

PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY

INTERNAL QUALITY ASSURANCE CELL

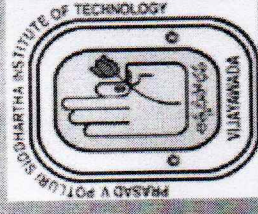
Dt: 09/02/2023

CIRCULAR

IQAC cell is planning to conduct a one-week program on yoga for women faculty from 13.02.2023. In this regard all women faculty of the institution are requested to utilize this opportunity. HoD – CSE is requested to coordinate the program and make necessary arrangements


IQAC COORDINATOR

9/2/23
IQAC Coordinator
PVP Siddhartha Institute of Technology
Vijayawada



PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY
DEPARTMENT OF CSE
IN
ASSOCIATION WITH IQAC

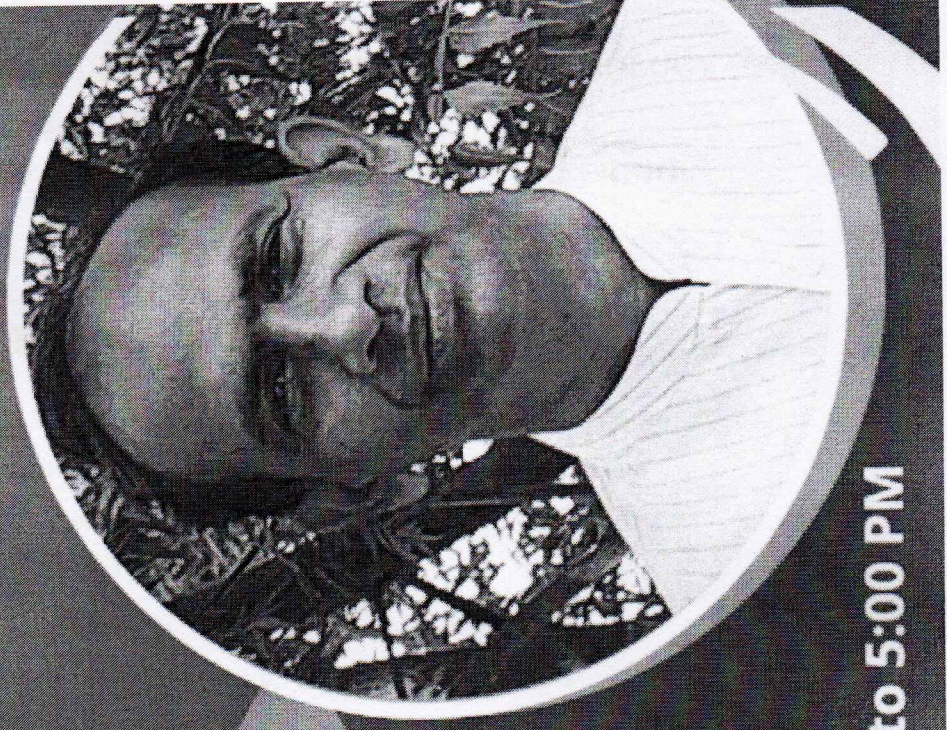
1 - Week FDP
On

YOGA IN DAILY LIFE

13-02-2023 To 17-02-2023

Resource Person

Mr.K.V.S.K Murthy
Gold Medalist **M.Sc,PG.DIP.Yoga**



Venue: Auditorium

Timings: 3:00 PM to 5:00 PM

PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY

KANURU, VIJAYAWADA

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

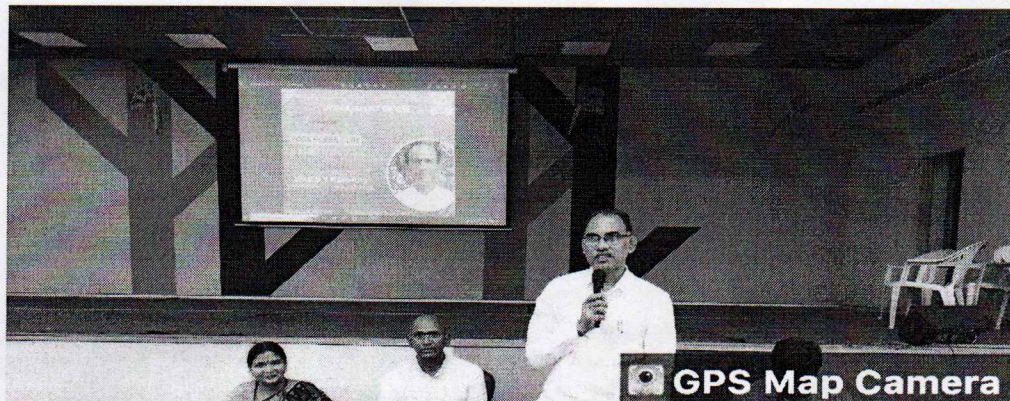
INTERNAL QUALITY AND ASSURANCE CELL

Event Summary Report

1. Name of the Event : 1 - week FDP on “Yoga in a Daily Life”
2. Event Type : Faculty Development Program
3. Duration : 1- week
4. Date : 13-02-2023 to 17-02-2023
5. Venue : Auditorium
6. Resource Person : Mr. K.V. S.K. Murthy, Yoga Master, PVPSIT
- Topics covered : Power of Yoga & Diet, Pranayama Kapalbhati, Pranayama Om & Nadi Suddi Bhrahma Mudra & Warmup Exercises, Knee & Neck pain, Back Pain Therapy, Back Bending Asanas, Pranayama & Warmup Exercises, Surya Namaskaras, BP, Sugar Therapy, Front Bending Asanas, Yoga Nidra-Advance Relaxation, Chakra dhyanam, Yoga Laya Asanas
7. Amount Spent : NIL
8. Event conducted for : Teaching and Non-Teaching staff of all Departments
9. No. of participants : 58

Brief Description of the Event: This 1-week FDP was conducted for Women staff of all the departments of the college by the Department of CSE in association with IQAC. In this FDP the Resource person explain the importance of each Asana and show the way how to do it and practice in every day. The First day session Inaugural by Principal Dr. K. Sivaji Babu, our HoD Mrs. A. Jayalakshmi, Institute IQAC Co-ordinator Dr. K. Raghu Kumar and the Resource Person Mr. K.V.S.K. Murthy with all the participants. After inaugural session the first day Asanas includes warmup exercises, KapalBhati Pranayama. Kapalabhati is the rapid breathing technique of pranayama, which is considered as a cure for various ailments. The possible use of this technique to combat metabolic syndrome (MS) and polycystic ovarian syndrome (PCOS). The 2nd day the asanas

