



## A Report on Expert Talk on 'Mental Health and Power Breathing Techniques'

<b>Day &amp; Date of Conduction</b>	Tuesday, 06 <sup>th</sup> Feb. 2024
<b>Faculty Coordinators</b>	Mrs. Pooja N. Jaiswal, Assistant Professor, Electrical Engineering Department, VPKBIET, Baramati, Dist. Pune
<b>Chief Guest/Resource Person</b>	Dr. Nilesh Mahajan, Director, Ayurved Yoga Hospital Director, Yoga Mahavidyalaya, Baramati, Dist. Pune
<b>Sponsored By</b>	VPKBIET, Baramati organised program in association with Board of Student Development section, SPPU –Pune
<b>Number of Participants</b>	170

A Expert talk on "Mental Health and Power Breathing Techniques" was organized by Vidya Pratishthan's Kamalnayan Bajaj Institute of Engineering and Technology, Baramati in association with Board of student development - SPPU Pune, on 06<sup>th</sup> Feb. 2024.

The main objective of the expert talk was to aware about mental health care and brathing techniques, practice the different breathing techniques for increasing concentration.

The session on "Mental Health & Power Breathing Techniques" by Dr. Nilesh Mahajan provided valuable insights into the connection between mental health and breathing techniques. Dr. Mahajan, an esteemed expert in Ayurveda and Yoga, discussed the importance of mental well-being and introduced various breathing exercises to enhance concentration and promote balanced mental health.

Key Points Covered:

### 1) Understanding Mental Health:

Dr. Mahajan initiated the session by defining mental health as a state of well-being in which an individual realizes their abilities, copes with the normal stresses of life, works productively, and contributes to their community. He emphasized the significance of maintaining a balanced mental state for overall health and happiness.

### 2) Maintaining Balanced Mental Health:

The speaker delved into strategies for maintaining balanced mental health, including stress management, mindfulness practices, and self-care routines. Dr. Mahajan highlighted the importance of maintaining a positive outlook, nurturing supportive relationships, and engaging in activities that promote relaxation and emotional resilience.

### 3) Understanding Breathing and Breathing Techniques:

Dr. Mahajan provided a comprehensive explanation of breathing, emphasizing its vital role in regulating physiological functions and promoting mental well-being. He introduced various breathing

techniques, such as deep breathing, rhythmic breathing, and alternate nostril breathing, highlighting their efficacy in reducing stress, improving focus, and enhancing overall health.

#### 4) Practical Exercises to Increase Concentration:

A significant portion of the session was dedicated to practical demonstrations of breathing exercises aimed at increasing concentration and mental clarity. Dr. Mahajan guided participants through simple yet powerful techniques to synchronize breath with movement, quiet the mind, and cultivate a state of focused awareness.

#### Conclusion:

In conclusion, the session on "Mental Health & Power Breathing Techniques" led by Dr. Nilesch Mahajan provided attendees with invaluable insights and practical tools for promoting balanced mental health and enhancing concentration through breathwork. Participants left the session equipped with a deeper understanding of the connection between breathing and mental well-being, along with practical techniques to incorporate into their daily lives for greater vitality and resilience.

#### Event Photographs



Session and Speaker Introduction





**Dr. Nilesh Mahajan Delivering the Session**