

**Online Webinar & 3 day workshop on
"YOGA and LIFE MANAGEMENT SKILLS"**

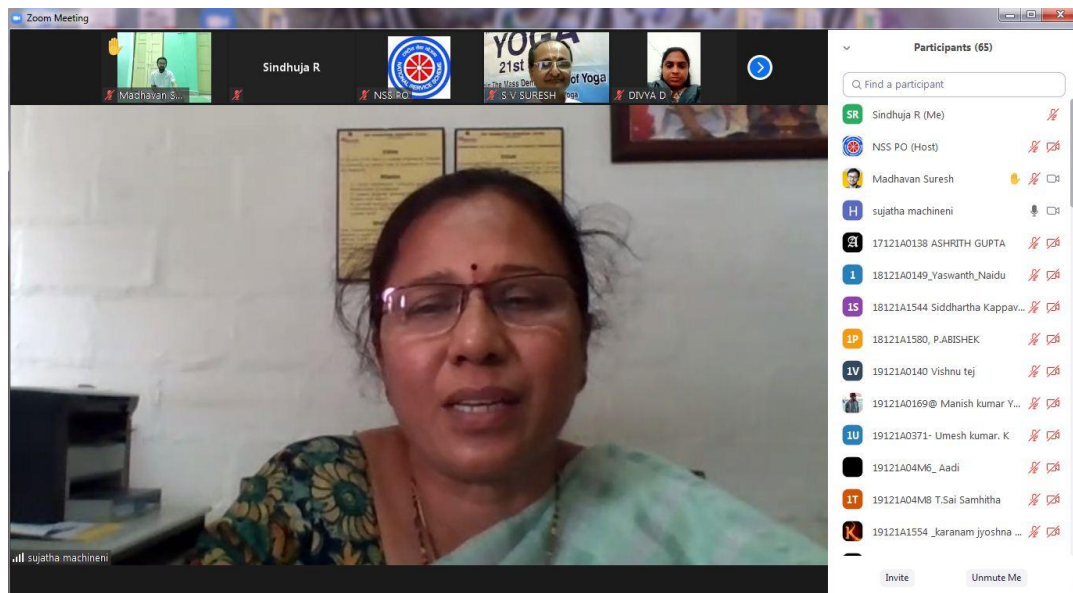
**NSS, IEEE-WIE Affinity Group and Women Empowerment Cell
(21-06-2021 to 23-06-2021)**

**REPORT
DAY 1**

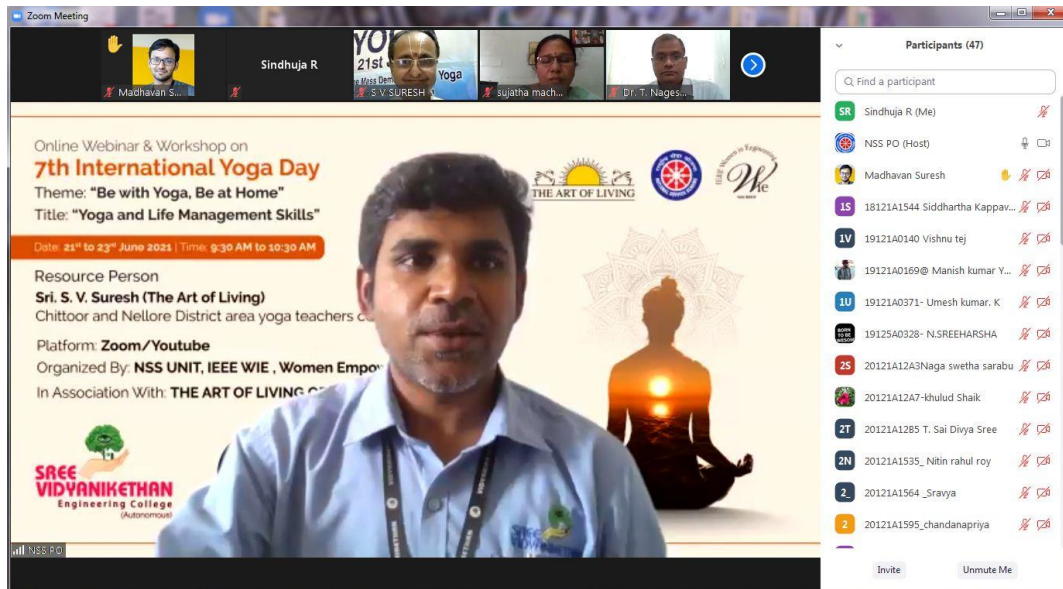
Tough times like COVID-19 put us through a lot of challenges but they bring out the real strength in us. It took one terrible pandemic to realize the importance of YOGA in our daily life. Here's on account of **7th International YOGA day**, NSS unit, IEEE WIE, Women empowerment cell of Sree Vidyanikethan engineering college in association with THE ART OF LIVING ORGANISATION planned to organize a Online Webinar & 3 day workshop on "**YOGA and LIFE MANAGEMENT SKILLS**" for the benefit of undergraduates students, postgraduates students and faculties of various department and various institutions.

