to the brain and blood vessels increases. It alleviates asthma symptoms, reduces stress, and increases mental strength. It gives you strong will power and helps in living a long and healthy life.

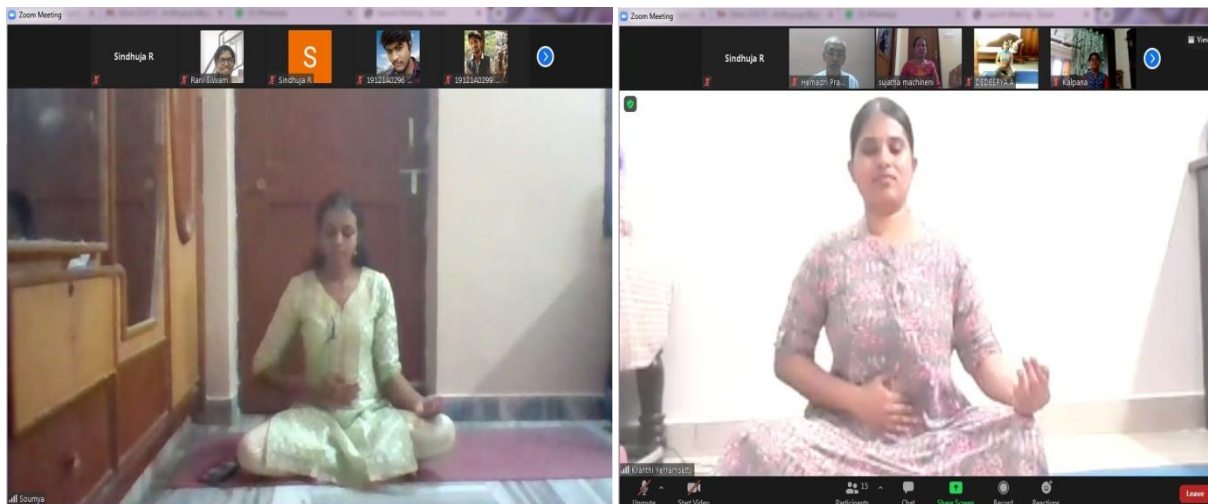


Types of Pranayama:

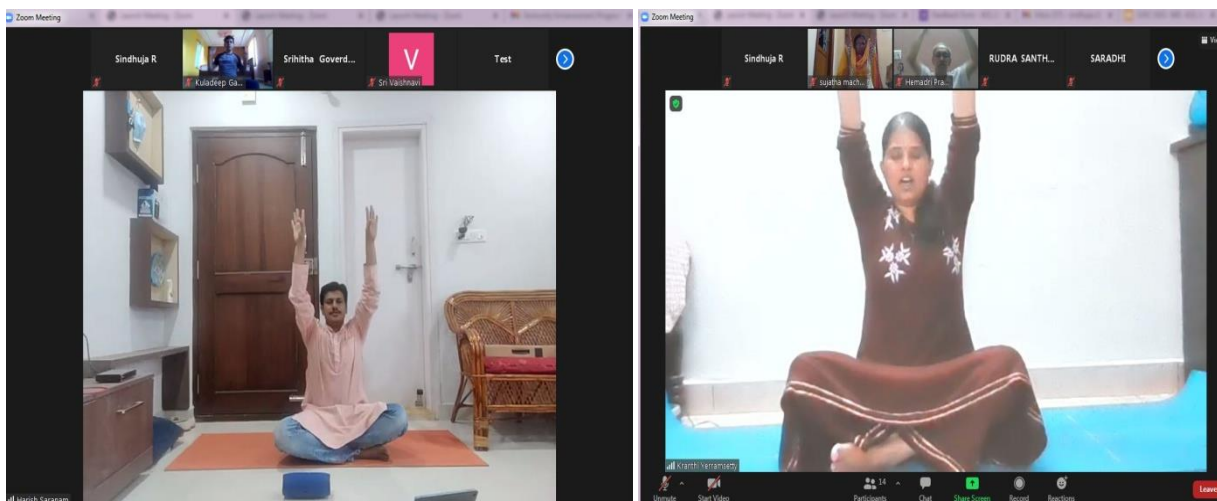
1. Bhramari Pranayama:



