

SAI VIDYA INSTITUTE OF TECHNOLOGY

Rajanukunte, Doddaballapura Road, Bengaluru-64, Karnataka



A REPORT

ON

Webinar –

**" ENHANCE IMMUNE SYSTEM THROUGH YOGA DURING THE
COVID-19 PANDEMIC "**

Organized by

Department of Mathematics

Coordinated by

DR. MADHURA K

Held at

Sai Vidya Institute of Technology

On

23rd July 2020

Webinar on
"ENHANCE IMMUNE SYSTEM THROUGH YOGA DURING THE
COVID-19 PANDEMIC"

Organized by **Department of Mathematics**

Coordinated by **DR. MADHURA K**

Name of the convener: **Dr. Lakshminarayanachari K**

Resource Person: **Smt. Asha Ravikiran**
Director
Asha Yoga Centre
Vidyaranyaपुरa
Bengaluru - 97

Signature of the Coordinator with date:

Signature of the HOD with date:

Signature of the IQAC member with date:

Report on " ENHANCE IMMUNE SYSTEM THROUGH YOGA DURING THE COVID-19 PANDEMIC"

A webinar on “Enhance immune system through Yoga during the Covid-19 pandemic” was organized by Department of Mathematics, SVIT on 23rd July 2020. **Smt. Asha Ravikiran**, Director, Asha Yoga Centre, Vidyanarayapura, Bengaluru – 97 was the resource person.

The programme started with welcome note by the HOD, Mathematics, **Dr. Lakshminarayana K**, with a motto of how practice of Yoga is important in one’s life.

Dr. Madhura K, Assistant Professor and faculty coordinator for the webinar introduced the resource person, **Smt. Asha Ravikiran**, presently working as a founder director at “Asha YOGA Centre”, Vidyanarayapura, Bengaluru.

The speaker **Smt. Asha Ravikiran** learnt yoga from Rashtrothana Kendra, Mangalore. She completed her M.Sc in yoga with special project on ‘Diabetics from Vyasa Yoga University’.

She initially took therapy classes for those who had chronic health issues. She has won **Gold Medal** in yoga programme. She has completed yoga instructor course, certificate course on ‘Diabetic management’, certificate course on ‘**Garbha Vidya Yoga**’, certificate course in ‘Varman therapy’. She is felicitated “**Yoga Sadhak**” award during International yoga day 2019.

She is very passionate about yoga for the fact that Yoga offers numerous benefits, both mentally and physically for those who practice yoga regularly.

The **Content** of the webinar was as follows:

- Introduction to Yoga practice in daily life
- Breathing exercises for more immune during the pandemic
- Practical session for all the participants
- Pranayama practices

Objectives and learning outcomes

The main intention of this webinar is to maintain a good health, especially during COVID-19 pandemic time. This webinar was conducted for the benefit of all the staff of SVIT, of all age groups.

The objective of this webinar is to maintain a regular yoga practice which can provide physical and mental health benefits. The speaker gave brief idea about practicing yoga in day to day life helps to maintain the physical fitness and stress management. She took practical sessions for the benefit of all.

As an outcome of webinar, the staff of SVIT benefited with the following:

- increased flexibility.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- cardio and circulatory health.

This webinar helps in monitoring and assessing their own learning to achieve the desired outcome.