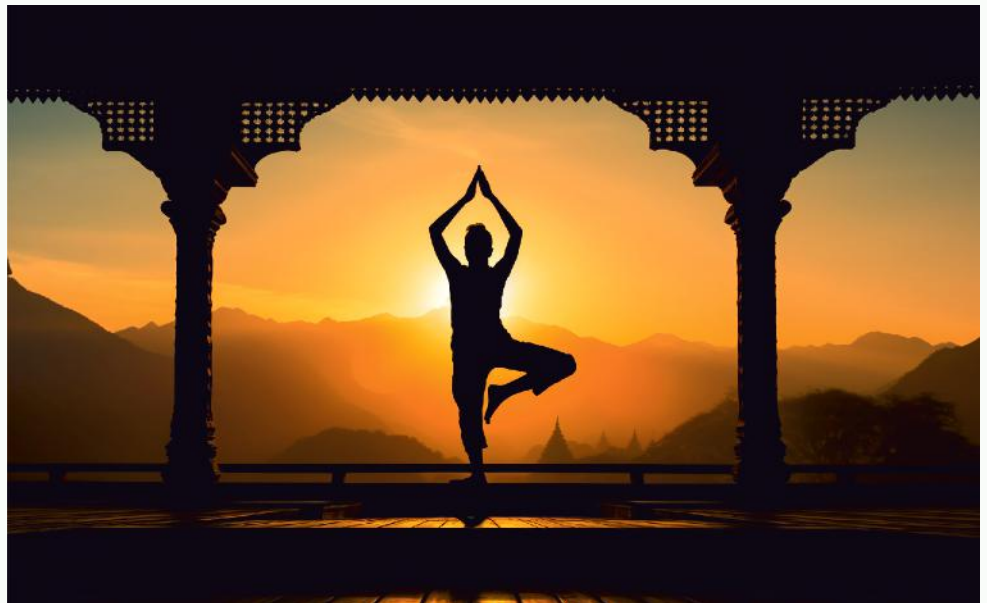


## A HOLISTIC APPROACH TO WEIGHT MANAGEMENT: YOGA ASANAS FOR OBESITY

Dr. Nirmala A.R., Physician (Yoga and Naturopathy), JSS Ayurveda Hospital, Mysuru

### Introduction

Obesity is defined as excessive body fat accumulation that may impair health. It is typically measured using the Body Mass Index (BMI). Obesity is one of the most common lifestyle-related health conditions worldwide, contributing to various chronic illnesses such as diabetes, hypertension, heart disease, and joint problems. While there are many ways to manage weight, yoga stands out as a holistic approach that not only promotes physical fitness but also supports mental well-being. Unlike



intense gym workouts, yoga focuses on balance, mindfulness, and sustainable weight loss through movement, breath control, and relaxation.

### Why Yoga Asanas Are Effective for Obesity

Yoga is more than just physical exercise. It combines postures (asanas), breathing techniques (pranayama), and meditation to create holistic well-being. Here's how yoga helps combat obesity effectively:

#### 1. Boosts Metabolism

Many yoga asanas stimulate

endocrine glands and improve hormonal balance, especially those that regulate metabolism, like the thyroid gland. An active metabolism burns calories more efficiently.

#### 2. Enhances Digestion

Certain yoga poses massage internal organs, improve blood circulation, and support healthy digestion, reducing fat accumulation.

#### 3. Builds Muscle Tone and Flexibility

Asanas strengthen muscles, improve body alignment, and enhance flexibility, all of which support fat

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reduction and prevent weight gain.

#### 4. Reduces Stress and Emotional Eating

Stress releases cortisol, a hormone that promotes fat storage, especially around the abdomen. Yoga calms the nervous system, reduces anxiety, and lowers cortisol — making you less

likely to overeat due to stress or boredom. Through deep breathing and mindfulness, yoga lowers cortisol, which is often linked to belly fat and binge eating.

#### 5. Improves Mind-Body Awareness

Regular practice increases body awareness, making individuals more

mindful of their eating habits, posture, and daily movement.

