

# SONA'S PRANAYAMA BREATHWORK

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**SONA** MEDICAL COLLEGE OF  
NATUROPATHY & YOGA

*Adding Technology & Value to Natural Health Care*



## Practicing Pranayama

Pranayama is a collection of breathing exercises developed by the ancient yogis for purification, mental focus rejuvenation, and healing. Prana translates into "life force energy," and Yama translates into "control or mastery of."

Thus, pranayama is a breathing technique used to control, cultivate, and modify the amount, quality, flow, and direction of vital energy in the body. Pranayama is often defined simply as "breath control" and is a primary component in a traditional yoga practice.

Left nostril breathing has been shown by medical studies to slow down the heart rate and decrease blood pressure.

The left nostril connects to the Ida nadi and has a yin, cooling, dark, lunar, and calming energy.

Conversely, right nostril breathing has shown to increase the heart rate and blood pressure. The right nostril connects to the Pingala nadi and has a yang, warming, bright, solar, and active energy.



**Mr. Chocko Valliappa and  
Mr. Thyagu Valliappa  
Vice Chairman,  
Sona College of Technology**



## Dr. B. Mahadevan Professor IIM Bengaluru

During the workshop on  
“Bhagawath Gita in Management”  
on 2nd March 2024

Yoga breathing exercises have many powerful benefits to the body, mind, and heart. Pranayama can reduce stress, anxiety, fatigue, high blood pressure and can improve lung function, focus, sleep, digestion, metabolism, and overall well being.

## Pranayama Practice Tips

- Wear loose-fitting or stretchy clothes to feel comfortable and relaxed.
- Find a comfortable seated position. If needed, use props to support you.
- Establish a regular practice every day or several times per week for 15-20 minutes.
- Practice in a well-ventilated room that is neat and clean and free from distractions.
- It is best to practice at the same place and time.
- If the weather is pleasant, you can practice pranayama outdoors.
- Avoid practicing yoga under a fan or next to an air conditioner as it may disturb the prana and be distracting.
- Daily practice should be done on an empty stomach.
- It is recommended to clear your bowels before a vigorous practice.
- Keep your mind focused on the sensation of the breath as you practice.
- If you feel any sensations of pain, tension, or weakness in your body, focus on relaxing that area and directing your breath into it.
- Take your time, slow and steady practice is essential to progress and integrate pranayama's effects.

## The four parts of the breath



1. Inhalation (puraka)
2. Internal retention (antara-khumbaka)
3. Exhalation (rechaka)
4. External retention (bahya-khumbaka)

WOMEN'S DAY CELEBRATION

# WOMEN'S MARCH 2024

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*"Neque porro quisquam est qui dolorem ipsum quia dolor sit amet, consectetur, adipisci velit..."*  
 "There is no one who loves pain itself, who seeks after it and wants to have it, simply because it is pain..."



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# NAAC PEER TEAM MEMBERS

ON  
MAY 3, 2024





Principals of AYUSH colleges are practising pranayama during the of 8th Academic Review meeting organized by The TN Dr. MGR Medical University at SONA Campus on Saturday , 30th March 2024

Pranayama to mean “breathwork”  
“Pra means ‘primary, first, innate.’ Ana, from anu, means ‘the tiniest, smallest, indestructible unit of energy,’” according to Indu Arora, In her book Yoga: Ancient Heritage, Tomorrow’s Vision

The Vice Chancellor, Dr.K.Narayanaswamy, The TN Dr. MGR Medical University, Chennai and The Vice chairman, Mr.Thyagu Valliappa SONA Group of Institutions are practising pranayama during the 8th Academic Review meeting organized by The TN Dr. MGR Medical University at SONA Campus on Saturday , 30th March 2024

