

Pranayam and Six Sigma

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S B ROAD: A chemical engineer by profession residing in Louisville, USA, Pradeep Deshpande explained how the age-old Indian system of Pranayam could be incorporated with the Six sigma principles for achieving better health results.

Maharashtra Academy of Sciences with National Chemical Laboratory (NCL) Alumni Association had organised a lecture by Deshpande on 'Benefit from Pranayam with Six Sigma'. He said, "Pranayam is a practice which targets internal organs and systems which no other form of exercise does. Mo-

Manoj Bidkar



Pradeep Deshpande

torola Company used Six Sigma as a strategic methodology for the first time to improve the performance of repetitive work pro-

cesses. This system could be used for virtually every human activity, including Pranayam."

Deshpande also presented a case study done at University of Louisville. Nineteen professionals, including medical doctors, volunteered for the study. They were given study material and some parameters were laid down. "Out of the total number, 18 participants reported that they benefited from the whole exercise. They reported to have gained a sense of calm, higher energy levels, improved sleep and reduced snoring. They got relief from acidity, constipation and nasal allergies."