#### 6. Encourages Consistency

Unlike high-intensity workouts, yoga is gentle and adaptable to any fitness level, making it easier to practice regularly.

### Top 7 Yoga Asanas Effective for Obesity

#### 1. Tadasana (Mountain Pose)

This foundational pose improves posture, strengthens muscles, and increases awareness.

- **How to do:** Stand straight with feet together, hands by the side. Inhale and stretch arms upward. Hold the pose for 30 seconds to 1 minute.

#### 2. Trikonasana (Triangle Pose)

Trikonasana helps burn fat from the waist and strengthens the thighs and hips.

- **How to do:** Stand with legs wide apart, stretch one arm toward the foot while the other arm points upwards. Hold the stretch on both sides.

#### 3. Bhujangasana (Cobra Pose)

A great pose for toning the abdomen and strengthening the spine.

- **How to do:** Lie on your stomach, hands under shoulders. Inhale and lift your chest while keeping your lower body grounded.

#### 4. Dhanurasana (Bow Pose)

This dynamic asana stretches the

entire front body and aids in weight loss.

**How to do:** Lie on your stomach, bend your knees and hold your ankles. Lift your chest and legs simultaneously.

#### 5. Setu Bandhasana (Bridge Pose)

It improves digestion and reduces belly fat.

- **How to do:** Lie on your back, bend your knees and lift your hips. Keep arms and shoulders on the ground.

#### 6. Surya Namaskar (Sun Salutation)

A sequence of 12 poses that offer a

full-body workout and improve cardiovascular health.

- **How to do:** Perform a minimum of 5 rounds daily. It combines stretching, toning, and breathing control.

#### 7. Pawanmuktasana (Wind-Relieving Pose)

Helps relieve gas and bloating, and is beneficial for abdominal fat reduction.

- **How to do:** Lie on your back, bring knees to the chest and hug them. Lift your head toward your knees and hold.



### Additional Tips for Weight Management Through Yoga

Yoga Lifestyle Tips for Weight Management

- **Practice Regularly:** Even 30 minutes of yoga daily can show significant results over time.
- **Combine with Healthy Diet:** Incorporate a balanced diet rich in whole foods, fruits, and vegetables.
- **Stay Hydrated:** Drink plenty of water to help flush toxins.
- **Sleep Well:** Aim for 7–8 hours of quality sleep to support weight loss and recovery.
- **Be Patient and Consistent:** Weight loss through yoga is gradual but sustainable.
- Incorporate breathing exercises (Pranayama) and meditation to reduce stress.

### Final Thought:

Yoga transforms your relationship with your body. While it may not deliver instant weight loss like intense gym workouts, it creates lasting change — physically, emotionally, and mentally. With dedication, yoga helps you lose weight in a healthy, holistic, and sustainable way.

## REPORT OF BCEM FDP-1 HELD AT JSS AYURVEDA MEDICAL COLLEGE, MYSURU

MET / HRD Cell of JSS Ayurveda Medical College, Mysuru in association with RGUHS Academic & Administrative Training Institute (RAATI) had organised a Faculty Development Program on Basic Course in Educational Methodology (BCEM) for the faculty on 18th and 19th August 2025.

Dr. Chandrakala V., Professor, KLE Institute of Dental Sciences, Bengaluru and Dr. Shiv Kumar, Professor, Sri Devi College of Pharmacy were the Resource Persons.

18th August 2025 - Day 1 started with Inaugural program at 9:30 AM. The program commenced with an Invocation, followed by welcome note by Vice Principals, Dr. Shivaprasad Hudedda and Dr. Srihari S. The Dean Dr. Rajesh A. Udupudi, in his Presidential address insisted on the need of FDPs like these in improving our teaching strategies.

Soon after the stage program, Dr. Chandrakala V. briefed about the

Program Objectives and also gave the Pre-test. Thirty staff members who were present were divided into 6 groups, named after 6 tastes of Ayurveda - Madhura, Amla, Lavana, Katu, Tikta, and Kashaya.

