

Enlighten with YOGA

Yoga enables the students to have good health, to maintain mental Hygiene, to possess emotional stability, to integrate moral values and to attain higher level of consciousness. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word yoga is derived from the Sanskrit word 'Yuj', which means 'to join', or 'to yoke', or 'to unite'. Yoga helps the young students to increase student's flexibility, maintain a Healthy lifestyle and have physical fitness, maintain blood pressure and helps them to make healthier life choices.

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration. It improves respiration, vitality and energy.

Underlying principles or concepts of yoga

Along with being a way of life, yoga is also considered a practical science with five principles such as, Asanas, Pranayam, Proper relaxation, proper diet and nutrition and positive thinking.

The college wants its students to understand the benefits of practicing Yoga. The college aims at promoting a healthy way of living amongst the young minds because today's generation is exposed to various unhealthy habits that hamper their lifestyle, and stress. The institution believes that Yoga not only heals the body but, also the mind. It is essential for the students to have mental clarity, patience, good eating habits, physical fitness and most importantly, good mental health for their individual growth and personality development, and through Yoga, the students of the institution can attain all of that

- Effects of yoga on academic performance in relation to stress –Excessive stress hampers student's performances. Improvement in academic performance could be possible through yoga. Through yoga, a person is supposed to reach a state of mental equanimity where responses to favorable or unfavorable external events are well under the student's control and responses are moderate in intensity.
- Yoga for mental health - yoga also improves mental health of people. It treats mental disorder, manages psychological wellness of patients and promotes mental health of normal population. It restores mind- body balance in order to make the students capable of attaining spiritual realization. It leads to liberation from suffering and can induce harmony in the functioning of the mind and the body.
- Yoga for health benefits- the practice of yoga makes the body flexible, strengthens the joints of the entire body, helps in attaining calmness and controls stress.

Some of the challenging issues that the students of today's generation are facing are dullness, Lack of confidence, excessive talking, physical as well as mental overexertion, indecisiveness, Unhealthy lifestyle, especially when it comes to food, and procrastination and these act as significant barriers.

Yoga may be greatly beneficial to the human body and mind but, sometimes it may not be quite safe as previously thought. A recent study published in the Journal of Bodywork

and Movement Therapies found that yoga causes musculoskeletal pain in 10% of people and exacerbates 21% of existing injuries.

The students as well as the trainer and mentors had to face certain challenges while implementing and designing the practice. It was difficult to convince more number of students to enroll themselves for Yoga practice. Many students of the institute come from distant places which makes it impossible for them to come to the college to learn Yoga from the professional trainer. No doubt they were encouraged to practice Yoga at their respective homes but, when trained under a professional, the effect is long term. Consistency was one of the challenges that the students as well as the mentors had to face because some students got tired, lazy or unmotivated after few days of practice, and it was challenging for the mentors to encourage and motivate them to continue with the practice as it will be beneficial to them in the long run. The trainers, the mentors and the students tried their best to overcome any hurdles that came their way and continue to make Yoga as a successful practice in the college.

Yoga has a great importance in the context of higher education. Yoga enhances the power and functioning of the mind, helping children gain the art and power of controlling it. The ability to focus their mind on something and focus all their energy towards their goal is developed. Various research suggest that providing students with training in yoga and mindfulness based skills may have several beneficial effects for educators including increase in calmness, mindfulness, well-being and positive mood. Improvements in classroom management, emotional reactivity, physical systems and blood circulations are other benefits of the practice of yoga. It teaches the students the knowledge of how to lead a healthy living and improves their concentration, creativity and sharpens their memory. It also improves their muscle strength, stamina and immunity and brings in mental stability. It unites the mind and the body and creates a balance between them. Yoga is a great way to stretch and strengthen body and focus upon the release of negative energies out of the mind and invite positive energies and thoughts into the mind.

Yoga in education can promote human values, reforms in behavior and relieve the stress of the students. It brings to maintain a healthy lifestyle. Students are subjected to Excessive academic work that builds up pressure on them which leaves them with no time to relax. If you guys integrated into education, it will provide a holistic development.

