

Report on the Training Programme on “Pranayama and Pranik Healing”

Women’s Development and Extension Centre organized a training programme on “Pranayama & Pranik Healing” for the benefit of women employees from 18th to 23rd November 2013 in the Conference Hall, Academic Building, Dr.B.R.A.O.U. Campus. Dr. K.Satya Lakshmi, Director, Vemana Yoga Research Institute, Hyderabad has conducted the training programme for the first five days and taught different techniques of Pranayama to the participants..

Dr. K.Satya Lakshmi, Director, Vemana Yoga Research Institute is a well qualified yoga teacher and practitioner. She worked in several yoga institutes including Red Cross Yoga and Nature Cure Centre for a long time and taught several people yoga asanas and principles of yogic practices.

The important pranayama exercises taught by her are explained in the following paragraphs.

Pranayama is a systematic method of controlling breath and thereby controlling and improving the life force. Pranayama rejuvenates the mind and body and helps to relieve stress and hypertension. Pranayama systematically practised will strengthen the nervous system, respiratory system, improves concentration and relaxes the mind and body.

In the five days, five pranayama exercises were taught. These include –

1. Samavritti
2. Nadi Sodhana including Right Nostril Breathing (activating Pingla) and Left Nostril Breathing (activating Ida)
3. Bhastrika – which involves taking a few deep, full breaths from your abdomen and then exhaling forcefully through the nose.
4. Anuloma-Viloma – Involves the following steps.
 - Exhale completely through the left nostril, right closed.
 - Inhale through left nostril, right still closed.
 - Retain the breath, both nostrils closed.
 - Exhale through right nostril, left closed.
 - Inhale through right nostril, left closed.
 - Retain the breath, both nostril closed.
 - Exhale through left nostril, right closed.
 - Begin the entire process again by inhaling through left nostril, and so on.
5. Three types of breathing to increase lung capacity – Low or abdominal breathing, Thoracic Breathing and Clavicular Breathing.

Regular practice will improve the ability of lungs to maximize its function thereby the entire body.