The 1st Session of the day was handled by Dr. Shiv Kumar where he discussed the Definition of Education and its relation to Curriculum.

2nd Session was on Bloom's Taxonomy handled by Dr. Chandrakala V. She explained the various domains of Bloom's role of taxonomy for simplifying learning and assessment. This was followed by Group Task where all participants involved in solving questions and the discussions that followed.

### Other sessions of the day were on

- Guilbert's Hierarchy
- Educational Objectives
- Adult Learning Principles
- Teaching Learning methods
- Learning Media

- Micro-teaching

After each session group tasks were given. It was very interactive and involving.

On 19th August 2025, Day 2 the sessions started with Assessment methods, features and various tools which can be used. It was followed by assessment methodologies in theory, practicals and viva. This was followed by a small role play by the participants on Do's and Don'ts in a Viva.

During the post lunch session, all participants prepared PPTs and actively participated in Micro-teaching sessions.

The resource persons evaluated the participants presentation skills and gave their feedback.

This was followed by valedictory where all participants thanked RAATI for this unique program. Resource persons and all the participants were given certificates of participation.



## REPORT OF BCEM FDP-2 HELD AT JSS AYURVEDA MEDICAL COLLEGE, MYSURU

MET/HRD Cell of JSS Ayurveda Medical College, Mysuru, in association with RGUHS Academic & Administrative Training Institute (RAATI) had organised a Faculty Development Program on Basic Course in Educational Methodology (BCEM) for the faculty on 21st and 22nd August 2025.

Prof. Amita R., BGS College of Nursing and Dr. Prashant B.R., Professor, KLE Institute of Dental Sciences were the Resource Persons.

Day 1 (21st August 2025) started with the Inauguration at 9:30 AM. Program started with an invocation, followed by welcome address by Vice Principal, Institution Dr. Srihari. S. In his Presidential address, Dean, Dr. Rajesh A. Udupudi insisted on the need of FDPs like these in improving our teaching strategies.

Soon after the stage program, Dr. Prashant B.R. briefed about the program objectives and also gave the pre-test.

27 staff members took part in this program. They were divided into 6 groups which were named after 6 tastes of Ayurveda as Madhura, Amla, Lavana, Katu, Tikta, and Kashaya.

The first Session of the day was on 'Definition of Education and its Relation to Curriculum.'

The 2nd Session was on 'Bloom's Taxonomy,' which covered various domains of Bloom's, role of taxonomy for simplifying learning and assessment. This was followed by Group Task where all participants involved in solving questions and the discussions that followed.

### Other sessions of the day were on

- Guilbert's Hierarchy
- Educational Objectives
- Adult Learning Principles
- Teaching Learning methods
- Learning Media
- Micro-teaching

After each session, Group tasks were

given, which was very interactive and being involved by all.

On 22nd August 2025, Day 2 sessions started with Assessment methods, features and various tools which can be used. This session was followed by assessment methodologies in theory, practicals and viva. This was followed by a small role play by the participants on Do's and Don'ts in a Viva.

During the post lunch session, all participants prepared PPTs and actively participated in micro-teaching sessions.

Resource persons evaluated everyone's presentation skills and gave their feedback.

This was followed by Valedictory where all participants thanked RAATI for this unique program. All participants were handed over with their certificate of participation and also to the Resource Persons.





## GUEST LECTURE CONDUCTED ON PHARMACOKINETICS AND PHARMACODYNAMICS OF HERBAL DRUGS

The Department of Rasashastra and Bhaishajyakalpana, JSS Ayurveda Medical College and Hospital, Mysuru, had organized a guest lecture on "PHARMACOKINETICS & PHARMACODYNAMICS OF HERBAL DRUGS," on August 20, 2025.

The session commenced at 11:00 am with an invocation by IInd BAMS students, followed by a welcome speech by Dr. Jagadeesh G. Mitti, Professor and Head. He welcomed the

guest speaker Dr. Charan C.S., Professor, Department of Pharmacology, Sharadavilas College of Pharmacy, Mysuru, Vice-Principal JSS AMC & H, and gathering.

