

GOVERNMENT DEGREE COLLEGE, KORATLA – 505 326, DIST. JAGTIAL

Title: YOGA AND MEDITATION

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. The International Day of Yoga is celebrated on 21 June every year to raise global awareness about the benefits of the ancient Indian Practice. Yoga is one of the six orthodox schools of Hindu philosophical traditions. It is ancient art that keeps our mind, body and soul in peace. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "yoga" in the Western world often denotes a modern form of Hatha yoga, yoga as exercise, consisting largely of the postures called asanas.

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.



Yoga for Harmony & Peace

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Objectives of Yoga and Meditation:

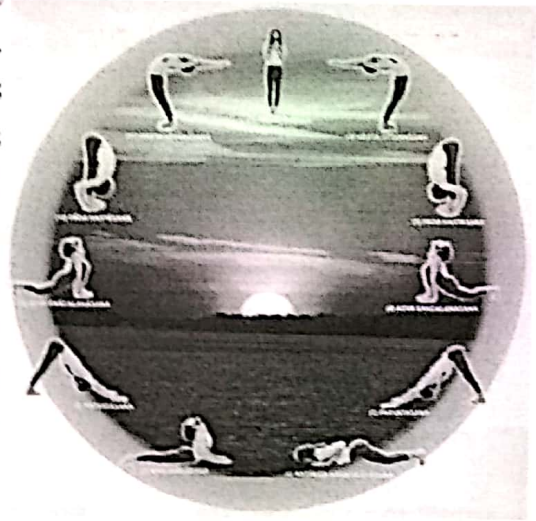
Yoga education helps in self discipline and self control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of YOGA Education are as follows:

1. To enable the students to have good health
 2. To practice mental hygiene
 3. To possess emotional stability
 4. To integrate moral values
 5. To attain higher level of consciousness
- Yoga education could help to equip oneself with basic knowledge about one's personality. It is learnt to handle oneself well in all life situations. It is learnt the techniques of gaining good health. It develops discriminative mind, capable of knowing the real from the unreal and to face the dualities of life with equanimity.
 - Yoga techniques provide improved attention in studies, better stamina and coordination for sports and balanced attitude for social activity. As Yoga deals with life and learning these concepts should be integrated into life saturations through various methods available. Teacher and Parents should acquaint themselves with Yoga and Meditation.

The Context:

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.. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America



Suryanamaskara Historical evidences of the existence of Yoga. Now in the contemporary times, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T. Krishnamacharya, Swami Kunalayananda, Shri Yogendara, Sri Aurobindo, Maharshi Mahesh Yogi.

The Practice:

Practicing yoga is known to improve flexibility, balance, endurance and physical strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being.

THE BENEFITS OF YOGA AND MEDITATION

Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding.

If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the

body. Practicing yoga is known to improve flexibility, balance, endurance and physical strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being.

These are just a few of the many benefits of yoga and meditation...

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

Yoga :

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga

assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing, it lowers stress levels and high blood pressure!

5. Helps to Combat Migraines

6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion. Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.

Meditation :

There are 3 types of useful forms of meditation which have become highly popular in recent years, most especially in managing stress levels.

1. Emotional Upliftment

Meditation improves mental focus and an overall feeling of emotional upliftment due to deep relaxation. During meditation practices, you are encouraged to look at the positive aspects of your life and focus closely on that. Even a 10-minute meditation session leaves you in a positive, upbeat frame-of-mind, leading to an emotional boost.

2. Stress Management

Probably the most beneficial aspect of meditation has to be its ability to help millions of people across the globe manages their stress. Regular meditation reduces stress responses in the brain throughout the day. Inflammatory responses to certain external stressors become trained to react in a more calm and relaxed manner. Ultimately, this means that the more you meditate, the better you can become at handling stress. In turn, the management of stress levels helps to reduce high blood pressure and the risk of developing cardiovascular diseases.

3. Helps to Manage Depression and Anxiety Disorders

Mindful meditation has become a popular practice in today's day and age in successfully managing depression. Mindful meditation reduces negative or critical thinking, which leads to dysfunctional or harmful beliefs. Additionally, meditation helps in the management of anxiety. Our lives are constantly bombarded by external pressures – work, school, children, financial responsibilities, debt – the list goes on. This is where the relaxing effects of meditation can help manage those external pressures.