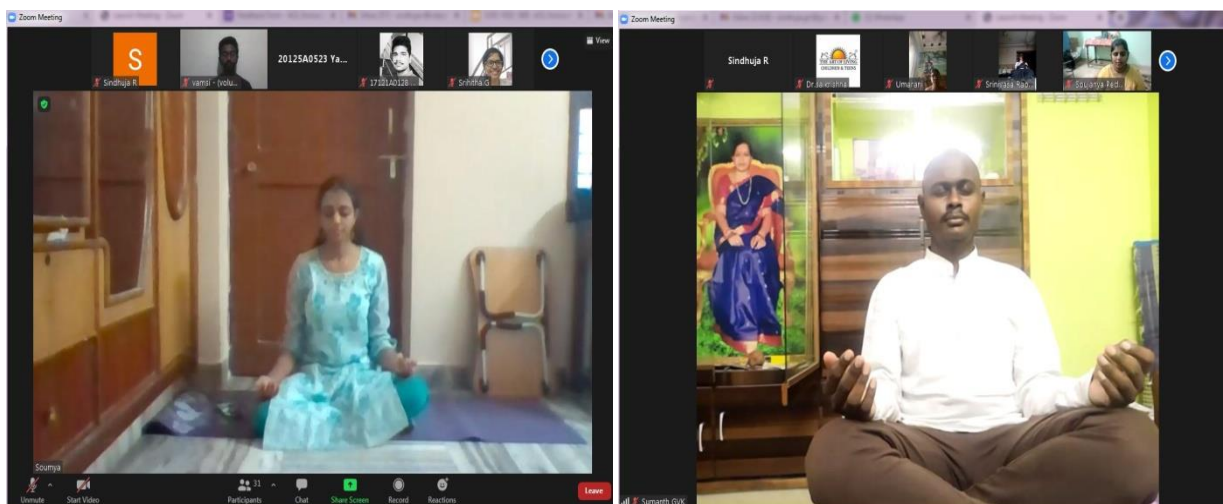
2. Kapalbhati Pranayama:



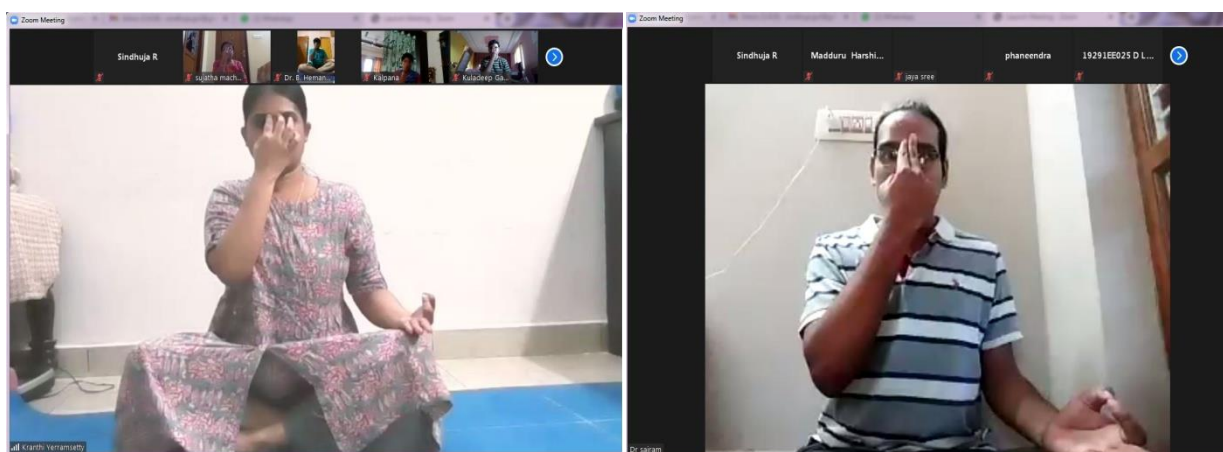
3. Bhastrika Pranayama:



4. Ujjayi Pranayama:



5. Nadi Shodhan Pranayama:



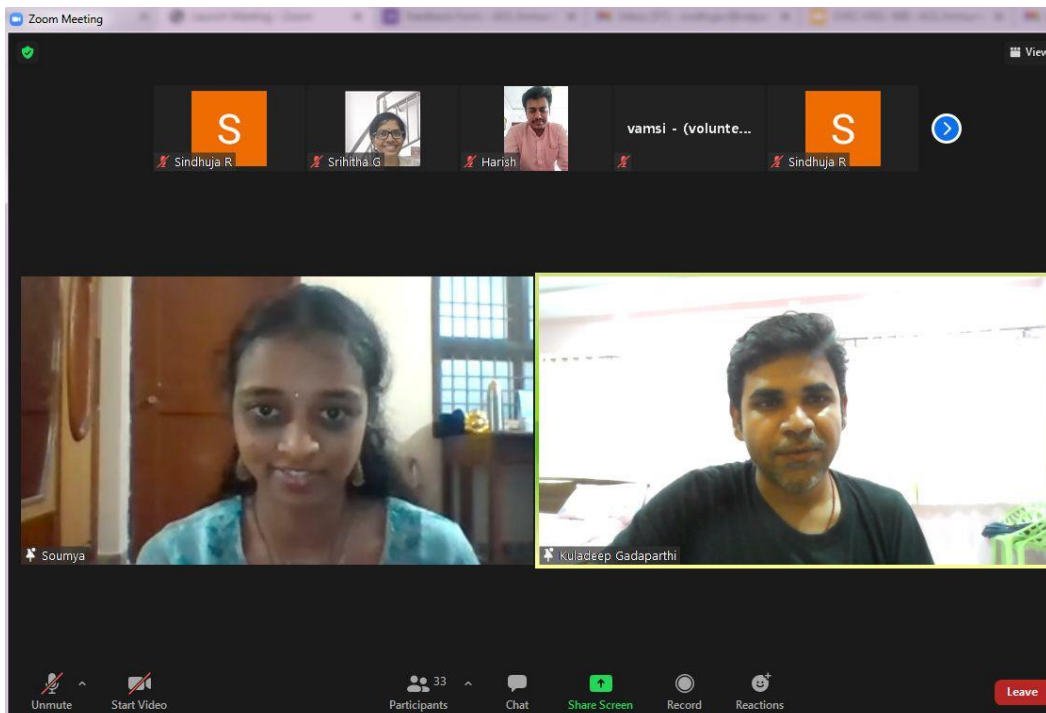
The art of living faculty ended pranayama stating their benefits. Pranayama bring us numerous benefits on the mental, emotional and physical levels.