The speaker of the session was **Sri. S.V. Suresh**, Art of Living, Chittoor and Nellore District area Yoga Teachers Coordinator who have trained the students and faculties of the workshop on 21-06-2021 virtually through Zoom platform between 9.30 am to 10.30 am.

Dr.M.S.Sujatha, IEEE-WIE Faculty Advisor invited all for the Day 1 session. The session started with the welcome note by Dr.M.S.Sujatha and Mr.G.Kuladeep, Coordinator of the workshop.

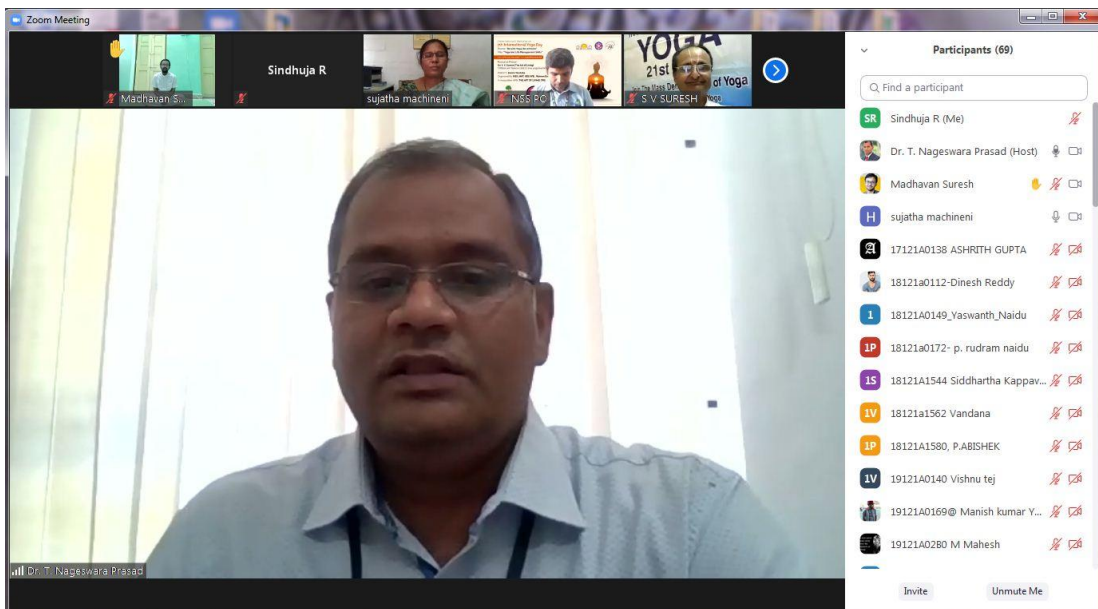


Dr. M.S. Sujatha, IEEE-WIE Faculty Advisor Delivering Welcome note



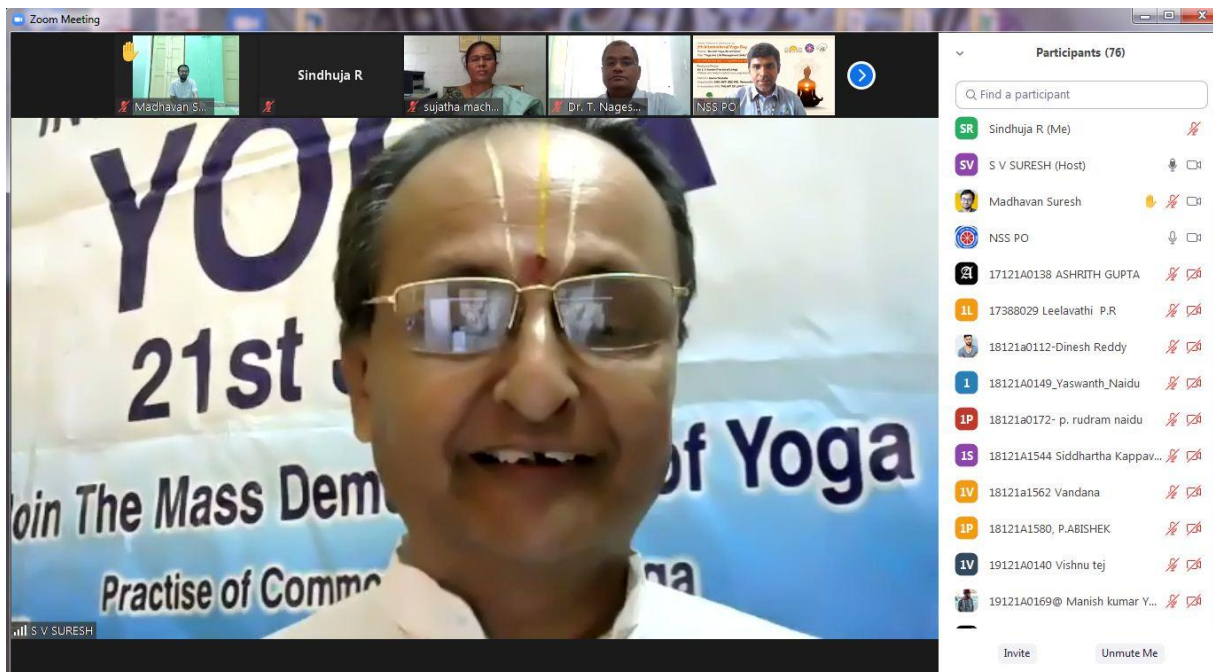
Mr. G. Kuladeep, NSS PO SVEC welcome note

Dr. T. Nageswara Prasad, Vice-Principal, Professor & Chairman BOS of EEE, Sree Vidyanikethan Engineering College shared his views on YOGA, highlighting the importance of yoga in everyone's life. He also added that, while living a modern life, your brain is constantly engaged in endless thoughts and never rests in tranquility. As a result, you lack focus, skill and vitality. The yoga calms the brain and enhances its vital functioning. He added his personal experience after yoga in his life.



Dr. T. Nageswara Prasad, Vice-Principal Opinion on International Yoga Day

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. The session started with a prayer to almighty by **Sri. S.V. Suresh.**



Speaker addressing young enthusiastic participants

The session started with a short prayer to almighty by **Sri. S.V. Suresh** followed by "how yoga helps in increasing life skills?" 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.

The speaker also added that Aasanas are part of yoga and Yoga is not just doing aasanas but the integration of all body parts through breath control. Sri. S. V. Suresh garu also explained how to handle emotions in life using Life Management Skills. In order to have a positive attitude, stress free mind, violent free society and healthy mind Yoga Pranayama and Aasanas is of prime importance.

He also agreed with the point made by vice-principal and added that during interview and examination we need to focus more with proper concentration and communication and good memory to retain all we read and ability to recollect and put in paper, millions of thoughts will be there but we need to focus to face the situation without stress. For which we need energy which can be gained by aasanas through rhythmic breathing he added.

Sri S. V. Suresh, 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.

Later the speaker started demonstrating various asanas.

