Practicing Breathing exercise- Way to avoid stress and to reduce Corona spread

In the recent past, our University has witnessed unfortunate demise of two faculty members and one non-teaching member. Further the spread of corona is also increasing after the release of complete lockdown. Under such scenarios, good health care practices is essential for the wellbeing of everyone. It is an established fact that breathing exercise will reduce the possibility of corona spread and is also useful for stress management. I have been teaching this through online to a group of people.

In this regard, I wish to share my knowledge which I have been practicing to the willing participants of our University Faculty and staff members via online mode. A research article published by our group on “The contribution of dry indoor built environment on the spread of Corona virus” will also be discussed. It is planned to conduct the online practice class on every Saturday from January first week for 45 minutes between 7.00 am to 7.45 am. All the faculty members and staff members interested in practicing the breathing exercise may inform by showing their willingness to the mail id: annaunivyoga@gmail.com. Those who give their willingness, will be receiving a link for the breathing exercise practice.

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