

WORKSHOP ON YOGA FOR IMPROVED QUALITY OF LIFE

Mrs. K. ANITHA
YOGA INSTRUCTOR
21 JUNE 2018



ORGANIZED BY



VIGNAN

INSTITUTE OF PHARMACEUTICAL TECHNOLOGY
DUVVADA, VISAKHAPATNAM



4 June
PRINCIPAL
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PHARMACEUTICAL TECHNOLOGY
Beside: VSEZ, Duvvada, Visakhapatnam-46

14th June, 2018

To
The Principal
Vignan Institute of Pharmaceutical Technology (VIPT)
Visakhapatnam

Respected sir,


Sub: Approval to conduct **Workshop on "Yoga for Improved Quality of Life"** organized by IQAC at VIPT-reg-reg.




As per the suggestions made by Honorable Chairman Dr. L. Rathaiah sir in the GBM, that it is more advantageous to conduct awareness program for all faculty members of our institution to enhance their skills.

In order to conduct this Awareness program, our institute has to take care of the following expenditure as per the norms specified by them. Hence kindly extend your support and accord approval for the expenditure to conduct this Workshop on Yoga for Improved Quality of Life on 21.04.2018.

Thanking you sir

Yours faithfully


P.N. Mallikarjun
IQAC Coordinator




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Resource Person Profile

Mrs. Kuppilli Anitha Devi

Certified Yoga Instructor & Free lancer

Visakhapatnam

Bio:

- Currently working as yoga instructor associated with STBL Projects and Dr. Reddy's Laboratories and free lancer instructor.
- Certified Yoga trainer (RYT200) practicing yoga for 10 years and started teaching yoga for about 10 years...
- Expertise in Hathayoga, Power yoga, pranayama techniques.
- Provides lifestyle changes that one has to make to lead a healthy and stress free life.
- Makes yoga a part of your life and unleash your infinite potential.
- Yoga certified with Yoga Alliance.
- Minimum of 200 hours of experience in Yoga teaching.
- CPR/First Aid certification.
- Experienced in health and fitness practices.
- Well versed with the art of teaching the Vinyasa Flow.
- Knowledge of the Chakra System, Pranayama, mantra and mindful meditation.
- Business and administration skills.
- Ability to work after-hours, on weekends and public holidays, as needed.

Education:

➤ **Masters in commerce and Bachelor of Education**

Andhra University

Visakhapatnam

➤ **M.Sc in Yoga and Consciousness**

Andhra University

Visakhapatnam

Y. Anitha Devi

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➤ **Diploma in Food & Nutrition**

Andhra University

Visakhapatnam

Experiences:

➤ Freelancer Yoga Instructor

➤ Works as Guest lecturer

Dr. Reddys Laboratories. Pvt.Ltd

Visakhapatnam

➤ Associated with STBL Projects : in home yoga instructions

Honored:

➤ Best Yoga Instructor award by Sahara India.

Y. Suresh

PROF.
VIGNAN INSTITUTE
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VIGNAN INSTITUTE OF PHARMACEUTICAL TECHNOLOGY

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Estd.2006

Report on

Workshop on “Yoga for Improved Quality of Life”

A one week awareness program was organized by the IQAC at Vignan's Institute of Pharmaceutical Technology, Visakhapatnam on 21.06.2018.

The title of the programme is **Workshop on “Yoga for Improved Quality of Life”** The aim and scope of this program is to provide for awareness on Regular yoga and its help in maintaining a good body shape, vigor, healthy mind and calm soul. It helps in relieving stress and improves quality of sleep. Yoga is powerful and can be practiced by anyone, anywhere and is extremely beneficial to be done in morning time after a long sleep of seven to eight hours

Yoga is the physical practice of “*Asanas*” or postures that prepare the body for meditation. Those who practice it learn to align with the purest parts of their common humanity. The practice has very ancient roots but it's only over the past decade that science has begun to truly explain - from a neurological, psychological and cellular viewpoint - exactly how it can transform people's minds, bodies, and even their societies. Studies show that a consistent yoga practice can improve quality of life in four key ways

