

A REPORT ON WORKSHOP

ON

ENHANCEMENT OF MEMORY AND NATURAL IMMUNITY THROUGH YOGA AND MEDITATION.

Resource person :Dr.Sudhindra, DSI, Dated: 22nd January 2020

No of participants- Students: 43 – MBA – “B” section

No of participants- Facultyies: - 2

DayanandaSagar College of Management Studies had arranged a **work shop on enhancement of memory and natural immunity through yoga and meditation** for MBA Students. This program was aimed towards increasing memory through natural process, which could easily be implemented. This workshop was for about one and a half hour, through which four to five different yoga techniques were taught. The yoga guru demonstrated the posters and also briefly explained as to what would be the effect towards undergoing the said yoga. It was a fun filled session where the students participated with utmost care and interest. Finally their feedback was such that students literally requested the guru to teach more yoga mudras which would enhance their memory and concentration.

The session started with an “**Clapping Exercise**” by making students aware of “3S” (Sound, Speed and Smile), The demonstration effected with smile on face, speed of clapping hands and maintain the sound, this would rejuvenate the nerves system in the body by keeping the mind fresh and active.

The next session was on “**Deep Breathing**” this was to make the students be aware of Breathing through supplying more oxygen to the blood. The demonstration included explanation such as the effects of deep breathing, how does it makes one more active and improve memory. Two students were called on the stage and were subjected to demonstration.

The third session was on “**KapalaBathi**” it is also called breath of fire, is an important Shatkarma, a purification in hatha yoga. The word kapalabhati is made up of two Sanskrit words: kapal meaning 'skull', and bhati meaning 'shining, illuminating'.

Benefits of kapalabathi was explained such as

- Kapalbhati generates heat in one's body, dissolving toxins and other waste matter.
- It improves the functioning of the kidneys and liver.
- It removes stress from the eyes and erases dark circles.
- It enhances blood circulation and digestion.

The forth yoga was on “**Bhramari**”, the yoga guru explained all about Bhramari which means 'the Goddess of black bees'. She is associated with bees, hornets and wasps, which cling to her body. The guru explained as to how to perform this yoga as follows; one should sit up straight with your eyes closed. Release your lips, jaw, and the base of your tongue. Place your thumbs on the cartilage between your cheek and ear. Using your thumb tip, close

the opening of your ear by gently pressing the cartilage. The benefits of this yoga was also explained such as reducing the stress, anxiety, anger, and frustration; reducing the blood pressure; providing a good sonorous voice; and removing throat ailments

The final session was on "**AnulomaViloma Pranayama**" AnulomaViloma is a very powerful Pranayama practice. If incorporated into daily life it helps improve our general stamina, relax our nervous system and increase our power of concentration. When you practice AnulomaViloma you are building vital energy in your body. It cleanses and strengthens the lungs and entire respiratory system. The yoga posture was demonstrated as follows

- Sit comfortably in Padmasana or any other asana that you are comfortable with and relax your hands on your knees.
- Raise your right hand and make Vishnu mudra by folding down the index and middle fingers
- Exhale through both your nostrils
- Close your right nostril with your right thumb
- Inhale to the count of 4 through your left nostril while keeping your right nostril closed
- Close your left nostril with the tips of your ring and little fingers so that both nostrils are closed
- Hold your breath to the count of 16
- Release your right nostril and exhale completely to the count of 8
- Inhale fully through your right nostril to the count of 4
- Close both nostrils and hold your breath to the count of 16
- Release your left nostril and exhale completely to the count of 8
- This is one full round
- Repeat the entire process 5 times.

Health Benefits AnulomaVilomaPranayama :This breathing technique is excellent for people suffering from respiratory diseases like Asthma.

- It helps in balancing the three doshas in our body.
- Brain cells are revived
- Gives brightness to face
- Balances and strengthens the nervous system
- Removes drowsiness
- Massages the abdominal organs
- Benefits and cleanses respiratory tract
- Removes the spasm in bronchial tubes
- Carbon dioxide is eliminated on a large scale
- Purifies the blood and strengthens the heart
- Tones digestive system
- Prepares mind for meditation.

Few students who were interested approached Dr.Sudhindra and enquired about various yoga techniques for curing their ailments.

Yoga and Meditation Cell

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IQAC
YOGA AND MEDITATION CELL

Date: 31.01.2020

CIRCULAR

FDP ON HEALTH INSURANCE AWARENESS

A Faculty development program has been organized by Yoga and Meditation Cell under IQAC of Dayananda Sagar College of Arts, Science and Commerce, "Health Insurance Awareness" on Saturday, 1st February, 2020, at in MCA Seminar Hall from 11:00 Am to 12:30 Pm. All the faculty and non-teaching members are hereby informed to attend the program without fail.

Venkatesh
31/01/2020

Yoga and Meditation Cell
Dr.Venkatesh B.R.

R. G. Rao

IQAC Coordinator
DSCASC

[Signature]

Principal
DSCASC