



MOHANBABU UNIVERSITY

Sree Sainath Nagar, Tirupati 517102

WOMEN EMPOWERMENT CELL

Department of EEE

Online Workshop

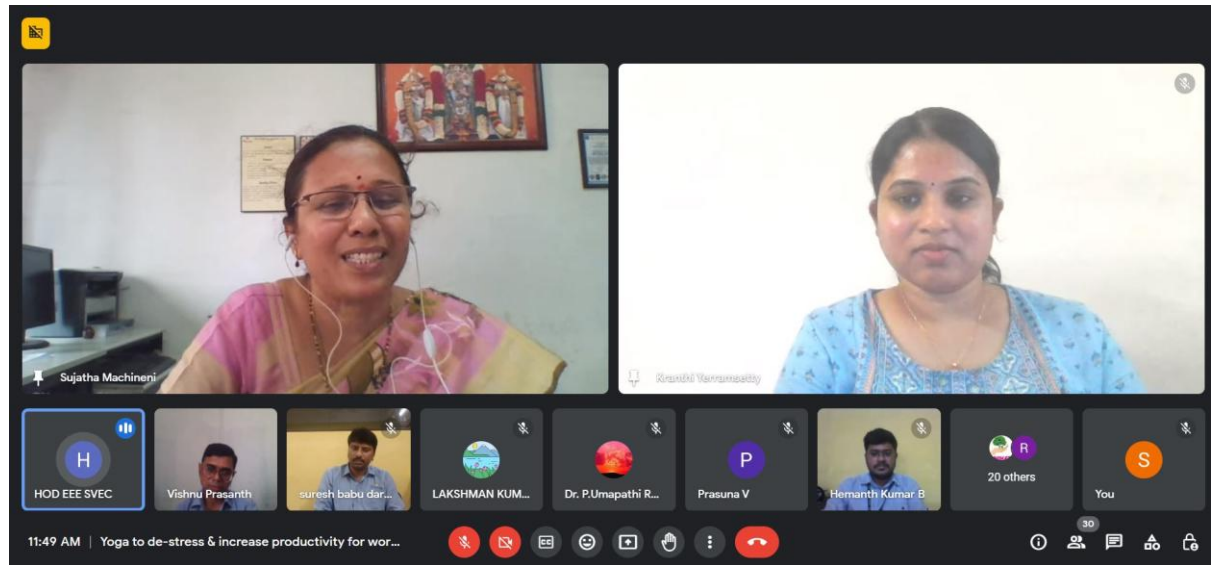
on

"YOGA TO DE-STRESS AND INCREASE PRODUCTIVITY FOR WORKING PROFESSIONALS"

Women Empowerment Cell and Department of EEE
(20-06-2023)

REPORT

In view of International Yoga Day 2023 in order to raise awareness of the holistic benefits of yoga and to promote it as a daily practice for better health all around the world, Department of EEE in association with Women Empowerment Cell has organized an Online Workshop on "YOGA TO DE-STRESS AND INCREASE PRODUCTIVITY FOR WORKING PROFESSIONALS" with main motto to make the working environment more healthier and to engage working professionals effective working-time in a productive way.



Dr. M.S.Sujatha welcoming the speaker of the session

The convener of the session Dr. M.S.Sujatha welcomed the speaker of the session Ms. Kranthi Yerramsetty, State coordinator, Faculty, the Art of Living International Center, Bangalore. The speaker has started the session stating the theme of the International Yoga Day 2023. She said that, The theme for International Yoga Day 2023 is "Yoga for Vasudhaiva Kutumbakam." Yoga is an old practice that combines physical postures, meditation, breathing exercises, and ethical principles to promote the overall well-being of people.

She also added that, An invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature, and a holistic approach to health and well-being. It is an ancient practice that originated in India and has gained popularity globally for its mental, physical and spiritual benefits. It incorporates various postures (asanas), medication techniques and breathing exercises (pranayama) to promote overall well-being and harmony.



Demonstrating few yoga practices

Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing. You don't have to wait to feel stressed out to do yoga, and you shouldn't!. This practice optimizes the body's sympathetic responses to stressful stimuli and restores autonomic regulatory reflex mechanisms associated with stress. Yoga benefits many aspects of our life rather than just helping us deal with physical problems such as neck pain, joint pains, etc.

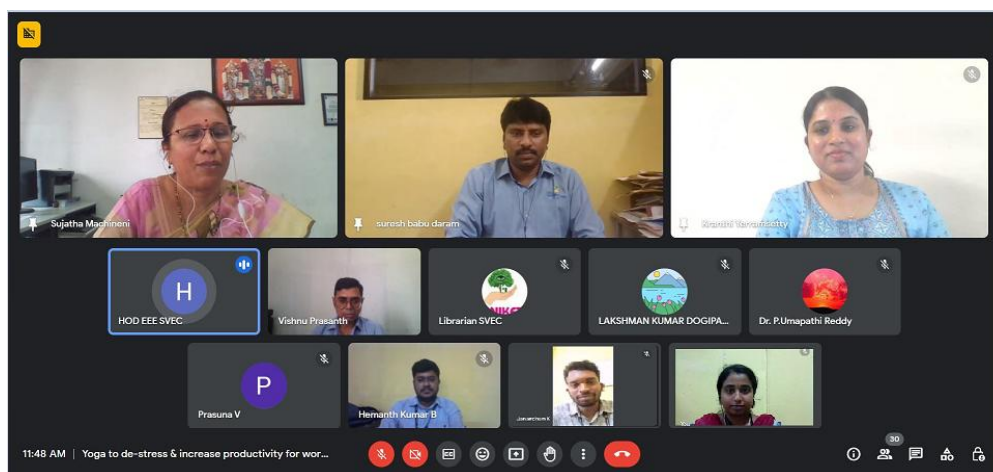
In addition, it helps us understand our life patterns and strengths. These elements play a significant contribution in attaining a healthy work-life balance. Yoga increases focus and concentration among employees, making them more productive. With increased concentration and better focus, creativity also follows. Practicing regular yoga supports and

broadens creative expression. It refines the inner emotions, balancing the mind, body, and soul.



Demonstrating few yoga practices

It is noted that over 40.5% of corporate employees sleep less than six hours a day and blame it on high stress levels. Mental and emotional stress is top factors that can affect employee health and productivity; they can also aggravate ailments and conditions, be it colds and allergies or diabetes and heart disease. A few yoga exercises practiced daily can help regulate breathing and relax the body by gently releasing tension.



Active participation of participants

The session ended with the vote of thanks from Dr. M.S.Sujatha, she also asked the participants of the session both teaching and non-teaching staff to share their experience and queries if any. Around 35 participants have attended and got benefitted from this webinar. The convener extended her gratitude to the speaker of the session for her valuable time.

Convener
Women Empowerment Cell

Details of the Speaker:

Ms Kranthi Yerramsetty,
State coordinator,
Faculty- the Art of Living International Center,
Bangalore