Program team:

Resource team: Mrs. Kuppilli Anitha Devi

Certified Yoga Instructor & Free lancer, Visakhapatnam

Patron: Dr.Y.Srinvasa Rao, Principal

Convener: Mr. P.N.Mallikarjun, Co-coordinator, IQAC

Number of participants: 27 Members



Y. Srinivas Rao
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Resource person overview:

Mrs. Kuppilli Anitha Devi, Certified Yoga Instructor & Free lancer, Visakhapatnam. Yoga is based on a holistic approach, working simultaneously on our body, energy, mind, intellect, and spirit. We meet the specific needs and requirements of the person who is suffering from specific physical, emotional and spiritual issues.

About the program:

Therapeutic Yoga is an effective practice for recovering from injuries, traumas, or illnesses. In this form of practice, we combine various styles of yoga like Restorative Yoga(Supported Poses with Props), Laya Yoga, Gentle Yoga, Pranayama, Breathing Exercises, Hand-On Healing, Guided Meditations, Visualization, Mantras in such a way that it becomes an excellent & effective alternative way to bring the balance in our body, mind, intellect and boost our self-healing.

It's a very meditative healing experience and a great opportunity to reduce and manage Stress, Tension, Anxiety, Worries and access the deeper wisdom that reside within us.

SESSION – I:

Resource person stressed on various socio emotional aspects on how to handle the life in relation to quality of life

Healthy Breath

Learning breathing exercises is a great way to reduce anxiety, agitation, and stress while promoting relaxation, calm and inner peace. In this practice, you will learn the power of good breathing for healthy living.

Healthy Digestion

The root cause of many diseases is inefficient digestion. Poor digestion can affect not only the physical body but also our mental health. This practice will focus on activating purifying and balancing the digestive organs.

Healthy Stress

Stress is key for survival and in small doses can be beneficial and motivating. Prolonged periods of stress can cause anxiety and health problems. This practice is designed to balance the nervous system and release stress & tension being held in the body & mind.

y. siva
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Healthy Sexuality (focused on the Pelvic Floor)

Intimacy and our sexual relations are critical components of a holistic and harmonious life. However, a range of physical and mental challenges can cause blockages in this important area. During the practice we will raise awareness on what can cause these challenges, specifically working with the Pelvic Floor and breathing.

Healthy Emotions

Emotions are Energy in Motion. Our feelings are the awareness in our minds of that energy. However, we often suppress the emotions and repeat the same habits over and over again. In this practice, you will learn how to bring awareness to a range of emotions and how they affect the physical body.

Healthy Mind

The fascinating topic of how our mental attitude affects our physical body will be discussed. This theory will then be interwoven with practice to provide a whole mind workout.

Healthy Sleep & Yoga Nidra

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health and overall quality of life. This practice will offer ways to improve the quality of your sleep. The practice of Nidra Yoga is the scientific method of removing tensions in body & mind. This powerful method induces the relaxation response, efficiently treating a wide range of health and psychosomatic ailments. Experience the profound effects of conscious yogic sleep and change your life forever.

SESSION – II:

Demonstration and practice of following asanas in presence of yoga instructor

➤ *Cat pose / Majaryasana*

This pose stretches the spine, back muscles and neck, stimulates blood flow in the wrists and increases the circulation of spinal fluid. Coupled with Cow pose (1b), it is a wonderful warm-up for the spine and, when synchronized with the breath, has a calming effect on the mind.

➤ *Cow pose / Bitilasana*

Cow pose stretches the front of the torso and throat area. Like Cat pose it stimulates the wrists and spine.

