

# **BHARATI VIDYAPEETH (DEEMED TO BE) UNIVERSITY HOMOEOPATHIC MEDICAL COLLEGE, PUNE**

## **Art of Living's, Covid Care Program**

The ongoing pandemic has significantly disrupted the education sector and has taken toll on the physical and mental health of the student and the teacher community. To address this issue, a unique wellness program was offered by Art of Living Foundation.

The Art of Living launched a Covid Care Program for the faculty & students of Bharati Vidyapeeth University.

The program consisted of an essential series of 3 protocols of asanas, meditation and breathing practices or pranayama to boost the immunity and lung capacity, to improve their mental resilience and bring semblance of quiet and peace.

The program was also designed as supportive rehabilitation and recovery during post covid period.

The Faculty & students of the Bharati Vidyapeeth Homoeopathic Medical College - Pune, participated in the Art of Living's, Covid Care program.

The Art of Living's, Covid Care Program was conducted for three days from 8<sup>th</sup> to 10<sup>th</sup> July, 2021 in two batches of 45mins each separately for the Faculty & the Students.

The Faculty attended the 6pm to 6.45pm batch & the students attended the 5pm to 5.45pm batch.

The 45mins program was conducted efficiently by senior experienced teachers of the Art of Living course. The program included Asanas, Pranayama & Meditation. The Pranayama taught in the program were –Nadi shodhan pranayama and Bhastrika pranayama. The Meditation taught in the program was Panchkosha meditation. Asanas were performed both in the sitting & standing position.

The Art of Living's, Covid Care Program, was attended by Principal Madam Dr.Mrs. T.A.Khan, along with 13 Faculty members & 50 students.

Feedback on the Art of Living's, Covid Care Program of the faculty and the student:

- Helped to calm the mind and concentrate efficiently on their work & studies.
- Reduced stress, anxiety & worry.
- Controlled the blood sugar level.
- Refreshing sleep.

### Screenshot of the faculty group doing meditation

