



1 Government Interactions

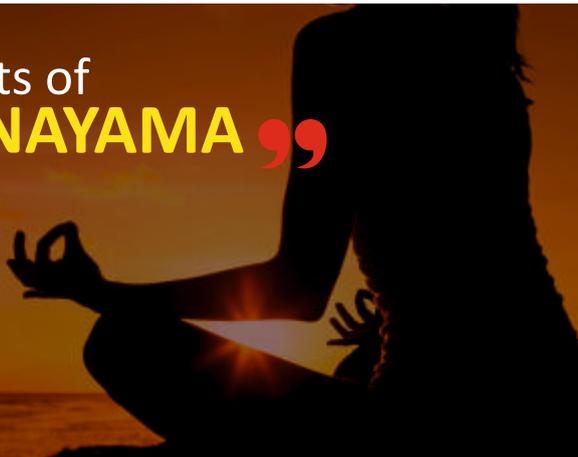
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Upcoming Events

*Training Programme on
Excel and Elevate:
Leadership and
Personal Transformation Program
January 11-13, 2021*

[Register here](#)

“ Benefits of
PRANAYAMA ”



3

Health & Fitness Update

Meeting with Mr. MAKP Singh, CE (IT) CEA and CISO (MoP)



31st December 2020: A session was organised with Mr. MAKP Singh, CE (IT) CEA and Chief Information Security Officer (CISO), Ministry of Power with the members of Smart Grid Division (Technical Committee) led by Chairman Mr. Deepak Pandey and

Vice Chair Mr. Anil Kadam to discuss the way forward on various cyber security initiatives in the power sector. The key points of discussion were: ensuring the role of CISO in Bid finalisation, giving more weightage to technical evaluation and ensuring cyber security, discouraging L1 buying practice and reverse auctions and development of Smart Grid reference Architecture.

Mr. Upendra Kumar, CE, Power Communication Development Division (PCDD), had also joined the meeting and updated the forum about the activities being done under his division.

Benefits of PRANAYAMA

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The objective of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

Decreases Stress

Pranayama reduces stress levels in healthy individuals. Pranayama calms the nervous system, which improves your stress response. Individuals who practiced pranayama experienced less anxiety. This effect is linked to the increased oxygen uptake during pranayama. Oxygen is energy for your vital organs, including your brain and nerves.

Improves sleep quality

The stress-relieving effects of pranayama may also help you sleep. An asana known as Bhramari pranayama slows down breathing and heart rate when practiced for 5 minutes. This may help calm your body for sleep. Pranayama improves sleep quality in people with obstructive sleep. Practicing pranayama decreases snoring and daytime sleepiness.



Increases mindfulness

For many of us, breathing is automatic. We do it without giving it much thought at all. But during pranayama, you need to be aware of your breathing and how it feels. You also practice focusing on the present moment, instead of the past or future. This is known as mindfulness. People who practiced pranayama displayed higher levels of mindfulness than those who didn't. This is associated with the calming effect of pranayama, which supports your ability to be more mindful.

Reduces high blood pressure

High blood pressure, or hypertension, is when your blood pressure reaches an unhealthy level. It increases the risk for some potentially serious health conditions like heart disease and stroke. Stress is a major risk factor for high blood pressure. Pranayama can help minimize this risk by promoting relaxation. Pranayama has the ability to improve your perceived level of stress and your reaction time. The increased oxygen uptake, energizes brain cells, likely plays a role as well.