

Mahatma Fule Arts, Commerce and Sitaramji Chaudhary Science Mahavidhyalay Warud

Department of Physical Education

Best Practice (2019-2020)

Best Practice: 2

1 Title of the Practice:

Yoga and Meditation

2 Objectives of the Practice:

Yoga is a science, which teaches how to live and incorporated in daily life. It works on all aspects of the human being like physical, emotional, mental, spiritual and social levels. The word Yoga means “Unity”. It is derived from the Sanskrit word YUJ which in spiritual terms means the union of the individual consciousness. Our intention is to free all students, teaching as well as non teaching staff from mental as well as physical stress. Yoga plays a role of balancing & harmonizing the body, mind & emotions. This will improve physical and mental fitness. For healthy India this is our small attempt.

3 The Context:

According to survey of WHO more than 70 percentage people are under stress. When the body is physically healthy and mind is clear then the stress is under control. This gives the space to maintain socially healthy relationships. When you are healthy you are in touch with your inner self and it improves your spiritual health. Yoga increases the flexibility of the spine, improves body’s physical condition. This attention to breath is calming it dissolves stress and anxiety. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness and weakness. Therefore, we started this practice in our college. Due to this practice, it improves efficiency of the staff as well as students. This activity is helpful to improve the mental as well as physical fitness of the society.

4 The practice:

Yoga and meditation for students and staff is one of the very useful practices as far as the physical fitness is concern. This practice started in college under the supervision of sport department. Director of Physical education personally interact with students, teaching and non teaching staff and inspired them for this activity. One day i.e. Thursday is reserved for this practice. Physical director and his team demonstrated various steps in yoga. Yoga exercises have a holistic effect and bring

body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga and meditation helps our students and staff to develop a greater understanding of our self, the purpose of life and our relationship to soul. When it concerned with spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual self with the universal self. 21 June is a International Yoga Day. On that day college celebrates this day with zeal and enthusiasm. Students and all staff members participated in this practice. All participants learned Yoga and do practice every day at home. The various types of practices performed in the college from which everyone can get benefited. These practices are Yama and Niyama , Asana, Pranayama (control of the breathing process), Mudras and Bandhas, Shat Kriya, Dhyana (Meditation). Yama and Niyama are the fundamental practices of yoga which developed a healthy attitude towards life. Asanas are certain special patterns of postures that stabilize the body and mind. Pranayama means extension of the vital force (i.e. dimension of Prana) Pranayamas are practices that are designed to bring about voluntary control over respiration. Mudras and Bandhas are certain specific locks and holds of the semi-voluntary and involuntary muscles in the body. The Shat Kriya is purification techniques that help to cleanse the entire body that acts as a complimentary practice for Pranayama. All these practices made staff healthy and shows improve their working efficiency.

5 Evidence of success:

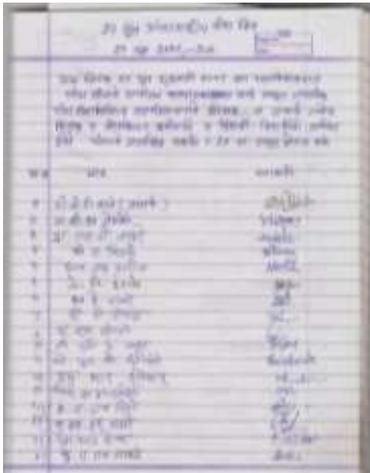
This practice made a very healthy atmosphere in the college. Since classes regularly taken so all staff participated in this activity and benefited. They also conscious about their health. They felled stress free. The Yama, Niyama, Dhyana, Pranayama all are interrelated for everyone to practice. According to Yoga, the influence of mind over the body is much more than that of the body over the mind. For this reason, Yoga has laid great emphasis on the cultivation of correct psychological attitudes through yoga. College staff and students benefited through various Yoga practices and live healthy life.

6 Problems Encountered and Resources Required:

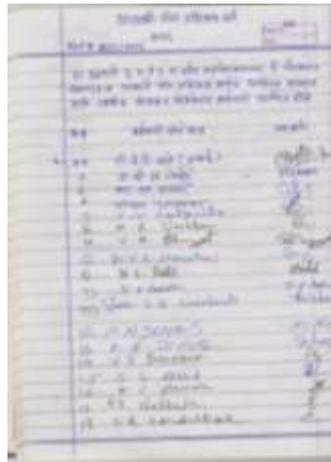
Yoga and Meditation Practice is very much beneficial for all. Timings are little bit un- comfortable issue for all. Since students and staff were continuously busy in their work for theory as well as practical's in their subjects. So it is difficult to attend the practice. But everyone aware that it is beneficial for health so all staff members planned according to yoga schedule. There are variety of students and staff such as tall, someone short, someone thin, someone fat; someone has some special condition, someone has some other condition. So little bit fear and worry experienced by some participants. So needed correct training to everyone.

7 Notes (Optional)

Yoga is practised with a variety of methods by all Indian religions. In Hinduism, practices include Jnana Yoga, Bhakti Yoga, Karma Yoga, Laya Yoga and Hatha Yoga. Now it is used in practices all over the world. 21 June celebrated as a “International Yoga day” so awareness increases day by day. The students are benefited increasing their physical and mental ability and indirectly it helpful to sustain in higher education.



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Attendance of Participator



Photo of Yoga

