



ALUMNI ASSOCIATION OF SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity

The Student Council and Alumni Association of Sri Ramachandra organized a capability enhancement and wellness program titled “Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity” on 15.05. 2021

The resource person for the session was Dr. B Archana, Faculty, Department of Pathology who is also an “Art of Living” teacher for 10 years. She has taught the Meditation and Breath workshop to more than 500 people across India. She teaches yoga, meditation and Sudarshan kriya. She has been invited as a guest speaker in many institutions on the topic of mind-body medicine.

A total of 126 participants attended the workshop on 15.05.2021 (Saturday).

The session was hosted by student council members - Ms. R. B. Akshaya, BBA and Ms. Sukhshum Saproo, BSc, Clinical Nutrition.

Dr. Leena Dennis Joseph, Associate Dean of Students welcomed the students and the resource person. She emphasized the need to remain positive during the pandemic period and use the time to develop ourselves in all ways that we can.

The one-hour session was a practical session with several take home messages and tips on breathing exercises and yoga to help improve one’s lung capacity and boost immunity. Dr. Archana explained the importance of breath and demonstrated pranayama and breathing exercises that could be done in any comfortable position including abdominal breathing, thoracic breathing, side breathing, pursed breathing and blowing. This was followed by a systematic series of stretching exercises and yoga asanas which will help in improving mobility and lung capacity. Dr Archana explained carefully about which of the yogasanas can be done by persons recovering from Covid-19.

She was joined by several enthusiastic student volunteers who followed her instructions and demonstrated the exercises to the participants. After the session was over, Dr. Archana discussed a few tips on general health and eating habits to improve immunity. Dr. Archana also answered questions and clarified the doubts of the participants.

Students completed the feedback form at the end of the session. The summary of feedback is provided at the end of the report. Dr. Lakshmi and the student council members expressed their gratitude to Dr Archana for conducting the session.

meet.google.com/dbu-iemc-xcz

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Breath work and yoga

(119)

You 10:44 AM
Good morning everyone, We will start at 11 am

You 10:47 AM
Good morning everyone, We will start at 11 am

You 10:48 AM
Thanks Vasanth

Request everyone to join with their Ramachandra email id if possible

You 10:57 AM
Good morning everyone. We will start at 11 am.
Request everyone to join from your Ramachandra Email ID's only.

You 11:02 AM
Request everyone to join from your Ramachandra Email ID's only.

Send a message to everyone

Breath work and yoga

Raise hand Turn on captions Present now

meet.google.com/dbu-iemc-xcz

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Breath work and yoga

(126)

- ASWATHY M N BACHEL...
- BEENA BALAN PILLAI B...
- BHUVANESHWARI M B...
- DEEKSHITHA A S BACHL...
- DHANUSHAPRIYA P C B...
- DHIVYA SARRATHA R B...
- DIVYAPRIYA A B.Optom ...
- DOONISH V BACHELO...
- Dr Archana.B Dept. of P...
- Dr. R.Chandru, Dept. of ...
- Dr. Ramya. R. Dept. of G...

Breath work and yoga

Raise hand Turn on captions Present now