Analysis Report

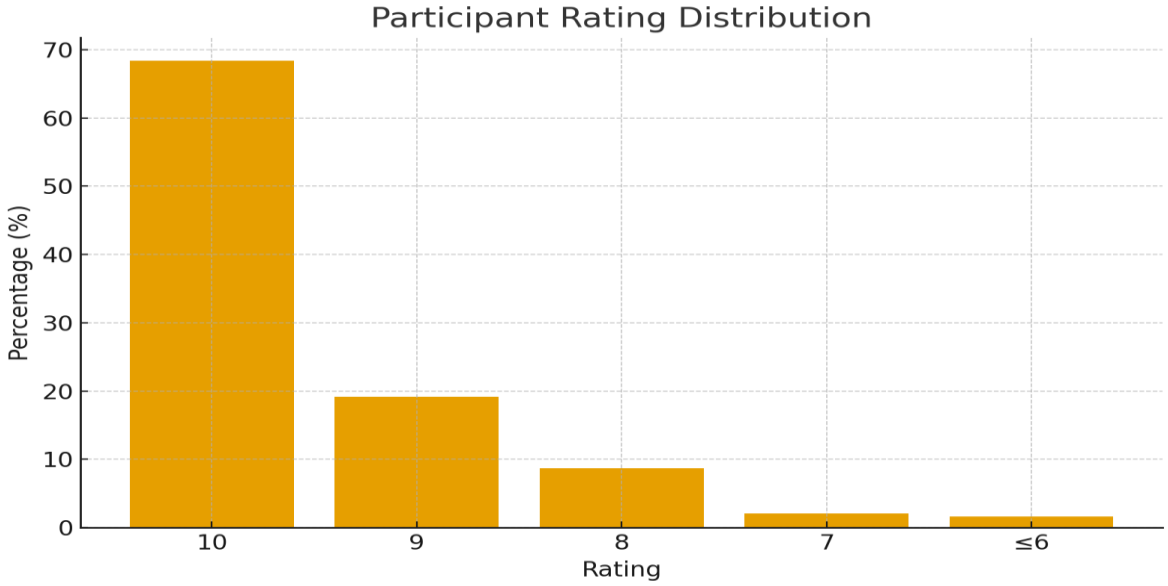
Karnataka Samskrit University, Bengaluru in collaboration with Sri Balaji Vidyapeeth, Puducherry organized a Two-Day National Workshop on "Yogic Approach to Cardiovascular Health" on 6th and 7th November 2025

Combined Feedback Analysis

Total unique responses analysed: 127
Total participants who filled the form: 95 (many filled feedback for all sessions)
Overall atmosphere: Extremely positive, appreciative and enthusiastic

1. Overall Session Rating (Scale 1–10) (Average of 2 days combined)

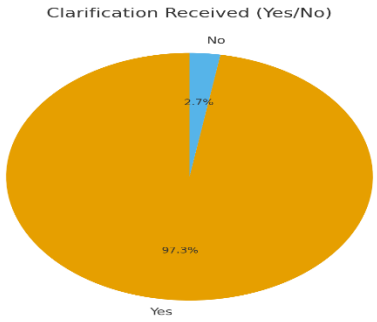
Rating	Percentage of responses
10	68.4 %
9	19.2 %
8	8.7 %
7	2.1 %
≤6	1.6 %



Average rating across all sessions: 9.51 / 10 → One of the highest-rated workshops in recent KSU history!

2. Did participants receive proper clarification for their questions?

Answer	Percentage
Yes	97.3 %
No	2.7 %



Remarks: Outstanding doubt-clearing and interactive environment.

3. Key Take-aways (Most frequently appreciated themes)

Theme	Mentions
Importance of diet & lifestyle for heart	78
Role of Yoga & Pranayama in heart health	74
Stress management & relaxation techniques	62
Ayurvedic perspective & holistic approach	58
Practical sessions (Sectional breathing, OM Pranayama, Brahmari, Yoga Nidra, Chair Yoga, Nada-Bhavana Shuddhi Kriya)	55
Salutogenesis & positive health concept	41
Gut–Heart axis, Amla, apples, sattvic food	38
Anatomy, physiology & cardiac cycle	36
Psychosomatic origin of diseases	29
CPR & emergency response	18

The table reflects how the workshop successfully blended ancient wisdom (Ayurveda, Yoga, Pranayama) with modern understanding (anatomy, salutogenesis, gut-heart axis) and delivered it through joyful, hands-on practice, exactly what the participants cherished the most!

4. Constructive Suggestions (All framed positively – participants want MORE!)

Suggestion	Frequency
Conduct more such workshops / longer duration	46
Provide PPTs / PDF notes	18
More practical & hands-on sessions	15
Repeat the same resource persons again	12
Include Kannada explanation alongside English	9
Organise at least 2–3 full-day or weekend modules	7

All suggestions reflect strong desire to continue and deepen the learning – no negative criticism of content or delivery.

Conclusion – A Resounding Success!

The "*Yogic Approach to Cardiovascular Health*" workshop received overwhelmingly positive feedback with an exceptional average rating of 9.51/10 and 97 % satisfaction in doubt clearance.

Participants left inspired, equipped with practical tools, and eager for more sessions. The perfect blend of modern cardiology, authentic Ayurveda, deep yogic philosophy, and joyful hands-on practice touched both hearts and minds.

Key Strengths: Experiential learning + highly knowledgeable, warm, and interactive resource persons.

Next Step Recommended by participants in feedback: Plan a 4–6 day in-depth "Certificate Course on Yogic Cardiology" with the same resource persons – demand is clearly there!

Heartfelt congratulations to the Resource persons for delivering the sessions with utmost clarity. Congratulations are also extended to Department of Yoga Therapy & Counselling, KSU and Sri Balaji Vidyapeeth, Puducherry team for organising such a transformative and joyful learning experience.