

**SRP GOVERNMENT P.G.COLLEGE  
BANDIKUI**



**YOGA**

**2018-19 TO 2022-23**

**BY**

**CENTRE FOR YOGA, MEDITATION AND WELLBEING**

## Best Practice

# Title: Yoga and Meditation

## Objectives of the Practice:-

- ❖ To provide the basic knowledge of yoga and meditation for student and teachers.
- ❖ To Improve Physical health. improve flexibility, balance and posture
- ❖ To enhance mental health, although these benefits are harder to Measure.
- ❖ For positive attitude Yoga Release helpful brain chemicals. It triggers the release of mood boosting chemicals such as dopamine, serotonin, and nor epinephrine in the brain.
- ❖ Effective Brain Development. Daily Yoga promotes a stronger and healthier brain.
- ❖ to improve Memory
- ❖ Release depression.
- ❖ To reduce anxiety or stress.
- ❖ For better Concentration.
- ❖ To Improve sleep disorder.
- ❖ To encourage self-love, care and control
- ❖ To reduce the destructive addictions like drugs & alcohol
- ❖ Reduced Eye Strain and Headaches. Yoga allows taking eyes off the books/laptops. Thus, eyes are relaxed for some times. Yoga helps in reducing headache.
- ❖ Improved Academic Performance

## The Context:-

In contemporary society, young people face numerous challenges related to their mental health and wellbeing, a situation that has been exacerbated by the COVID-19 pandemic. Nationally, stress among Indians is increasing. Stress may negatively affect health and wellness, leading to detrimental physical and emotional symptom

such as headaches, anxiety, and depression. For young people, this added to the pressure they already experienced regarding their academic performance, and they also expressed worries concerning their future educational and job opportunities.

## The Practice:-

Students today experience high levels of stress in many areas of life. To help the students in getting out of this situation, the college has established a “Center for yoga, Meditation and well being”. In this Center, students are taught not only the importance of yoga and meditation but they are also being guided about the various methods of performing yoga and meditation.

- ❖ A dedicated centre has been established to organize Yoga as the best practice. The responsibility has been granted to an interested faculty member.
- ❖ The information is communicated to students and teachers concerned through an official notice. In this center different physical & mental exercises are taught to students.
- ❖ Students here basically divided of four parts. In the first part, all the present teachers and students chant Gayatri Mantra and ‘OM’ three times each. In the second part, students under the guidance of teachers do some physical exercises and stretching. Then students are being guided to perform three rounds of Surya Namaskar. Then students are taught about same Pranayama. After doing Pranayama for five to seven minutes, the students are guided for doing meditation and then in the last they are

being motivated by the teachers that they should include all these things in their daily routine to get maximum health benefits of yoga and Meditation. Another important thing that students are guided to perform is ‘Surya Namaskar’ or ‘Sun Salutation’. Science has proved and recognized the healing power of the sun and the health benefits of Sun Salutation. After doing three rounds of ‘Surya Namaskar’ students are also advised to do guided meditation. Meditation is a very powerful stress-reduction technique.

## Evidence:

- ❖ We have been organizing yoga and meditation session for students’ for 2 years.
- ❖ The college had signed MOU from Prajapita Brahmakumari University Unit Bandikui on 12 January 2022.
- ❖ A workshop on “**Meditation for students**” was organized in the college on 21.02.2022 with the support of Prajapita Brahma Kumari.
- ❖ A workshop for teachers themed “**Mediation for Academic Excellence**” was organized on 17.02.2023
- ❖ We have been celebrating “International Yoga Day” with full zeal and enthusiasm.
- ❖ Different forums like NSS, NCC, Scout & Guide always organized yoga workshops and trainings for students
- ❖ The programmed were successful and students were experienced the fruitful result of such activities.

- ❖ Student teachers are fresh and look free from mental stress.
- ❖ They also started attending yoga and meditation classes without much absent.
- ❖ The feedback from the participants indicated that they were able to effectively deal with their stress.
- ❖ The programmed were successful and students were experienced the fruitful result of such activities.
- ❖ Student teachers are fresh and look free from mental stress.

### Problems Encountered and Resources Required:

- ❖ There is a problem of space, no doubt a well, furnished room cum hall is provided in which we have sufficient numbers of fans, tube lights, sound system etc but when a class with more than 100 students comes, the hall becomes suffocated. So, we also need a big hall with proper ventilation.
- ❖ Most of the students belong to villages and from agriculture background; therefore they feel time constraint in morning as well as in evening.
- ❖ Due to lack of proper and timely available public transport morning and evening sessions could not be held.
- ❖ Due to the vacant post of Physical Training Instructor (PTI) seamless operations of the centre are still facing issues.