

THE YOGA WEEK ORGANIZED BY THE NSS

The National Service Scheme wing of IIITDM Kurnool has organized a Pre-Yoga Session from 20-05-2023 to 24-05-2023 for 5 days. The instructor was Shri Narayana Murthy, a certified Yoga teacher from the Ministry of AYUSH, Govt. of India. Students and teachers have made use of this opportunity to explore Yoga. There was active participation from The Director, Dr. D.V. L. N. Somayajulu and the Student Community of IIITDM Kurnool.



The students have used this opportunity to learn many breathing techniques, Yogic postures and other Yogic practices. A practice called Jalaneti has been taught by the Instructor which involves nasal cleansing by warm, saline water. The water is taken in through a nostril and drained out through the other using gravity. Another important posture is the Vrikshasana which is useful for developing focus and concentration. In this asana, just one leg is used as a support while the other leg is folded and the foot is joined to the thigh, while the hands are put in a folded 'Namaskara'.



One more Yogic practice in this context is the "Chest and Belly Breathing". This is a practice that involves controlled breathing, controlled by movements in the chest and belly respectively. This is done in the posture of 'Shavasana' or the Dead Body Posture. The focus is shifted from chest and belly alternatively. This, when done for several rounds Induces a deep sense of relaxation throughout the body. Another technique taught in this session is the Yoga Nidra. This procedure is used for instant sleep and relaxation. These are some of the things that the students have learnt in this five-day session.



The students are very thankful for the session to the NSS Organizing team, The Institute Management and also Mr. Narayana Murthy, who had taken the time out of his busy schedule to deliver this session to all the students.

