



Department of Sports Science and Yoga
School of Rehabilitation and Sports Sciences
Ramakrishna Mission Vivekananda Educational and Research Institute
(Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956
Accredited with A++ by NAAC in 2019)
Belur Math, Howrah 711202, West Bengal
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Report of
15-day Webinar on Science of Pranayama
during
1 June 2023 -15 June 2023

Promoting



Under the aegis of



Report of webinar series on "Science of Pranayama" 1 -15 June 2023

Pranayama is the third step of the most comprehensive and holistic tradition of *ashtanga yoga*. It is considered as an important preparatory step for the practice of higher forms of concentration (*pratyahara, dharana*) and meditation (*dhyana*). The classical Yogic texts proclaim that mind and prana are tethered and without the stability of prana by way of purification of the channels through which prana flows, one cannot have control of mind. Yet it appears that this important step is relatively less discussed about, contemplated upon and, practiced with full knowledge of its correct scriptural procedures and the excellent scientific benefits. A century ago Swami Vivekananda said, "is not, as many think, something about breath; breath indeed has very little to do with it... but [it is] controlling that muscular power which moves the lungs and this motion is associated with the breath" and "the [ultimate] goal of pranayam is to raise the coiled up energy (*kundalini*)". He also said, "the first step is to control the motion of the lungs", which has to be taken up properly and knowingly. This calls for a comprehensive deliberation of the so called first steps, a.k.a breathing exercises of pranayama to the highest goal of achieving higher forms of consciousness.

In order to address this important issue the Department of Sports Science and Yoga School of Rehabilitation and Sports Sciences at Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI Deemed University), Belur Math conducted a fifteen day webinar series on "**Science of Pranayama**" which covered topics on classical scriptural basis of pranayama as well as modern scientific evidence on the health benefits of pranayama. The speakers were drawn from monastic fraternity, academia, scientists, medical doctors and yoga gurus, from reputed national and international organizations.

Under the scriptural topics, pranayama was discussed from the points of vedanta, classical Hatha Yoga, Yoga Upanisads etc, while under the scientific banner, neuro-physiological and cardiological benefits were discussed.

The webinar was open to all and registration was free. In total 290 registrations were received. Everyday during 1-15 June 2023, the webinar talk was held at 6.00pm IST.

Webinar Schedule: 1 -15 June 2023

Module 1: Scriptural basis of Pranayama			
Date	Title/Topic	Name of resource persons	Affiliation
1 June	Inauguration of the webinar	Swami Atmapriyananda	Pro Chancellor, RKMVERI
	Scientific basis of pranayama	B N Gangadhar	President, National Medical Commission
2 June	Fundamental concepts of classical pranayama	Dr O P Tiwari	Former Director, Kaivalyadhama
3 June	Swami Vivekananda's ideas on prana and pranayama	Swami Atmarupananda	Minister in charge, Centre Vedantique Ramakrishna, Gretz, France
4 June	<i>Prano virat</i> —'Life is immense' (Rabindranath Tagore)	Swami Atmapriyananda	Pro Chancellor, RKMVERI
5 June	Insights on Pranayama from Jyotosna Commentary of Hathayogapradeepika	Dr. Jayaraman Mahadevan	Professor & Dean, Division of Yoga and Spirituality, SVYASA Yoga University, Bengaluru
6 June	Essentials of Pranayama	S Sridharan	Senior Trustee, KYM Chennai
8 June	Esoteric theory of prana and pranayama	Swami Vidyapradananda	Department of Sports Science and Yoga, RKMVERI
13 June	Dimensions of Pranayama in Vedanta	Swami Japasiddhananda	Head, Department of Sanskrit & Philosophy, RKMVERI
Module II: Scientific basis of pranayama			
7 June	Effects of pranayama on Anxiety, Affect, and Brain Functional Connectivity	Draulio Barros de Araujo	Brain Institute, Federal University of Rio Grande do Norte (UFRN), Natal, Brazil
9 June	Cardiorespiratory and Endocrine Mechanisms Behind the Effectiveness of Pranayama	Dr Angarai Ganesan Ramakrishnan	Professor of Electrical Engineering and associate faculty of Centre for Neuroscience Indian Institute of Science Bengaluru
10 June	Effects of Pranayama on Brain Structure & Function	Dr Shubhadip Paul	Assistant Professor, Department of Sports Science and Yoga, RKMVERI
11 June	'Power of pranayama: The	Dr Indranil Basu Ray	Chairman

	science of breathing'	MD, DNB (Card), FACP, FACC	American Academy for Yoga and Meditation, Tennessee, USA
12 June	Yoga and Pranayama in Neurological Rehabilitation: Current Evidence	Dr. Anupam Gupta. MBBS, MD	Professor & Head, Department of Neurological Rehabilitation, NIMHANS Bangalore
14 June	Understanding Pranayama and its scientific mechanism of action	Dr Hemant Bhargava MBBS, MD (Yoga & Rehabilitation), MSc (Psychology), PhD	Assistant Professor, Department of Integrative Medicine, NIMHANS Bangalore
15 June	Valedictory session	Swami Sarvottamananda	Vice-Chancellor, RKMVERI

Webinar Webpage:

<https://sy.rkmvu.ac.in/webinar-on-science-of-pranayama-1-15-june-2023/>

Youtube channel of lectures

All lectures given in the webinar are recorded and uploaded in the following youtube channel

<https://www.youtube.com/playlist?list=PLGMjoMW5fbf9ABGpokZAIhnG-wgLssT6U>