

**A Report on  
Six Days Workshop on ‘Personality Development and preparing subjects for data  
collection’  
March 07-12, 2017  
Organized by  
Center of Excellence Signal and Image Processing**

**Background:**

The Art of Living is the largest NGO conducting Youth Empowerment Seminar (YES+) for young participant age 18 to 30 years. The YES+ is the package of yoga, pranayama, meditation and techniques to develop personality of participants. The EEG is acquired before the course and after 10 weeks of course from the participants. The participants would perform the daily practise of yoga, pranayama and meditation during 10 weeks.

**Objectives**

- To develop personality of students through art of living Yoga protocol
- To record EEG data for Yoga and Meditation research

**Beneficiaries:** Research Scholars, UG, PG Students.

**Format of workshop:**

Day1: Understand about Seven levels of existence, four sources of Prana, learned Ujjayi breath



Day2: Participants learned standing yoga, three stage pyanayama, Bhastrilka and omkar. The unique technique of AOL is Sudharshankriya performed by the all participants.

Day3: Participants learned sleeping on stomach and back yoga



Day4: Suryanamskar, five knowledge keys

Day5: Participants were shared their experiences in front of Director Sir, Manthalkar sir, Kokare sir and Holabe sir. Concentration yoga and practiced all actives done in previous sessions



Day6: Participants did seva at Kaleshwar temple. Samarpan (Dishavandana)



**Outcome:** The participants has been studied different types of yoga for concertation and wellbeing.

Data acquired of the subjects for research purpose.



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Coordinator