explain by the resource person are Pranayama Om & Nadi Suddi Bhrahma Mudra, Knee & Neck pain, Back Pain Therapy, Back Bending Asanas. In yoga, prana also represents the physical forces of light, heat, magnetism, and energy. These meanings center on the ability that a pranayama practice has to **develop breath control and improve mental well-being**. A strong pranayama breath is also believed to help detoxify your body. Nadi Shuddhi is a simple pranayama technique with wide reaching benefits when practised regularly. Nadi is a Sanskrit word meaning "subtle energy channel" and Shuddhi means "cleansing or purifying". So practicing this breath purifies the subtle energy channel, allowing oxygen to flow freely throughout the body. This will bring a strong feeling of clarity, focus and peace. The 3rd day practices Surya Namaskaras, BP, Sugar Therapy, Front Bending Asanas. Surya Namaskar is a comprehensive physical workout that is regarded as an ancient discipline of giving appreciation to the source of life, the Sun, via the practice of 12 distinct postures. The Surya namaskar's 12 asanas are designed to maintain a state of vibrancy, preparedness, and receptivity, assisting you in manifesting a body and spirit that serve as stepping stones to greater possibilities. The 4th day he explained about Yoga Nidra-Advance Relaxation along with practice of previous days asanas. Yoga Nidra, also known as yogic sleep, is a meditative technique that dates back to the 7th and 6th centuries, predating the common era and Buddhism. The unique meditation process is profoundly healing for the body, mind, and soul. While falling asleep, brain waves begin moving from thoughtful beta waves, pass through the stages of alpha waves, then theta waves, and finally enter the slowest frequency of sleep - delta waves. Yoga Nidra guides practitioners into a state of relaxation between the alpha and theta state. This allows us to lie in deep relaxation between waking and sleeping. And 5th day he showed and practice done by all the participants are Chakra dhyanam, Yoga Laya Asanas. Chakra Dhyana is a **powerful meditation and spiritual practice** with its roots in Hinduism/Buddhism. The Chakra Dhyana includes the activation of 7 chakras of body (Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra, and the Crown Chakra) or the energy circles within our body.



