



**SRI DEVARAJ URS COLLEGE OF NURSING.
TAMAKA, KOLAR-563101**

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| Format No. | PRN-05 |
| Issue No. | 02 |
| Rev. No. | 00 |
| Date. | 01-08-2018 |

REPORT

Date: 29/04/2021

REPORT ON STAFF DEVELOPMENT PROGRAMME

**Topic: Orientation Program (Virtual) 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**

Staff Development Programme was organized by Sri Devaraj Urs College of Nursing in co-ordination with Integrative medicine department for teaching faculty, Non-teaching and housekeeping staff of college and hostel in Seminar hall on 28/04/2021 & 29/04/2021 between 11:30am-12:30pm. 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.

Ayurveda is used in disease management such as herbs, therapies like Panchakarma bodywork, and yoga. Yoga has become a main key to maintain fitness, reduce stress and cultivate inner peace, spiritual practice for the purpose of self-realization, feeling free from being panic and also shared few tips on staying fit and healthy.

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.

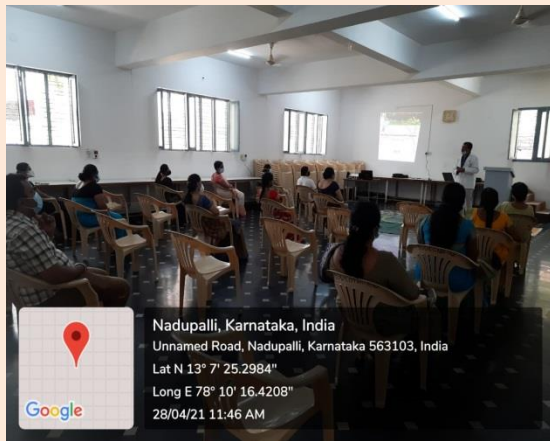
She also demonstrated Suryanamaskara which include: type B sequence of asanas (differences marked in italics) is Pranamasana, Utkatasana, Uttanasana, Ardha Uttanasana, Phalakasana, haturanga Dandasana, Urdhva Mukha Svanasana, Adho Mukha Svanasana, and Virabhadrasana.

The programme benefited a total number of 50 faculty and 21 non-teaching, housekeeping staff of college and hostel. At the end of the programme the feedback was collected from the teaching faculty & non-teaching staff sharing their experience about the session. The presentation was very informative and 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 an online pretest and post test was conducted and the scores were 43% and 88%, 22% and 76% respectively.

The programme came to an end at 12:45 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 TEACHING FACULTY



PHOTOS OF NON-TEACHING STAFF