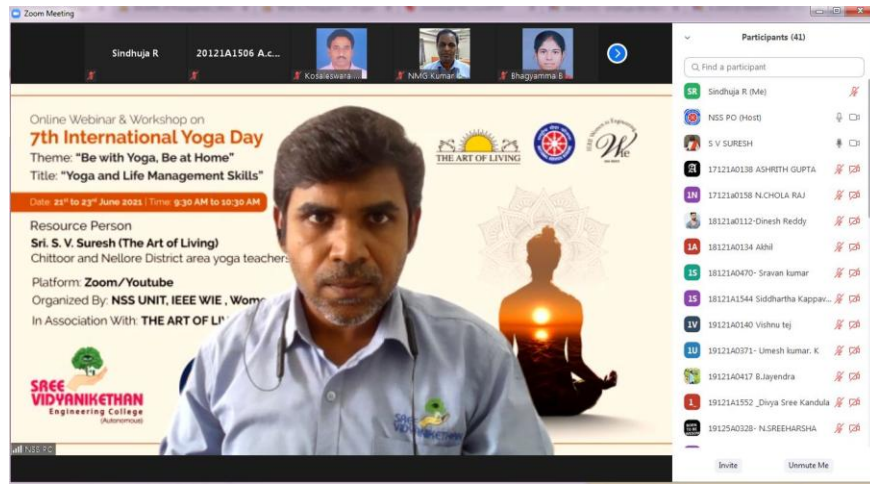




Around 100 participants have attended the workshop and got benefited on this 7th International YOGA day.

DAY 2

The workshop on 22-06-2021 started virtually through Zoom platform between 9.30 am to 10.30 am.



Mr. G. Kuladeep, NSS PO, Welcomed the participants for Day 2

Sri. S.V. Suresh said that the most difficult thing to do is to express our feelings correctly and to understand others' feelings correctly. Lacking this skill is the biggest issue faced by society today, and this has to be developed. It is never perfect, some ups and downs do happen in this matter. Like, what we feel, we cannot express fully, and cannot understand correctly what others feel.

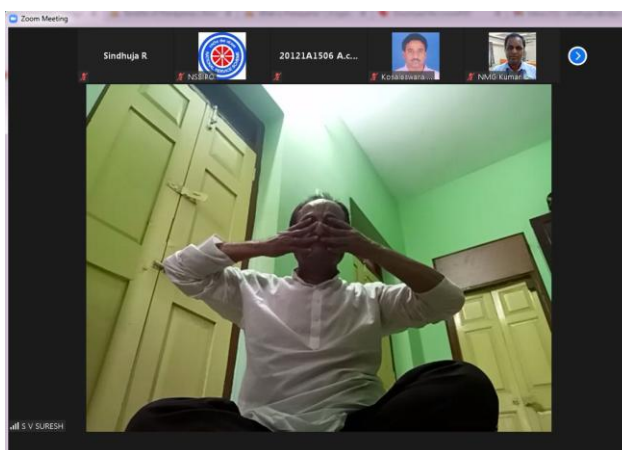
This keeps happening in life but when we become more calm and happy, we are able to understand others' minds more and more. That's why it is very necessary to do meditation, pranayama, etc. That gives more inner clarity, and then we feel that others can understand us better, and also we can express our views better.

He also stated that powers and skills are within you but in sleeping mode so we need Suprabatham to wake it up and various Pranayamas to observe rhythm of breath.

The Speaker also explained about various types of Pranayama

1. Bhramari pranayama (bee breath)

2. Kapal Bhati Pranayama



3. Bhastrika Pranayama



4. Nadi Shodhan Pranayama



Benefits of Pranayama

- The regular practice of breathing exercises can completely change the quality of life that one is leading.
- Increases and enhances the quantity and quality of prana, thereby increasing our energy levels
- Clears blocked nadis and chakras, thereby expanding your aura and heightening the spirit
- Makes one energetic, enthusiastic, calmer and positive. Such a state of mind helps us in making better decisions, having mental strength when dealing with adversities and feeling happier
- Brings harmony between the body, mind, and spirit, making one physically, mentally and, spiritually strong
- It brings clarity to the mind and good health to the body

Sri. S. V. Suresh explained various aasanas which helps our mind to come out of clusters of thought. He also added that just as the knowledge of Yoga is vast and deep, so are its benefits. The practice of yoga benefits the body, mind and spirit.

