

7.3.1

Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words

Response:

Yoga to Bend and Blend

Sound mind in a sound body is the need of the hour. The institution fosters Yoga and Meditation that are ancient Indian practices to maintain health. Yoga to Bend and Blend is a practice that holds the institution distinct from the others. The institution through Yoga and meditation connects with the society and renders community service.

As the saying in English goes 'All work and no play makes Jack a dull boy,' the students need some relaxation to their minds in order to reach their academic goals. The institution identifies yoga and meditation to be the best recourse to this to enable students and staff to maintain mental and physical wellness. The yoga and meditation classes in the midst of other classes relaxes the minds of students. The sessions enable students to visualize their inner selves. The students are taught yoga and meditation as a part of regular teaching hours. The institution has MoUs with Anshi Yoga Centre and Heartfulness Meditation Centre to conduct yoga and meditation classes.

The institution has also extended its services to the society through this practice. The students of the institution have trained different groups of the society like senior citizens, women, and students from Government schools. Even during the COVID 19 pandemic various training sessions on yoga and meditation were conducted for the faculty and students to help them cope with stress and to manage their anxieties.

The institution has organized various training sessions for staff and students on yoga and meditation. The following are the list of programs:

- The Head of the Institution attended the "**Happiness Program for Leaders in Education**" at the **Art of Living International Ashram**, Bangalore on 21, 22 and 23 October 2019. The thrust of the program was on cultivating fundamental values like truth, non-violence, integrity, tolerance and encouraging positive attitude in life.
- In wake of Covid-19, when the whole world was gripped under fear and anxiety, **Art of Living** workshop was provided to students to help them cope with the stressful situation.
- Youth Empowerment and Skills Program by Vyakti Vikas Kendra India was conducted for the students on 15-4-2019. The program focussed on teaching breathing techniques through pranayama that helped students to maintain their emotional balance.
- Youth Empowerment and Skills Program by Vyakti Vikas Kendra India was conducted for the faculty on 15-4-2019. The program trained the faculty to get a holistic view on education during the time of pandemic and also provided training on self-awareness, attitude and behaviour to deal with students during the time of the pandemic.
- The institution has constantly provided yoga training through Anshi Yoga Centre and meditation training through Heartfulness Meditation Centre.

- The institution celebrates Yoga Day every year.
- The institution has hosted inter-college yoga competition and also conducted yoga competitions for different age groups.
- The students and staff have visited Heartfulness Meditation Centre, Kanha in Hyderabad in 2021 and have been trained in meditation.
- Importance of Yoga and Meditation are made known to students in the induction program.
- Guest lectures are also conducted on topics related to yoga and meditation.

Yoga and meditation have also become means to blend with the society. Training sessions on yoga and meditation have been conducted by our students for parents, senior citizens and students of Government school in the vicinity. Some of our alumni are also recognized yoga teachers. The students of the institution also actively participated in various activities conducted on the occasion of **Bharat's 75th Republic Year Celebration**. In recognition of the keen interest taken by the institution to promote Yoga and Meditation to support to proliferate the ancient Indian practices that focus towards healthy mind and healthy body and in consideration of the participation of the students in various events on the occasion of **Azadi Ka Amrit Mahotsav**, all the students of the institution have received **Certificates and Gold Medals** through the **Ministry of Ayush, Government of India**.

The practice of regular Yoga and Meditation have benefitted both faculty and students. The students have reported that they are able to concentrate better through the practice of techniques of Pranayama. Meditation techniques have helped students to keep their minds calm. These classes included in regular time table amidst course subjects, help students to focus better that have also helped them to perform better academically. The faculty also find this a very beneficial practice as it helps them to maintain a steady balance between personal life and work life.

Yoga to Bend and Blend, a unique practice followed by the institution has created a positive atmosphere in the institution that reinforces academics. Students and faculty practice yoga and meditation and are able to perform better because of these practices. In this time of modernization, where technological progress is rampant, and the ancient Indian practises are diminishing, due to people resorting to gyms and other forms of exercises, the institution places importance to proliferate the Indian knowledge system through the practices of Yoga and Meditation and also uses technology for the same. The institution also upholds the Indian culture through these practices. In all, the practice Yoga to Bend and Blend, has brought a distinctive recognition to the institute, as the beneficiaries are many.