In his address, Dr. Rajesh Udupudi, Dean, stressed upon the importance of Pharmacokinetics & Pharmacodynamics in Ayurveda.

A small introduction of the guest was given by Dr. Chethan, II-year PG scholar.

Guest Speaker Dr. Charan C.S. delivered a lecture on "Pharmacokinetics & Pharmacodynamics of Herbal Drugs." its application in selection of medicines and its relevance in clinical practice.

Dr. Rajendra Prasad M.L., Associate Professor delivered a vote of thanks.

MC- Dr. Kavya, II Year PG scholar. And the session was concluded.



## 79TH INDEPENDENCE DAY CELEBRATIONS

JSS Ayurveda Medical College, Mysuru celebrated the 79th Independence Day on Friday, 15th August 2025 in the serene premises of the Institution. Dr. Gopinath S., District Family Welfare Officer, Mysuru, was the Chief Guest. He along with Dr. Sarbeswar Kar, Principal, Dr. Rajesh A. Udupadi, Dean, JSS AMC, Dr.

Shashibindu, NSS Officer, JSS AMC hoisted the national flag, followed by reciting of the national anthem.

The Chief Guest conveyed Independence day wishes to all and recalled the sacrifices of freedom fighters.

Dr. Sarbeshwar Kar, Principal & Medical

Superintendent, JSS Ayurveda Medical College and Hospital presided over the function. He spoke about responsibilities of each citizen of our country towards progress of the nation.

The event concluded with cultural events like singing of patriot songs, and group dance by the students.





## NATIONAL ORGAN DONATION DAY 2025

On the occasion of the National Organ Donation Day 2025, the Department of Rachana Sharira and NSS Unit, JSS Ayurveda Medical College, Mysuru, had organized a public awareness campaign on 'Angdaan Jan Jagrukta Abhiyaan,' at Lalithadripura village, at 10 AM, on 04-08-2025. 91 students from 1st BAMS, department faculty, Dr.

Chaitra S., Associate Professor, Dr. Sruthi S., Assistant Professor and NSS coordinator Dr. Shashibindu took part in this campaign. They educated the public about the significance of organ donation.

On this occasion, an essay writing competition on the topic of

'Importance of organ donation' was held for all the UG students at 2.30 PM. 18 students participated in it and 4 students from 1st year B.A.M.S were selected as the winners. Ms. Sinchana, M.D, and Ms. A. Pranamyia were awarded 1st and 2nd prizes respectively, and Ms. Gahana D.K. and Ms. Shuktija shared the third place.



## NATIONAL LEVEL E-POSTER MAKING COMPETITION 2025



Dr. Ananya N.S., 1st year UG scholar participated in the National Level E-Poster Making Competition-2025 organized by Department of Rachana

Shareera, SBG Ayurvedic Medical College & Hospital, Belagavi during August and has won first prize.



Our institute celebrated Ganesha Chaurthi. An idol of Lord Ganesha was kept at the college, by the 4th year BAMS students.

## GUEST SPEAKER AT CCRAS WORKSHOP HELD IN KERALA



Dr. Jyothy K.B., Professor, Department of PG studies in Kaumarabhritya, JSS Ayurveda Medical College was invited as a guest speaker for the CCRAS WORKSHOP for Research



officers on Bala Panchakarma, held at the National Panchakarma Ayurveda Research Centre, Cheuthurthy, Kerala.

## FIRST PRIZE IN SCIENTIFIC ORAL PAPER PRESENTATION



Dr. Sannuthi Chandanashri, Final year PG Scholar, Department of PG studies in RogaNidana, secured 1st prize



in Scientific Oral Paper Presentation in SANKALPA National Conference held at Bidar in August 2025.

## ANTI-RAGGING WEEK



As a part of Anti-Ragging Week, an awareness programme was organised by the Institutional Anti-Ragging community on 19th August 2025. Miss Bhoomika Naik, Advocate



addressed our UG students and explained the legal regulations and Role of Anti - Ragging community to our students.