Benefits for the body

- Improves flexibility of muscles and joints
- Strengthens muscles and bones
- Improves posture and body alignment
- Improves digestion, circulation, and immunity
- Enhances function of neurological and endocrine organs
- Prevents and provides relief from chronic illnesses, such as chronic pain syndromes, anxiety and panic disorders, depression, sleep disorders, chronic

fatigue syndrome, and high blood pressure

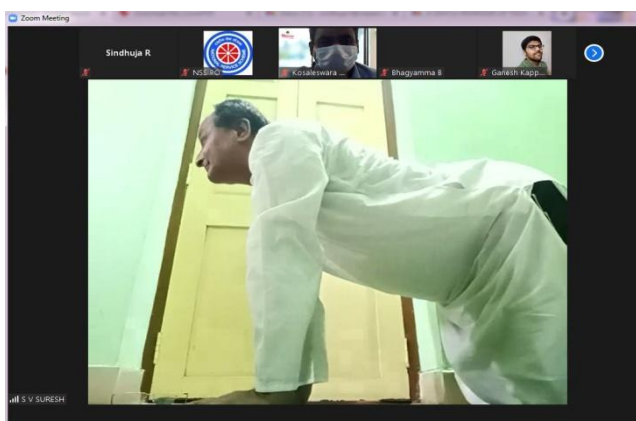
- Overall the body feels healthier, more energetic. It is less prone to diseases and effects of day-to-day stress.

Benefits for the mind

- If the mind is well, everything else feels well. With regular practice of yoga, the mind gets the following benefits:
- Increased peace, alertness and clarity of mind
- Increased ability to deal effectively with short and long-term stresses
- Increased concentration of mind
- Improved self-esteem
- Decreased reliance on drugs
- Greater energy and enthusiasm for life

Later the speaker started demonstrating various aasanas.

