

	<b>SRI DEVARAJ URS COLLEGE OF NURSING.</b> <b>TAMAKA, KOLAR-563101</b>	Format No.	PRN-05
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**Date: 04/05/2021**

### **REPORT ON EXTENSION ACTIVITY**

**Topic: Orientation Program on Role of Yoga and Ayurveda during Covid-19 Pandemic**

**Training Faculty: Dr. Patil NJ BAMS, MD, PhD (Yoga) & Mrs. Sunitha, Dept of Integrative Medicine, SDUAHER**

Extension activities was organized by Sri Devaraj Urs College of Nursing in co-ordination with Integrative medicine department for campus drivers and cleaners of SDUAHER in Seminar hall on 04/05/2021 between 10:00am-12:00pm. Mrs. Komala Devi. R, CNE member secretary welcomed the faculty and special welcome to the resource person Dr. Patil NJ, Incharge HOD & Mrs. Sunitha, Dept of Integrative Medicine, SDUAHER

The topics covered were role of yoga and Ayurveda during covid-19 pandemic, traditionally how Integrative system of medicines are used, how to practice them in current pandemic situation and to develop positive attitude towards Ayurveda and yoga.

Mrs. Sunitha demonstrated on breathing exercises and the faculty was made redemonstrated and it was practiced like Sustained breath holds, Slow, deep abdominal breaths with extended exhalation, Rapid abdominal breathing, Alternate nostril breathing. Regular breathing exercises help in increasing lung capacity, aiding in better oxygenation and exhalation of carbon dioxide, reduces the main symptoms of Covid and increases the life span of the people.

She also demonstrated Suryanamaskara which include: type B sequence of asanas (differences marked in italics) is Pranamasana, Utkatasana, Uttanasana, Ardha Uttanasana, Phalakasana, Chaturanga Dandasana, Urdhva Mukha Svanasana, Adho Mukha Svanasana, and Virabhadrasana.

The programme benefited a total number of 15 participants. At the end of the programme the feedback was collected from the drivers and cleaners sharing their experience about the session and their doubts were clarified by the resource person.

The presentation was helpful for them to practice in their daily life and the redemonstration made them to feel relax and free from stress.

In order to know the effectiveness of the topic pretest and post test was conducted and the scores were 22% and 78% respectively.

The programme came to an end at 12:15 pm, the CNE co-ordinator and member secretary thanked the Resource person and all the members for the participation and their co-operation.

### PHOTOS OF DRIVERS & CLEANERS