GPS Map Camera



Google

Vijayawada, Andhra Pradesh, India

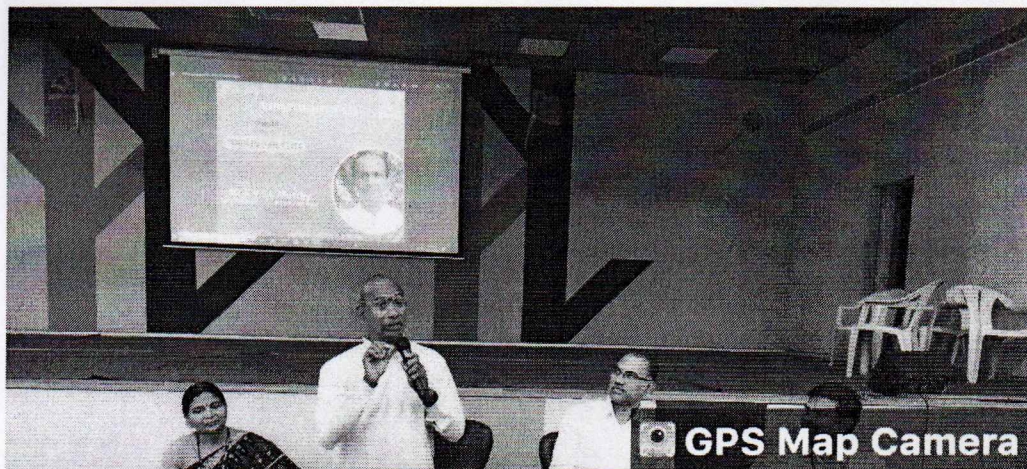
Vijayawada, FMPV+W9W, Chalasani Nagar, Kanuru, Vijayawada,
Andhra Pradesh 520007, India

Lat 16.487815°

Long 80.693469°

13/02/23 03:51 PM GMT +05:30

PVPSIT Captured by GPS Map Camera



GPS Map Camera



Google

Vijayawada, Andhra Pradesh, India

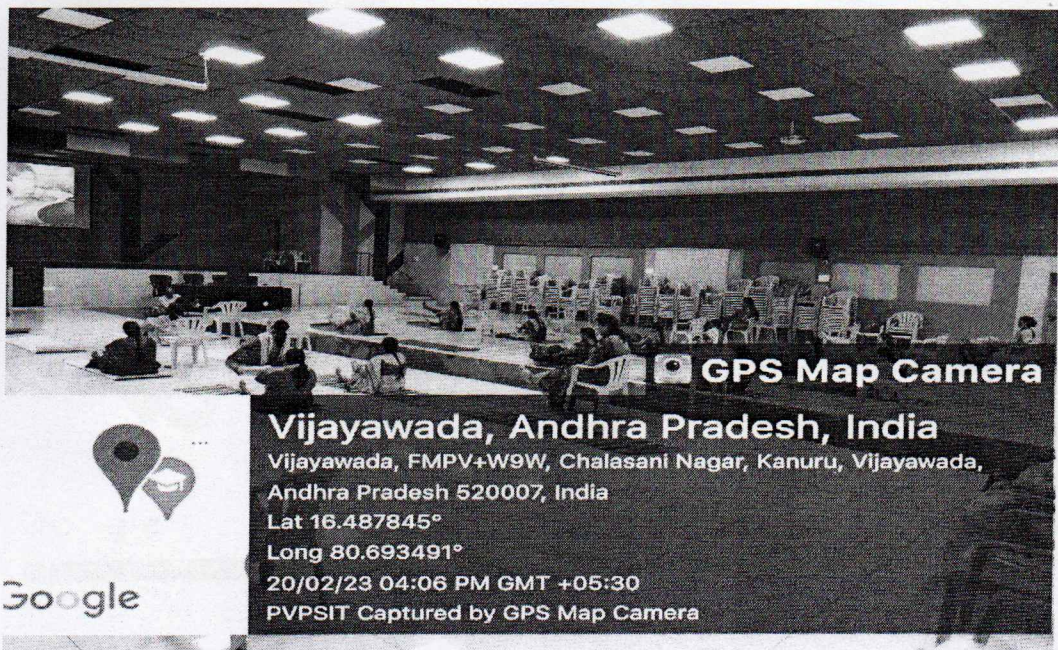
Vijayawada, FMPV+W9W, Chalasani Nagar, Kanuru, Vijayawada,
Andhra Pradesh 520007, India