1. Marjari asana



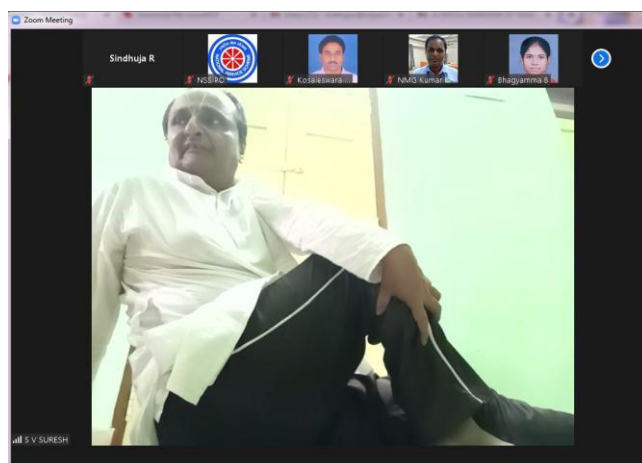
2. Balasana



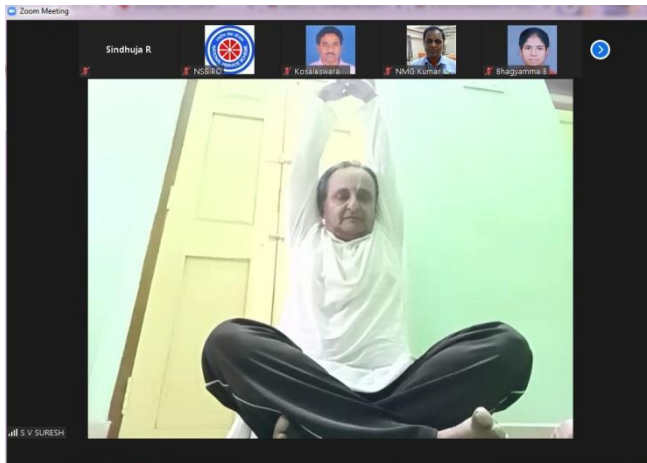
3. Patangasana



4. Vakrasana



5.Parvatasana



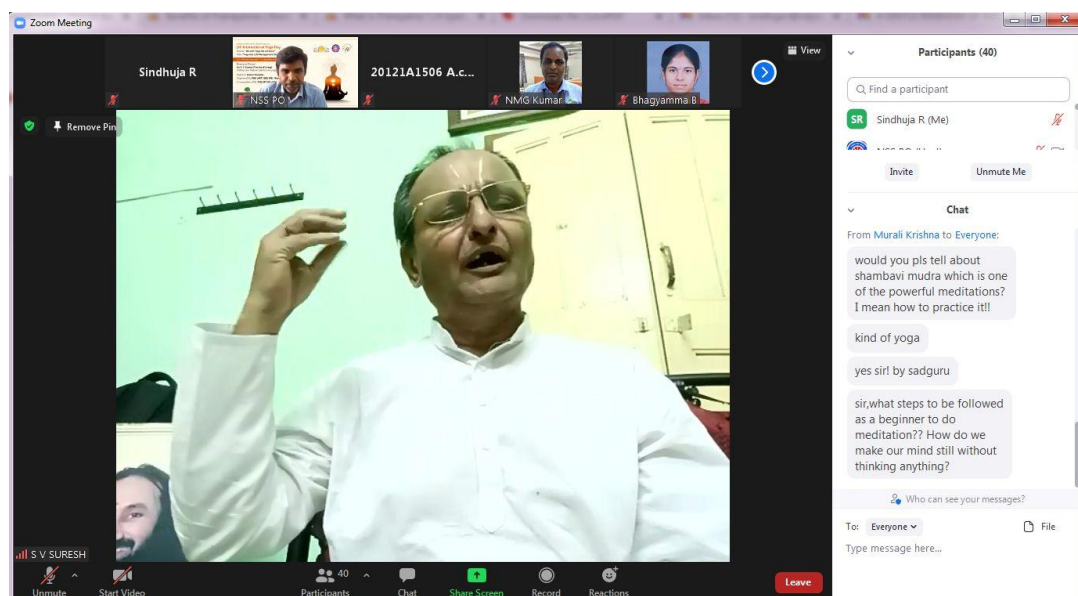
6. Viparita Shalabhasana (superman pose)



7.Pawanmuktasana



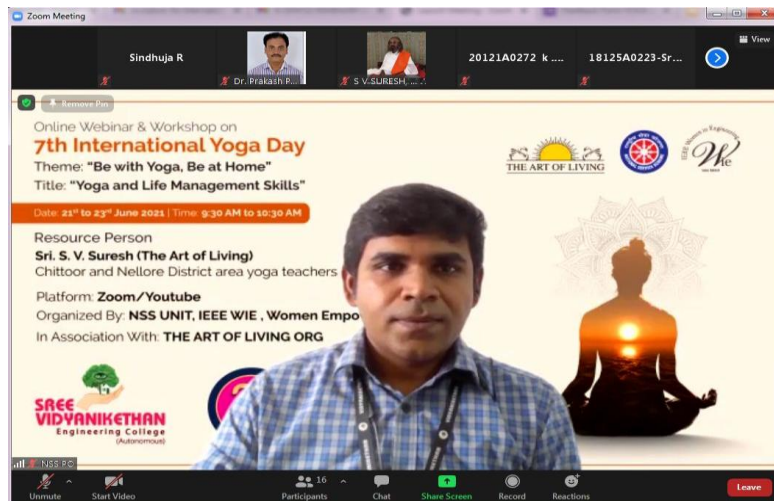
After demonstration the forum was open for queries. Sri S.V.Suresh, the speaker