



*Honoris Causa*

## **Yogic Practices**

*Specialization in*

## **Kapalbhati Pranayama**

**M.P.Ramesh Babu**

- Ramesh Babu hails from a traditional Yogic lineage, which dates back to more than five decades.
- Has been teaching Yoga to people from different walks of life for the past four decades at Astanga Yoga Research Institute, Mysore.
- He is a professional trainer in Yoga in many Universities and Colleges
- Conducted many camp and seminars on Memory Concentration, Ashtanga Yoga, Health through Yogasana, etc. for various faculty teams in many parts of India.
- He renders free services in meditation in health care, life style modification and spiritual approach in health care.
- Recipient of many State & National accolades in Yoga Competitions
- A GOLD MEDAL was awarded in 2014 for his yoga demonstration conducted by Moraji Desai National Institution of Yoga, New Delhi & S-Vyasa Yoga University, Bangalore.
- Has been recipient of prestigious YOGACHARYA and YOGA KIRANA Awards. Has been decorated with DRONACHARY Award from the Government of India in the year 2019
- He has been awarded with many prestigious awards like BHARATH YOGA RATHAN, SAGE PATHANJALI YOGA AWARD, YOGA BHUSHAN AWARD etc.
- Performed Kapalbhati Pranayama for Longest time (81 minutes) to enter the "Indian Book of Records"
- He stresses on Yoga for a qualitative living with a blend of spirituality and holistic therapies in the emerging scenario of stressful and competitive era.