

Title

Yoga Practice for physical, mental, emotional and spiritual wellbeing.

• Objectives

1. To promote sensitization and awareness of physical and mental health.
2. To make relax, calm and stress less life by meditation, 'Omkar', 'Gayatri Mantra' and doing various types of Yogasanas.
3. To prepare students for National and International yoga Competitions and encourage them for rank achievement.

• The Context

Yoga is an invaluable gift of India's ancient tradition for the last 5000 years. Since the year 2015, June 21st is celebrated as International Yoga Day all over the world.

The true essence of yoga revolves around elevating the life of Kundalini which is based at the terminal point of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise yogasanas that keep the body healthy. The 'Pranayam' and Meditation that is 'Dhyana' are done at a mental level to discipline the body. 'Shatkarma', 'Bandha mudras' are also extremely fruitful for the brain centers. It harmonies & balance the body and mind.

Practicing yoga might seem like just stretching your body but it can do much more, the way you feel, you look & you move. Yoga practice maintains fitness, Flexibility, and weight loss.

Yoga asanas build strength and confidence. Regular practices of yoga can help to relieve stress, improve immunity and maintain a healthier lifestyle.

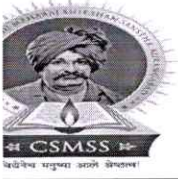
• The Practice

- a) In this regard following activities have been undertaken by the institute. Daily regular yoga practice for students & other clinical, non-clinical staff of the college.
- b) Daily yoga practice for teaching staff has been timetabled between 8:30 AM to 9:30 AM. For students, it is between 7:30 AM to 8:30 PM.



Beshm...

PRINCIPAL
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Aurangabad.



CSMSS
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Aurangabad



- c) Every year, students participate in yoga competitions nationally and internationally. To improve the yoga skill of participants, repetition of activities were done under the guidance of experts. Institute does provide expenses and sponsorship to attain yoga competition.
- d) After the competition, the CSMSS institute organizes award ceremonies to felicitate students.
- e) News of their achievement has been published in various newspapers.
- f) International yoga day has been celebrated on 21st June, every year since 2015.
- g) In this COVID19 Pandemic, an online celebration of 7th International Yoga Day was done both in the years 2020 and 2021.
- **Evidence of Success**
 - i. College students received many awards, medals & certificates in various national & international levels of yoga competition.
 - ii. Yoga is like a shield against many diseases & health disorders. Yoga protects from immunity-related diseases like cough, viral fever, etc. Daily regular practice of Yoga kept old age away by preventing premature aging.
 - iii. Yoga decreases stress, promotes relaxation, relieves the anxiety of students and others. It improves heart health and promotes sleep quality. It improves the quality of life.
 - **Problems encountered**
 - 1) Lack of attendance of students due to COVID-19 Pandemic circumstances.
 - 2) To maintain social distancing, online yoga sessions have been carried out.
 - 3) Some peoples are not interested in an online Yoga session.



PRINCIPAL
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Aurangabad.