of the webinar guided the participants and shown his gratitude by enlightening the participants queries.



Around 50 participants have attended the workshop and got benefited on day 2 of 3 day workshop on "YOGA and LIFE MANAGEMENT SKILLS".

DAY 3

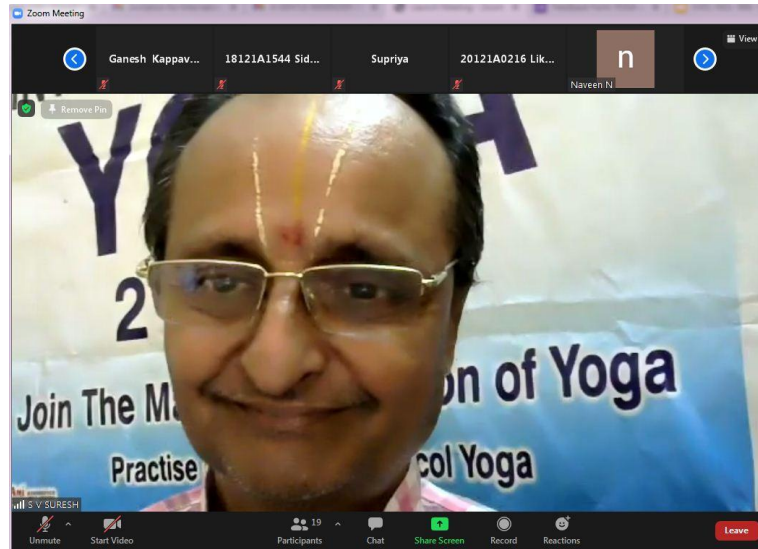
The workshop on 23-06-2021 started virtually through Zoom platform between 9.30 am to 10.30 am.



