



PRERNA COLLEGE OF COMMERCE



REPORT ON ONLINE WORKSHOP - 'YOGA, PRANAYAM AND MEDITATION'

Committee: Yoga Center, Prerna College of Commerce

Title of the program: 'Yoga, Pranayam And Meditation'

Resource Person: 1) Ms. Rinku Taunk

2) Dr. Heising Carolyn, Iowa, USA

3) Dr. Ram Shankar, UP

Chairman: Dr. Pravin Joshi (Director, Prerna College of Commerce)

Day 1: Date: - 17/05/2021

Time: 8:00 am to 9.30 am

Day 2: Date: - 18/05/2021

Time: 7:30 pm to 8.35 pm

Objectives:

1. To make students aware about the benefits of Yoga and Pranayam.
2. To explain students various effective practices of Pranayam to improve mental and physical health and how to get rid of stress.
3. To explain students how to control their minds by practicing different Asanas of yoga.
4. To demonstrate students effective steps for doing Pranayam and various postures of Yoga.
5. To explain effective benefits of Suryanamaskar and also demonstrate the same.
6. To make students aware about the benefits of Meditation to sustain in Global Pandemic.
7. To explain students various effective practices of Meditation to improve mental health and how to control emotions.
8. To explain students the importance of spiritual techniques through Meditation.
9. To make students realise about how to improve their personality with Meditation.
10. To explain students about Yog-Sadhna and Ayurveda.
11. To explain students how to control their minds by acquiring different yoga practices.
12. To make students aware of benefits of Pranayam.

Highlights:

Day 1 [17/05/2021]:

Topic: 'The Techniques of Yoga and Pranayam'

1. Ms. Priya Godbole welcomed and introduced the resource person of the program.
2. Dr. Pravin Joshi made introductory remarks on Yoga and Pranayam.
3. Ms. Rinku Taunk explained the eight steps of Yoga from the book Yogsutra as Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi.



4. She also guided students about the purpose behind Yoga practices.
5. She added that pranayama is means of attaining higher states of awareness. One can control the rhythms of pranic energy with pranayama and achieve healthy body and peaceful mind.
6. She also explained that Yoga is balanced state of body and mind which controls emotions and thoughts.
7. She also guided students about how to reduce negative emotions to increase creativity, imaginations, patience and tolerance that lead to positivity in one self through Pranayam.
8. She demonstrated five types of pranayam as Bhastrika, Ujjayi, Anulom Vilom, Kapalbharti and Bhramari.
9. She explained that Pranayama reduces stress levels, improves sleep quality, helps to remove carbon dioxide and raises oxygen concentration in our body. The increased oxygen uptake energizes our brain cells which help to reduce stress response and risk of hypertension.
10. She demonstrated the steps and postures of Suryanamaskar in which each round consists of two sets and each set consists of 12 yoga poses.
11. She further explained how Yoga techniques can help in reducing high blood pressure, cancer and many other serious diseases such as anxiety, pain, fear, depression, mental illness etc.
12. At the end, Ms. Vidya Mulmule proposed a vote of thanks and concluded the session.

Day2[18/05/2021]:

'The Role of Yoga In Maintaining Emotional Health' And 'Yoga And Ayurveda'

1. Ms. Rutuja Budhe welcomed and introduced the Resource persons of the program.
2. Dr. Pravin Joshi made introductory remarks on Yoga and Pranayam.
3. Dr. Heising Carolyn explained the benefits of Yoga to reduce stress, headache, chronic problems and negative emotions by acquiring various Yoga practices.
4. She also guided students about how to reduce negative emotions to increase creativity, imaginations, patience and tolerance that lead to positivity in one self through meditation.
5. She added few points on importance of tolerance to deal with different types of people and religions.
6. She further explained how meditation can help in reducing high blood pressure, cancer and many other serious diseases such as anxiety, pain, fear, depression, mental illness etc. by acquiring different spiritual techniques.
7. She also explained the importance of various Asana and Postures of meditation.



8. She very beautifully explained that meditation as a part of Indian culture and tradition which helps in focusing one's attention and build confidence and positive attitude in one self.
9. Dr. Ram Shankar explained the Yoga Practices used in Indian culture from ancient times.
10. He also explained benefits of yoga that are mentioned in many ancient scriptures like Bhagavad-Gita, Yogsutra, Yogvashista.
11. He pointed out four types of yoga that are Rajyoga, Gyanyoga, Bhaktiyog, Karmayog from Bhagavad-Gita.
12. He explained that using Pranayam, one can control his body and mind through the incoming impulses in the form of Vayu.
13. He explained the Power of Ayurveda practices from Rugveda used in ancient India.
14. He explained the various siddhis of Ayurveda such as 'Parkayapravesh', 'Mrut Sanjivani', 'Clonic vidya.
15. He appealed the students to use Yoga practices to sustain in Pandemic situation.
16. At the end, Ms. Roshni Mahajan proposed a vote of thanks and concluded the session.

Outcomes:

1. The students have learnt the benefits of Pranayam including mental and physical health.
2. They also have learnt different postures of Yogasanas.
3. Students learnt how to manage stress and emotions by using practices of Yoga.
4. They also understood that by using Pranayam and other yoga techniques one can reduce chances of high blood pressure, cancer and many other serious diseases such as anxiety, pain, fear, depression, mental illness etc.
5. Students learnt the perfect steps of Suryanamaskar and also gained knowledge about benefits of doing the same.
6. They also learnt that the energy level of body can effectively be increased by regularly practicing the Pranayama.
7. The students have learnt the effective benefits of Meditation to sustain in Global Pandemic.
8. They also have learnt various Meditation practices that help in controlling negative emotions and improving mental health.
9. Students realised the importance of different Spiritual techniques of Meditation.
10. They also understood how Meditation techniques can help in building self confidence.
11. They also gained knowledge on types of Yog-Sadhnas.



PRERNA COLLEGE OF COMMERCE

WOMEN EMPOWERMENT CELL

WOMEN EMPOWERMENT CELL

WOMEN EMPOWERMENT CELL



12. Students learnt the importance of different Ayurveda techniques
13. Students learnt how to control their mind and body using Pranayam

No. Of Beneficiaries: 110 Students.

Day1:

Anchoring by: Ms. Priya Godbole

Vote of Thanks by: Ms. Vidya Mulmule

Day2:

Anchoring by: Ms. Rutuja Budhe

Vote of Thanks by: Ms. Roshni Mahajan

Glimpses of Speakers addressing the students in program



Ms. Rinku Taunk demonstrating Dhanurasana



