

**DEPARTMENT OF CHEMISTRY**  
**UNIVERSITY COLLEGE FOR WOMEN, KOTI, HYDERABAD**

**TWO WEEK ONLINE WORKSHOP ON YOGA FOR IMMUNITY AND HEALTHY BREATHING**

10<sup>th</sup> May 2021 – 25<sup>th</sup> May 2021  
Timings: 5.00 PM – 6.00 PM

**REPORT**

The Inaugural Session of the “Two Week Online Workshop on Yoga for Immunity and Healthy Breathing” held on 10<sup>th</sup> May 2021, began with the welcome address by **Dr. A. Gayathri Devi**, Organizing Secretary of the Workshop and Assistant Professor (C), Department of Chemistry, UCW followed by the Message by **Dr. M. Kavitha** madam, Vice-Principal, UCW. Significance of the Workshop was explained by the Convener of the workshop **Dr. G. Vijaya Lakshmi**, I/c Head, Department of Chemistry, UCW along with the necessary details and essential components of the workshop.

The Chief Guest of the Workshop **Sri Gopala Krishna garu**, Datta Kriya Yoga International Centre, Mysuru has motivated all the participants in his message by His words of wisdom and knowledge. Sir began his message by saying that ‘Health is wealth’ and Imbalance in health, both physical and mental well-being will be affected, leading to imbalance in body and mind. Sir mentioned various aspects as to how to maintain regulated eating, recreation, work, sleep, wakefulness, etc apart from practice of yoga and healthy eating habits. Sir also mentioned about the faulty practice in aahara, vihara and vichara leads to many diseases and that DKY remedies, Nadhishuddhi exercises, meditation and pranayamas can help in overcoming such shortcomings. Sir urged the participants (122 + 25) to maintain all the necessary precautionary steps to face the challenges posed by the Corona virus.

A Guest lecture has been arranged on 16<sup>th</sup> May 2021 delivered by the speaker is **Dr. D. Radha Vijayalakshmi**, a Gynaecologist by profession, practised Yoga for 18 years and Datta Kriya Yoga teacher since 5 years. Madam delivered the lecture on the topic “Covid-19 Management – Signs and Symptoms” and explained about the severity of second wave of Covid-19 and 20 steps to follow which can prevent the contact and spreading of the corona virus. Madam also explained about pathology of the virus, recovery time, plight of the vital organs during covid, diagnosis or investigations done during covid to a covid positive patient, mode of multiplication of virus in an animal or human, Isolation period of a covid patient, kind of people who are more vulnerable or at high risk of contracting virus, information about pregnant or lactating women during covid time, etc. Madam also explained about the functioning of pulse oximeter and spirometer, discussed about few exercises to check and/or improve breathing and happy hypoxia. Madam suggested that yoga is one of the best methods to boost immunity, strength of mind, enhance the lung capacity by explaining the importance of yogasanas, mudras, pranayamas, Naadishuddhi exercises, meditation, etc. The lecture was highly informative and educative to all the participants.

As a part of the Workshop, a second Guest Lecture was arranged on 23<sup>rd</sup> May 2021, delivered by the Speaker **Dr. R. Lakshmi Narayana**, Assistant Professor, Yoga Vignana National Sanskrit University, Tirupathi, Andhra Pradesh on the topic “Yogic foods to boost Immunity”. Sir explained about the importance of food (Ahara), rules and regulations of food in Yoga. Sir has stressed about Ahara, Vihara and Chasta (thought process) taking the references

from BhagavadGita. Sir mentioned that through over eating, a person becomes Rogi while satvik food makes a person a Yogi. Also, Sir explained about four requirements of Yoga Sadhaka, diseases/ailments that are caused due to excess intake of foods. In detail, the importance of foods like Ghee, Sugar, honey, dry ginger, turmeric and also fruits, vegetables, pulses, etc were explained. Immunity boosting foods like vitamins, zinc, etc and treatment for covid-19 and food to be taken during the treatment were also explained. In the last, Sir mentioned about Yoga for Immune system. Sir also cleared the queries and questions raised by the participants in the Interactive session.

On the first day of the class in the workshop, the meaning of Yoga and its wide applications in physical, mental and spiritual levels have been explained by **Dr. A. Gayathri Devi**, Yoga Teacher for the workshop and Faculty, Department of Chemistry, UCW. The mechanism of breathing process, the problems faced during the breathing and methods to correct the breathing has been taught by two techniques – NadhiShodhana and NadhiShuddhi.

The importance of Asanas, Mudras, meditations were explained in detail in the sessions. Asanas like padmasana, vajrasana, ushrasana, pavanamukta asana, etc were demonstrated and practised in the classes. Pranayamas such as Bhramari, Sahaja, Surya Chandra NadhiBhedhana, kapalabhati, ujjaiyi, niyantrana, etc were taught. Along with the asanas and pranayamas, mind controlling techniques like karna samadhi, doorasravanam were taught to gain the additional benefits of the calming mind. The special mudra pranayamas were taught which are highly beneficial to health. These include pancha prana mudras and six health mudras.

Certain exercises like neck movements, shoulder movements, tadana kriya and leg movements were well explained by Madam. Finally, the most beautiful experience enjoyed by all the participants was meditation and different techniques in meditation were well practised. Special techniques such as Trataka and Akshi kriya for the eyes were also taught.

Exhaustive syllabus was taught in the workshop, all the participants have acquired both theoretical knowledge and practical experience during the workshop and have been motivated sufficiently to continue to practise these techniques daily in the future too. In overall, the classes collectively focussed on increasing the immunity and proper breathing.

Valedictory Session for the Workshop was held on 25<sup>th</sup> May 2021, the concluding day of the workshop. The session began by welcoming the guests by **Dr. A. Gayathri Devi**, Organizing Secretary of the Workshop. The report on 14-day Online Workshop on Yoga was given by Convener of the Workshop **Dr. G. Vijaya Lakshmi**, I/c Head, Department of Chemistry, UCW. Our Principal **Prof. A. Roja Rani Madam** and Vice-Principal **Dr. M. Kavitha Madam** have congratulated the Department of Chemistry for another initiative conducted successfully under the Departmental activity, especially in this pandemic situation for the mental well-being of Teaching Staff, Non-Teaching Staff and the students through Yoga for immunity and healthy breathing. They have always incessantly encouraged and rendered support and motivation in all the possible ways for organizing such quality programs regularly by the Department. The Chief Guest of the session is **Sri. P. V. Kameshwar**, General Manager, Unit Head, Visakhapatnam, Bharat Dynamics Limited, Andhra Pradesh has delivered highly informative lecture on Kriya Yoga, Application to Body, Mind and soul. Sir also explained about the maintenance of body and mind through Yoga and Diet, to be good owner of the body, control the four parts of the mind (Manas). Feedback was given orally by few Teaching staff, Non-teaching staff and students and expressed not only their gratitude for the highly informative sessions conducted but also were benefitted in improving their health to some extent. They vowed to continue to practise the asanas and pranayamas learnt during the sessions. At the end, **Mrs. Vijayatha**, Faculty, Department of Chemistry formally proposed Vote of thanks for the workshop.