



Date: 4<sup>th</sup> Dec. 2023

## **A Report of Importance of breathing and its changing pattern**

**Resource Person:**

1. Dr. Jay Singh, Convener-GL Bajaj Value Education Cell

**Event Date:** 2<sup>nd</sup> Dec. 2023

**Event Time:** 2:30pm onwards

**Event Venue:** SHD Hall, AB-I

**No. of Participants:** 36

The yoga and breathing session was held on 2<sup>nd</sup> Dec. 2023 aimed to promote physical and mental well-being through a combination of yoga postures and focused breathing exercises. The session was designed to cater to participants of various skill levels, encouraging a holistic approach to health and relaxation.

The program was started with a short introduction by Dr. Rupa Rani, member GL Bajaj Value Education Cell, Associate Professor-ASH dept. She explained about the event and benefits of daily exercise, yoga, meditation as well as to include seasonal vegetables and fruits in our daily diet. Later on she invited to Prof. Singh, yoga practitioner GL Bajaj ITM to start the session. Prof. Singh firstly elaborated the benefit of physical activities and its ways to do in better manner.

Discussion Points and outcome of the program.

- Participants engaged in a series of gentle warm-up exercises to prepare the body for more intense physical activity.
- A sequence of yoga asanas was introduced, focusing on flexibility, strength, and balance.
- Modifications were provided for participants with different skill levels or physical limitations.
- Breathing exercise was placed on pranayama (breath control) techniques.
- Deep diaphragmatic breathing, alternate nostril breathing, and other techniques were incorporated to enhance mindfulness and relaxation.
- The session concluded with a guided meditation to promote mental clarity and emotional well-being.
- Participants were encouraged to focus on their breath and cultivate a sense of inner calm.
- Participants demonstrated varying levels of proficiency in yoga postures, with some showing increased flexibility and balance by the end of the session.
- Engaging in breathing exercises appeared to have a positive impact on participants' relaxation levels and overall mood.
- The guided meditation fostered a serene and focused atmosphere, with many participants expressing a sense of tranquility.

At the end of the session, participants were invited to share their thoughts and experiences.

Common feedback themes included improved stress management, enhanced mindfulness, and a desire for more sessions.

Consider offering regular yoga and breathing sessions to meet ongoing interest and demand.

The yoga and breathing session was well-received, providing participants with a holistic experience that combined physical activity, breath awareness, and meditation. The positive feedback suggests a potential for the continuation and expansion of similar sessions in the future.





Regards

Dr. Rupa Rani Sharma

Member – Value Education Cell  
Associate Prof. – Dept. of ASH  
GL Bajaj Institute of Technology and  
Management, Greater Noida, GB Nagar

Dr. Jay Singh

Convener-Value Education Cell  
Professor - Department of Electrical &  
Electronics Engineering  
GL Bajaj Institute of Technology and  
Management, Greater Noida