



- 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
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## **Department of Electronics and Communication Engineering Report**

**Scientific Yoga Prayanama Camp - Devaki Madhav  
18<sup>th</sup> June – 22<sup>nd</sup> June 2018 between 04.00 pm -05.30 pm**

**Organized by Dr Gayathri S**

The Five days Scientific Yoga Pranayama from 18<sup>th</sup> to 22<sup>nd</sup> June 2018 between 04.00 pm to 05.30 pm was well organized by the department of Electronics and Communication in Coordination with Deavaki Madhav.

The Secientific Yoga Pranayama camp completed successfully with a huge participants from Faculty, students and the public. The Five days camp started on 18<sup>th</sup> June 2018 at 4.00 pm with the invocation by Dr Shreekanth T, Assistant Prof, E&C, followed by Welcome speech by Prof Nattarasu V. Dr Gayathri S introduced Devaki Madhav to the participants.

Asta Pranayama was taught by Devaki Madhav with scientific reasoning for each pranayama, over a span of five days. The participants showed keen interest in practicing session every day. Madam was clarifying the doubts and corrected the mistakes in the feedback session every day. Also she was stressing about the side effects if pranayama not followed properly.

Asta Pranayama like Bhasthrika, Kapalabathi, Ujayee, Bramharee , Nadi shodana, Sheetali, Udgeeta and Pranava were practiced in the camp. More than 180 participants were present in the camp. Dr T N Nagabhushan, Principal, SJCE felicitated Devaki Madhav on behalf of the college.

As a token of gratitude Guruvandhana programme was held on 28<sup>th</sup> June 2018 by Mass chanting 108 Omkar. This was followed by talk on stress management by Deavki Madhav. The entire programme was well appreciated by all the participants. On behalf of the department I have honoured Devaki Madhav by offering fruits.