## GUEST LECTURE ON 'DIAGNOSIS AND MANAGEMENT OF MENTAL DISORDERS'

**JSS MAHAVIDYAPEETHA**  
**JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU**

**Department Of PG STUDIES IN Kayachikitsa**

**Convenor**  
  
 Dr. Sarbeswar Kar  
 Principal

**Co-Convenor**  
  
 Dr. Rajesh A. Udupudi

**Organizing Team**

|                                                                                                                      |                                                                                                                  |                                                                                                                               |                                                                                                                           |                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <br>Dr. Deepa C. Patil<br>Professor | <br>Dr. Beena M.D.<br>Professor | <br>Dr. Netra B. Hubballi<br>Associate Prof. | <br>Dr. Anukrishna P.<br>Asst. Professor | <br>Dr. Maitri G.M.<br>Asst. Professor |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|

**Presents Guest Lecture On**  
**Diagnosis & Management of Mental Disorders**  
 Venue: Yogahall  
 @ 3.00pm onwards

**GUEST SPEAKER**  
  
 Prof. (Dr.) Suhas Kumar Shetty  
 MD (Ayu), Ph.D  
 Principal, KLE Shri BMK  
 Ayurveda Mahavidyalaya,



A guest lecture was organised by the Department of PG & Ph.D Studies in Kayachikitsa, JSSAMC, Mysuru on 28th August 2025, for PG scholars. Dr. Suhas Kumar Shetty, MD (Ayu), Ph.D, Principal, KLE, Sri BMK Ayurveda

Mahavidyalaya, Belagavi, was the guest speaker. He spoke on "Diagnosis and management of Mental disorders" and emphasized the importance of early and rightful diagnosis and management of mental disorders.

**RAJEEV INSTITUTE OF AYURVEDIC MEDICAL SCIENCE AND RESEARCH CENTRE, HASSAN, KARNATAKA**

**STANYAMRITA 2025**  
 NATIONAL WEBINAR ON THE OCCASION OF  
 WORLD BREASTFEEDING WEEK - 2025  
 CERTIFICATE OF APPRECIATION

This is to certify that **Dr. CHAITHANYA B.M.** has been Awarded the **Best Paper Award** for the Oral Paper Presentation as a part of National Webinar on the occasion of WORLD BREASTFEEDING WEEK - 2025 organized by Department of Kaumarabhritya and Prasuti Tantra & Streeroga On 06.08.2025

Organizing secretary  
 Dept of PT&R

Organizing secretary  
 Dept of Kaumarabhritya

Dr S A Nithin  
 Principal



Our Institute's PG scholar from the Department of PG Studies in Kaumarabhritya presented an oral paper presentation at STANYAMRITA-2025, a national webinar on the occasion of World Breastfeeding Week-2025, organized by the Department of Kaumarabhritya and Prasuti Tantra & Streeroga, Rajeev Institute of Ayurvedic Medical Science and Research Centre, Hassan, on 6th August 2025 and won the Best Paper award.

## REPORT ON GUEST LECTURE CONDUCTED ON STANDARDIZATION OF ASU DRUGS ON 22/08/2025



The Department of Rasashastra and Bhaishajyakalpana, JSS Ayurveda Medical College and Hospital, Mysuru, has organized a Guest Lecture on "Standardisation of ASU Drugs."

The session commenced at 03:00 pm with the Invocation by 2nd year BAMS students followed by welcome speech by Dr. Jagadeesh G. Mitti, Prof.

and Head. He welcomed the guest speaker Dr. Rajesh Ingole, Prof. & Head, Dept. of RSBK, Govt. Ayurveda Medical College, Nanded and gathering.

A small introduction of the guest was given by Dr. Vasundhara, II-year PG scholar.

Dr. Rajesh Ingole, Guest Speaker,

delivered a lecture on "Standardization of ASU Drugs", application of it in selection of medicines and its relevance in clinical practice.

Dr. Shreeshananda Sharma, Professor delivered a vote of thanks.

MC- Dr. Chandrika, II Year PG scholar

And the session was concluded.