Mr. G. Kuladeep, NSS PO, Welcomed the participants for Day 3

The speaker of session Sri.S.V Suresh's objective of day 3 was "How to overcome EXAM STRESS". It's Exam Time of the year again during this pandemic. Everyone gets stressed during this time with the pressure to do well. So is there a way to combat the anxiety? To increase your concentration? To increase interest in studies? To deal with the weight of expectations of your parents, teachers and yourself? Luckily, yes he stated. He gave some tips which helps participants to calm their nerves, increase concentration and will help to achieve their goal.

Sri. S.V. Suresh said that the most difficult thing to do is to express our feelings correctly and to understand other's feelings correctly. Lacking this skill is the biggest issue faced by society today, and this has to be developed. It is never perfect, some ups and downs do happen in this matter. Like, what we feel, we cannot express fully, and cannot understand correctly what others feel.



Sri.S.V.Suresh mentoring Students about How to face exams

The speaker addressed on the fact that *skills need to wake up within us* which we already acquired we need to wake it up and polish it by Yoga, Aasana and Meditation. He also stated that powers and skills are within you but in sleeping mode. It's very important to observe rhythm of breath for a happy life.

Sri S.V.Suresh added that the Art of Living says "Encourage children to be more energetic through proper food, physical exercise. Reduce the load on their heads. Parents and peers should not exert pressure on children. When children do yoga, meditation, play creative and co-operative games, not competitive games, their energy levels go up. This results in them paying more attention to their studies."

The Speaker also elucidated about various preparedness for the exams in order to succeed in life.

Pre-Examination Preparedness:

- Sleep well. Without physical and mental rest, memory and concentration are not strong. A tired mind will not focus or retain information well.
- Try and wake up at sunrise, and followed by simple breathing exercises like Nadishodhan Pranayama and Ujjai breathing. This way, stress is eliminated from your body and mind and energy levels rise.
- Use Meditation as a study tool. Practice any simple meditation for a few minutes just before you start your studies. It helps you relax, learn fast, and retain longer, without getting distracted.
- Once you are ready to start, sit down and start studying. No excuses, no postponement.
- Plan your time: Draw a revision timetable schedule and include some time for periodic relaxation breaks. This helps internalize what you have studied and also increases concentration.

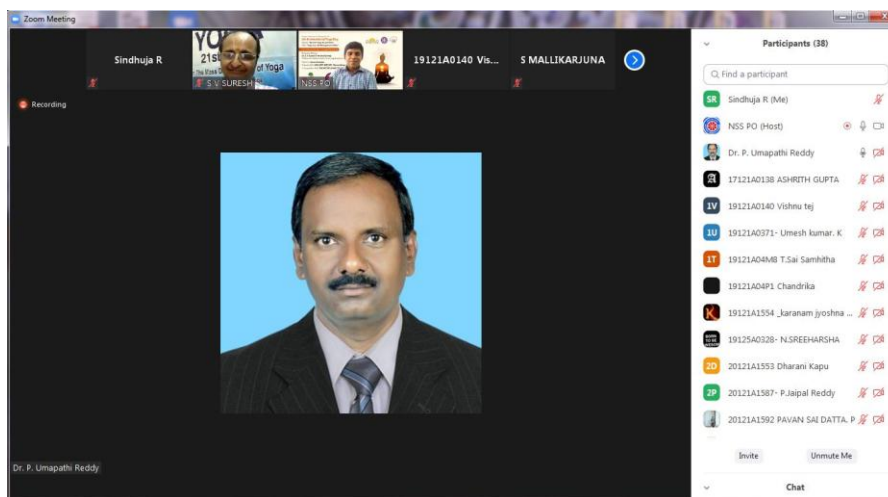
- Eat right: fresh, light, homemade vegetarian food will help to increase your ability to concentrate and increase energy levels.

