



- Constituent College of JSS Science and Technology University
- Approved by A.I.C.T.E
- Governed by the Grant-in-Aid Rules of Government of Karnataka
- Identified as lead institution for World Bank Assistance under TEQIP Scheme



DIAMOND JUBILEE YEAR: 1963 – 2023

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

Workshop on Pranayama- JSS PDA

5th - 9th September 2022

Report

In connection with Diamond Jubilee celebrations of Sri Jayachamarajendra college of Engineering, a workshop on Pranayama was conducted to First year students of JSS PDA, JSS TI Campus, Mysuru. The workshop was for 5 days spread from Monday 5th September 2022 to Friday 9th September 2022 between 4.30-5.30PM.

The main objectives of this workshop to create awareness to the students about overall growth. The theme , benefits, limitations, the method to be followed to practice each breathing techniques were presented. Power point presentation was arranged with visual postures for better understanding of the pranayama techniques.

About Pranayama

Yoga is an ancient Indian science practiced over thousands of years. It designs a way of life through its practice. It balances the physical, mental, emotional and spiritual dimensions of an individual.

Prana is breath-vital life source and yama is control. Breath is the symbol of Prana. So Pranayama is the control of breath. When breathing is carried out consciously using force it becomes Pranayama. It is an exercise for both physical and mental wellness.

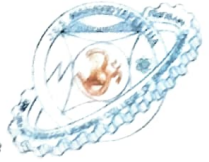
Pranayama enables the practitioners to achieve a calm and composed mind, physical health, spiritual inspiration and healthy social relationships. It is not merely a tool for stress management but also ensures overall well-being.

Pranayama is an art, make the respiratory organs to move and expand intentionally, and rhythmically. The function of the human body is balanced by three biological senses called Doshas like Vaata (wind energy), pitta (fire energy) and Kapha (water energy).

The major systems benefited by Pranayama are the Cardiovascular, digestive, Respiratory and Central Nervous system.



- Constituent College of JSS Science and Technology University
- Approved by A.I.C.T.E
- Governed by the Grant-in-Aid Rules of Government of Karnataka
- Identified as lead institution for World Bank Assistance under TEQIP Scheme



DIAMOND JUBILEE YEAR: 1963 – 2023

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

The pranayama techniques for beginners like Bhastrica, Kapalbhati, Anuloma-Viloma, Bhramari and Pranava Pranayama were included in the workshop. Every day the workshop started with prayers like Asathoma, Sahanavavathu , Guru vandana and ended with Shanthi Mantra Sarve Jana Sukino....

1) Bhastrica pranayama- 4 rounds- Each 2 minutes with pause for one minute

In Bhastrika force is applied on diaphragmatic muscles to generate forced inhalation which generates pressure on the lungs walls, and subsequently mechanical vibrations.



Demonstration of Bhastrica Pranayama

2) Kapalbhati Pranayama-3 rounds - Each with 20 counts - With pause for a minute

Impulsive force is applied near naval region to produce fast exhale and when done continuously generates mechanical vibrations near the naval region.

3) Nadi Shodhana Pranayama

A) Surya Nadi

Close Left nostril with the help of two middle fingers, breathe-in through right nostril and close the right nostril with the thumb and Breathe-out through left nostril.

It provides warmth to body and if any symptom of high blood pressure do not attempt this. Do not practice in Summer.

B) Chandra Nadi

Procedure: Right nostril should be closed using the thumb. Breathe-in through left nostril, and close the left nostril, Breathe-out through right nostril.

It cools the body and lower blood pressure. If any symptom of low blood pressure do not practice. Avoid this in winter season.

C) Anuloma-Viloma (Alternate nostril)



Demonstration of Alternate Nostril Breathing

4) Bhramari Pranayama

It generates UUM sound vibrations during exhalation.

5) Pranava Pranayama (Meditation)

Deep slow effortless inhalation and exhalation.

Every day Omkar chanting was done to provide relaxation to mind and body.

The major benefits of pranayama are promoting individual overall health that is physical, mental health. In particular

- 1) Increases Life
- 2) Better Mental Health
- 3) Improves Quality Of Life in Old Age
- 4) Reduces anxiety
- 5) Improves sleep quality
- 6) Improves blood flow to the heart
- 7) Regulate metabolic activities
- 8) Maintain and improves concentration and memory power
- 9) Strengthening the heart muscles
- 10) Improves awareness of body mind and emotions

Total of 112 students took part in the workshop. The workshop was conducted in the Gymkhana (Common hall) of JSS PDA. The students appreciated each and every breathing technique. On the final day 9th September 2022, Prof. Elangovan, Principal- JSS PDA and Dr C Nataraj Vice-principal, SJCE spoke on the importance of pranayama in connection with valedictory function



Valedictory Function

JSS MAHAVIDYAPEETHA

JSS SCIENCE AND TECHNOLOGY UNIVERSITY

SRI JAYACHAMARAJENDRA COLLEGE OF ENGINEERING



JSS
SCIENCE AND
TECHNOLOGY
UNIVERSITY
MYSURU

- Constituent College of JSS Science and Technology University
- Approved by A.I.C.T.E
- Governed by the Grant-in-Aid Rules of Government of Karnataka
- Identified as lead institution for World Bank Assistance under TEQIP Scheme



DIAMOND JUBILEE YEAR: 1963 – 2023

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING



Remarks on the workshop

Prof. Anitha S Prasad

Dr Gayathri S