Y. Siva Reddy

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➤ ***Low lunge / Anjaneyasana***

Stretches the chest, hip flexors, quadriceps, sides of the waist and tops of the ankles and feet. Improves balance and mental focus. Great for runners, cyclists or if you spend a lot of the day sitting.

➤ ***Warrior 2 / Virabhadrasana II***

Stretches the inner thighs, groin, chest, lungs and shoulders. Strengthens your legs, improves stamina and concentration.

➤ ***4Triangle / Trikonasana***

Strengthens the legs, back and torso, lengthens the side of the body, stretches the inner thighs, hamstrings, calves, spine, shoulders, chest and hips.

➤ ***Tree pose / Vrksasana***

Improves balance, creates external rotation in the hips, strengthens the ankles, legs and spine, increases focus and concentration and quietens the mind.

➤ ***Locust pose / Salabhasana***

Improves strength and mobility in the back, stretches the front of the body, increases stamina and stimulates the digestive organs.

➤ ***Bridge pose / Setu Bandha Sarvangasana***

Stretches the chest, neck, spine, and hip flexors. Strengthens the back, glutes, and hamstrings and legs. An accessible backbend for most people.

➤ ***Cow face pose / Gomukhasana***

Stretches the ankles, hips and thighs, opens the upper back, chest and shoulders, and works the triceps. If the version in the photo is uncomfortable for your legs or hips try stretching the lower leg out in front of you.

Yoga isn't a cure-all for every disease, nor should it act as a replacement for medical care. But by lessening anxiety and stress, and improving sleep and cognition, yoga can make people happier and more self-aware. This will slowly improve how people interact with each other. Indeed, researchers have found that people who practice yoga for many years are kinder and more compassionate.

These effects are exemplified by the way yoga has changed our own lives.

4/2/2020

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Schedule of activities:

Day and date: 21st June 2018.

Venue: VIPT

Objectives of program:

- Demonstrate the ability to perform yoga movements in various combination and forms.
- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate an understanding of health-related fitness components
- Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities.
- Demonstrate an understanding of sound nutritional practices as related to health and Physical performance.
- Understand and correctly apply biomechanical and physiological principles elated to Exercise and training.

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21-04-2018

List of Participants

S.No	Name of the faculty	Designation	Signature
1.	P V Kamala Kumari	Professor	
2.	Medapati Saritha	Professor	
3.	Rajkiran Kolakota	Professor	
4.	Kurre Purna Naga Sree	Professor	
5.	Vasudha Dadi	Associate Professor	
6.	Boddeda Bhavani	Associate Professor	
7.	Cheepurupalli Prasad	Associate Professor	
8.	Prasanthi Boddu	Associate Professor	
9.	Ponnam Chiranjeevi	Associate Professor	
10.	Satyalakshmi Siragam	Associate Professor	
11.	Tatapudi Hemanth Kumar	Associate Professor	
12.	Santosh Kumar Ranajit	Assistant Professor	
13.	Kollabathula Vara Prasada Rao	Assistant Professor	
14.	Bora Ramarao	Assistant Professor	
15.	P Bala Krishnaiah	Assistant Professor	
16.	Mamidi Trinadha Rao	Assistant Professor	
17.	Kanakaraju Adipalli	Assistant Professor	
18.	Gana Manjusha Kondepudi	Assistant Professor	
19.	Jhansi Lakshmi Varanasi	Assistant Professor	
20.	Kotha Sri Priya	Assistant Professor	

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21.	Ammu Swathi Annapurna	Assistant Professor	
22.	Mousami Maganti	Assistant Professor	Mousami
23.	Sunil Kumar Patnaik	Assistant Professor	Sunil
24.	Bheemarasetty Satya Kiran	Assistant Professor	SK
25.	Shaik Saleema	Assistant Professor	Salma
26.	Pidaparthy Venkata Surya Shobhita	Assistant Professor	
27.	Vardhiparthy Sravana Swathi	Assistant Professor	Swathi - V


IQAC Coordinator


Principal



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