Yoga is an amazing science of life and leaving. It is a limitless chasm of information which brings knowledge and knowledge leads to wisdom. Serious injuries is often high when overdoing a particular exercise including Yoga. Placing your full body weight on your hands may cause joint injuries. Certain postures might aggravate the injuries, which means students won't recover faster.

There is evidence that yoga may be helpful for anxiety associated with various life situations such as medical conditions or stressful educational programs and for depressive symptoms.

Beginners usually start off thinking yoga is easy until they actually start practicing and realize how physically and mentally challenging it can be and start asking themselves- why is yoga so hard? It is something you actively have to train. Your body will not hold on to things it does not need that is simply not efficient. If you don't work on your flexibility, your range of motion will decrease overtime. Wrongly stretching your body or doing incorrect

asanas and breathing in an incorrect manner while exercising can be detrimental to your health. Incorrect postures could lead to acute pain and longstanding chronic problems. Extensive muscle, tendon and ligament stretch results in strains, tears and body injuries that may take more time to heal are other problems of yoga. People with heart diseases, heat intolerance, other heat related illnesses Should avoid hot yoga. The most serious condition associated with yoga is damage to the arteries in the neck causing stroke. These are at least twelve categories of risks for cervical artery dissection including trivial trauma and yoga is indeed listed as one of the sources of such traumas.

The resources data required for yoga are –

- Your own mat.
- A mat towel.
- Comfortable, breathable clothing.
- Extra layers.
- Strap: Straps are best used to make the arms longer.
- Props - props allow you to tailor your practice to the specific shape and structure of your body. This helps easily to achieve proper alignment, rather than struggling to force your body to look the way you think it should.
- Meditation cushions.
- Eye pillows (tissues or washable cloth to cover them).

YOGA PROGRAMS



To,

The Principal

Mahila Mahavidyalaya, Godda

Sub:- Report on Yoga Training Classes from 2Feb 2023 to 13 March 2023

Dear Sir,

With due respect, I have to say that I, Amit Kumar Roy, Yoga Trainer want to bring your kind attention that Yoga Training Programme has successfully conducted from 02.02.2023 to 13.03.2023. A total no. of ~~Forty~~ classes has been carried out where the enrolled students have been yoga training on Asanas and Pranayam. They have been given both theoretical and practical in the above mentioned areas.

The students were encouraged to practice yoga and make it a daily part of their lifestyle. The students gave a test on 15.03.2023, where they were asked to show various Yoga Asanas and do Pranayams and 85% of them were able to do it correctly which shows that the outcome of this training programme was positive.

I am grateful to you for appointing me as a Yoga Trainer which also has been a learning experience for me.



Thanking You,

Yoga Trainer

SYLLABUS FOR YOGA TRAINING PROGRAM
MAHILA MAHAVIDYALAYA, GODDA

UNIT 1

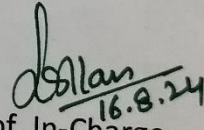
Benefits of Yoga, Proper diet, Meditation, Physical fitness

UNIT 2

Pranayam (Kapalbhati, Anuloma - Viloma) and Asanas (Surya Namaskar, Basic yoga Postures, postural alignment, Release of blocked energy)

UNIT 3

Physical and Mental Meditations, Mantras


16.8.24

Prof. In-Charge

Mahila Mahavidyalaya, Godda

Pro-In-Charge

Mahila Mahavidyalaya Godda





CERTIFICATE

THE IQAC OF MAHILA
MAHAVIDYALAYA, GODDA



ISO 9001:2015 Certified Institution
YOGA TRAINING PROGRAM

This certificate is presented to:

NAME *Sushila Hansda*
has completed forty hours Yoga Training on
ASAN AND PRANAYAM

She has obtained *A* grade

Ramita
IQAC COORDINATOR

Asha
COURSE COORDINATOR



CERTIFICATE

THE IQAC OF MAHILA
MAHAVIDYALAYA, GODDA



ISO 9001:2015 Certified Institution
YOGA TRAINING PROGRAM

This certificate is presented to:

NAME *Teresa Kisku*
has completed forty hours Yoga Training on
ASAN AND PRANAYAM

She has obtained *A* grade

Ramita
IQAC COORDINATOR

Asha
COURSE COORDINATOR