During exams:

- Before you enter the exam hall, relax. Don't stress yourself more by overloading your brain. You don't have to study any more at that time.
- If you feel tense during an exam, take deep long breaths. Observe your breath going in and out and feel your calmness and balance return.
- Don't under-estimate the power of prayer. Prayer also helps your mind to focus, concentrate and defuse anxiety.

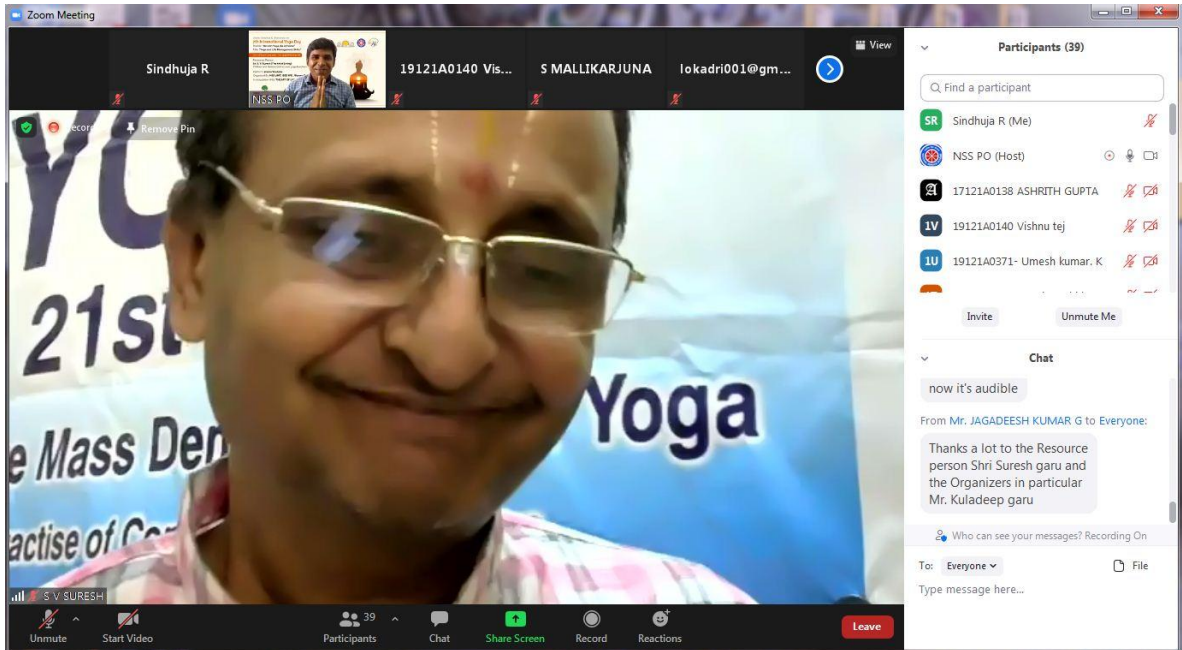
"Keep your goals clear in your mind and don't let others push your buttons. It is your life and your results"

Later the forum was open for queries and feedback from the participants. Sri S.V.Suresh, the speaker of the webinar guided the participants and shown his gratitude by enlightening the participants queries.



Participants sharing their feedback

Mr. G.Kuladeep, NSS Program Officer on behalf of management and entire team thanked speaker for accepting the invitation and he also shared his heartfelt gratitude to the speaker for guiding all the participants and also for spending his time, support with patience all three days.



Mr. G. Kuladeep, NSS PO Extending his heartfelt gratitude

Around 100 participants have attended this workshop and got effectively benefited from this Online Webinar & 3 day workshop on "YOGA and LIFE MANAGEMENT SKILLS".

Details of Speaker

Sri. S. V. Suresh
Mr. Madhavan Suresh

Art of Living faculty,
Tirupati.

HOD, EEE