



## 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 organized a capability enhancement and wellness program titled “Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity” on 16.05. 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.

The session was organized on 15.05.2021 (Saturday) and 16.05.2021 (Sunday) to provide opportunity for students to join in any one of the sessions as per the class and clinic schedules.

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

Dr. Lakshmi Venkatesh, Assistant Dean of Students (SRFAHS) welcomed the students and the resource person.

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 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 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.

The program was well received by the students of SRIHER. As many as 136 students registered for the sessions and a total of 134 participants attended the workshop on 16.05.2021 (Sunday).

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- Breath and yoga event
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  - Dr Archana.B Dept. of P...
  - ERAM PRASATH A B.Sc...
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Breath and yoga event ^



Raise hand Turn on captions Present now

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134 11:18 AM You

Grid of video thumbnails and profile pictures. Visible names include: Dr Archana B..., A, S, Y, J, A, N, D, K, D, J, S, K, N, S, I, D, J, D, S, S, S, S, D.