



Date:21-09-2022

Report

The Women Cell in association with College Internal Complaint Committee (CICC), ATME College of Engineering (ATMECE), Mysuru had organized a '**Workshop on Pranayama for Mindfulness**', on 20th Sept 2022 at 10.30AM. The resource person was Dr. Devaki Madhav Psychologist and scientific pranayama practitioner Mysuru.

“Health is not a commodity, it has to be earned” opined by psychologist, Dr. Devaki Madhav. She said by controlling our breathing scientifically the physical fitness and mental well- being can be achieved. She mentioned about the health benefits of pranayama and the research that has taken place in this field. She mentioned that people have realised the importance of oxygen in a better after covid pandemic. Pranayama consists of long, sustained flow of inhalation, exhalation and retention of breath. Inhalation stimulates the system, exhalation throws out vitiated air and toxins and retention distributes the energy throughout the body.

She said, there are many methods to control breathing. yoga and pranayama are not confined to any religion or region and it is universal. Dr. Devaki said, through pranayama we can get rid of many diseases and we can improve our body immunity. We can also control our mind and inturn we can improve our health. All the eight pranayama are based on one or the other principles of science. Anuloma , Viloma and Brahmari pranayama were demonstrated and practiced.

Dr.Sachidananda Murthy K L, Administrative Officer, ATMECE explained the science behind the pranayama with illustration.

Dr.Basavraj L ,Principal, ATMECE addressed the gathering and mentioned about importance of Yoga and Pranayam in day today life.

The programme was anchored by Ms. Keerthana N, a student of CSE, invocation was by Ms. Kavya L G, student of CSE, welcome speech and Vote of thanks were rendered by Ms. Chaitra B and Ms. Hiba Mahin, students of ECE respectively. The programme was convined by Dr. Bhagyashree S R, Dean Research, Chairperson, Women Cell and CICC,ATMECE. The programme was coordinated by Mr. Ravi Kumar S, Member Secretary, CICC, Mrs. Priyanka N B, Member Secretary, Women Cell and Ms. Swapna H, Assistant Professor, EEE. All the staff members of ATMECE were present.



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College of Engineering



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Programs accredited by NBA, New Delhi – CV, EC, EE and ME
(Validity: 2022-23 to 2024-25)



8Q8C+4WM, Mysuru, Karnataka 570028, India

Latitude 12.315377360209823° Longitude 76.77228198386729°
Local 10:47:14 AM Altitude 608 meters
GMT 05:17:14 AM Tuesday, 20 Sep 2022



8Q8F+42Q, Mellahalli, Karnataka 570028, India

Latitude 12.315273843705654° Longitude 76.77248692139983°
Local 10:50:19 AM Altitude 620 meters
GMT 05:20:19 AM Tuesday, 20 Sep 2022



8Q8F+42Q, Mellahalli, Karnataka 570028, India

Latitude 12.315337336622179° Longitude 76.7725177668035°
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GMT 05:16:00 AM Tuesday, 20 Sep 2022



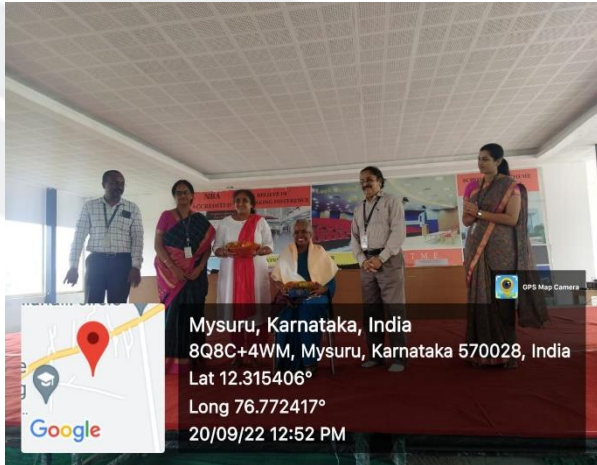


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21/9/22
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Mallahalli, Mysuru-570028

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21/9/2022
Chairperson, CICC