- Calms the mind, reducing worries and anxieties,
- Improves focus and attention, removing brain fog,
- Increases energy, bringing enthusiasm and positivity,
- Boosts the immune system,
- Rejuvenates the body and mind,
- May even slow down the aging process.

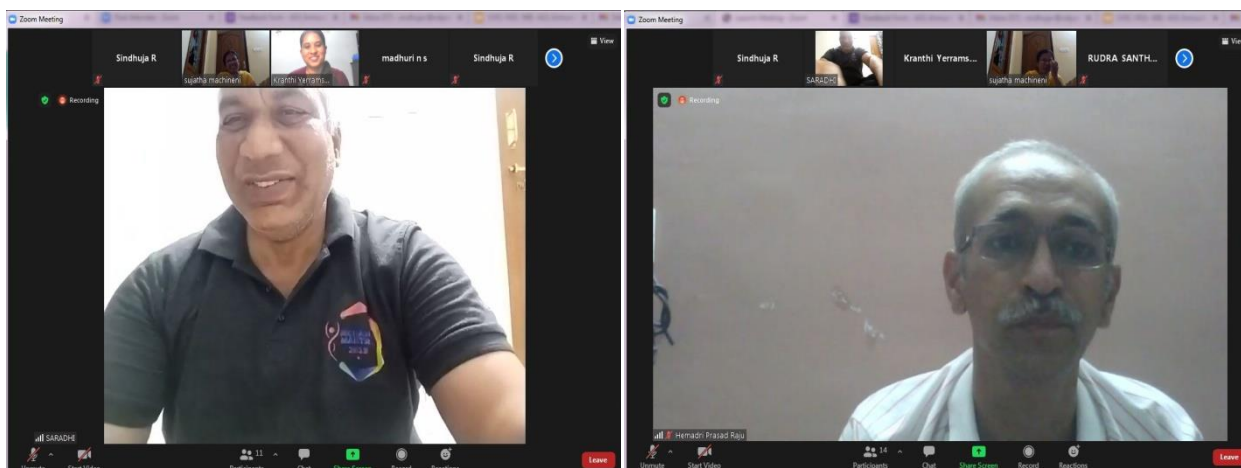
The speaker ended the session mentioning the importance of various pranayama, yoga and mudra. Yoga, meditation and breathing techniques are some of the most effective tools to fight against the physical and mental distress brought by the pandemic. She added that these techniques can boost immunity and aid in the mental and emotional care of Covid-19 patients and those who have recovered. The relaxation brought by these

techniques also aids the healing process.

The workshop ended with vote of thanks from Dr.M.S.Sujatha and Mr. G.Kuladeep Co-Ordinator of the workshop. They took privileged to thank the speaker of the session for accepting the request and for stimulating the participants by highlighting the benefits of Pranayama, meditation and aasanas and being inspiration for happy and satisfied life.



The participants shared their experience towards this 3-day workshop and the satisfaction survey was taken by sharing the feedback link during the end of the session.



Dr. M.S. Sujatha, Faculty Advisor, IEEE-WIE affinity group and Mr. G.Kuladeep, NSS Program Officer- SVEC extended their hearty thanks to all the participants for their active participation.

"Let us not think that doomsday is coming or spread other ideas that create panic. Let us come together in a sense of cooperation and compassion. Follow social distancing, stay safe, and help each other."

Details of Speaker

Dr. Harish Saranam,
Dr. Sairam Kumar,
Ms. Soumya Kotha,
Dr. Sai Krishna Kumar &
Ms. Kranthi Yerramsetty

Art of Living faculty,
Tirupati.

HOD, EEE