Lat 16.487866°

Long 80.693443°

13/02/23 03:58 PM GMT +05:30

PVPSIT Captured by GPS Map Camera



GPS Map Camera

Vijayawada, Andhra Pradesh, India

Vijayawada, FMPV+W9W, Chalasani Nagar, Kanuru, Vijayawada,

Andhra Pradesh 520007, India

Lat 16.487845°

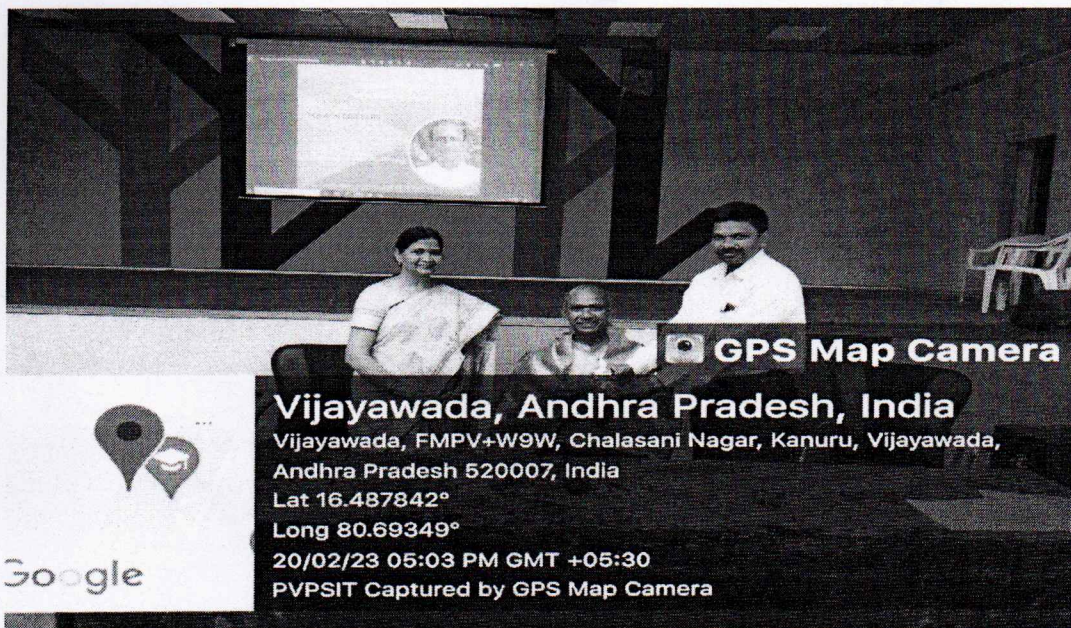
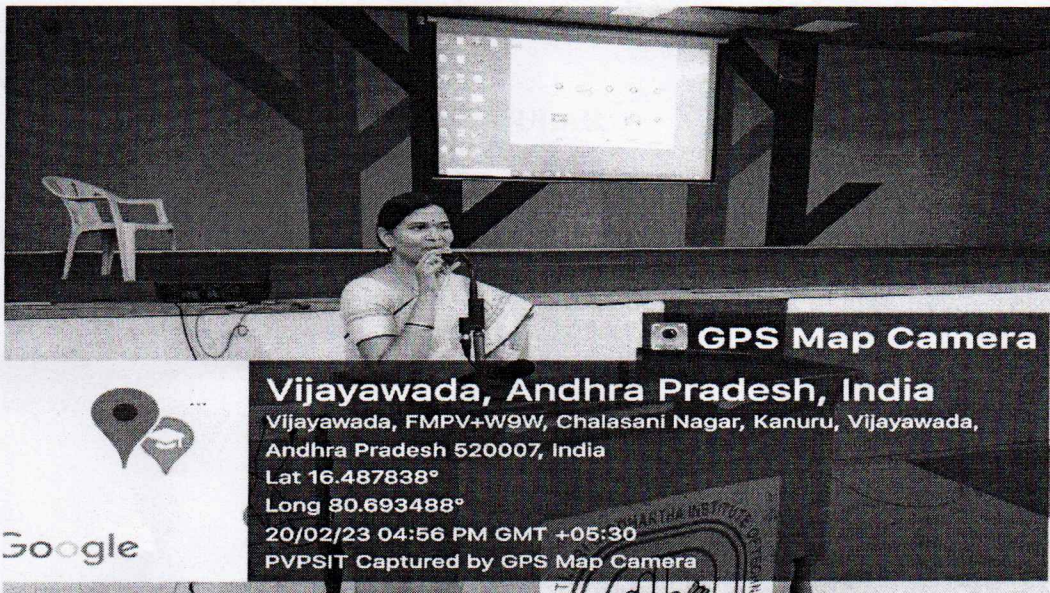
Long 80.693491°


20/02/23 04:06 PM GMT +05:30

PVPSIT Captured by GPS Map Camera



Google




IQAC COORDINATOR
 IQAC Coordinator
 PVP Siddhartha Institute of Technology
 Vijayawada