Evidence of Success

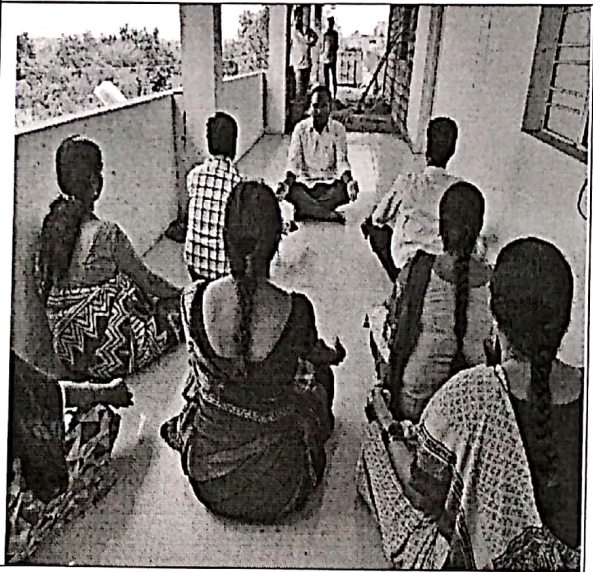
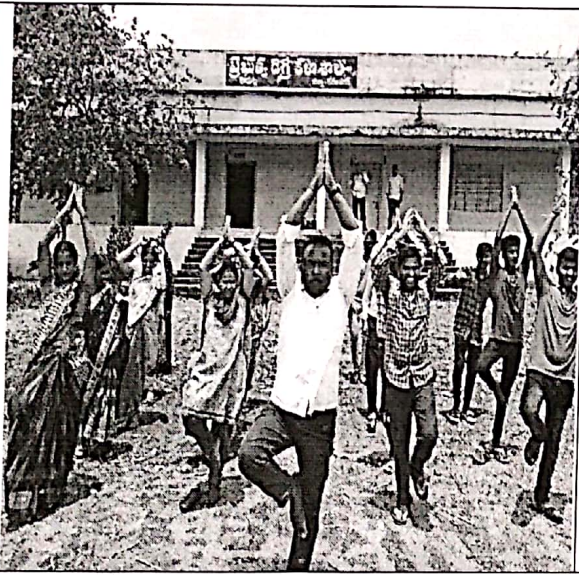
These are the following review results found by practising yoga and meditation in our institution. It is reduced psychological stress, fear and anxiety. It improves peace of mind and concentration levels besides mindpower. It best teaches how to avoid negative thoughts. It brings behavioural changes and personality development.


One of the best advantages of yoga and meditation is to improve physical fitness of body and mind. As a result health conditions are very much improved by regular practise of yoga and meditation. Most of the students feel good and happy to receive proper education from all branches of knowledge. They have overcome all kinds of phobia. They feel as complete human being after experiencing yoga and meditation classes regularly. It indirectly and directly helps everyone for all round development of the individual. So that they contribute much for the betterment of family and society.



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Yoga & Meditation - Photographs for the year 2018-19




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Yoga & Meditation - Photographs for the year 2017-18




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YOGA AND MEDITATION- PARTICIPANTS DETAILS FOR THE YEAR 2018-19

The following students have attended Yoga and Meditation programme on 21-06-2018 on eve of International Yoga Day.

Sno.	HTNo.	Name of the Student	Father Name	Course
1	16077045129512	SAMPATHI RAJU	SAMPATHI DEVAIAH	B.A -III year
2	16077046402006	CHATLA ASHA	CHATLA SOLOMAN	B.Com C.A - III year
3	16077046402010	JAPA PRIYANKA	JAPA BHOOMIAIAH	B.Com C.A - III year
4	16077046402507	METTU RAJU	BAKA NARSAIAH	B.Com C.A - III year
5	16077046445005	DHANALAKOTA LOKESH	DHANALAKOTA KRISHNA	B.Sc.(BZC)-III year
6	16077046445008	PANDIRI HARIPRIYA	PANDIRI LINGAM	B.Sc.(BZC)-III year
7	16077046445502	BOLUMALLA REKHA	BOLUMALLA GANGADHAR	B.Sc.(BZC)-III year
8	16077046445505	GADDAM ANURADHA	GADDAM PRAMOD KUMAR	B.Sc.(BZC)-III year
9	16077046441501	CHENNAVENI ASHOK	CHENNAVENI GANGASAIBU	B.Sc.(MPC)-III year
10	16077046441502	MANTHENA MANOJKUMAR	MANTHENA BHOOMANNA	B.Sc.(MPC)-III year
11	16077046468014	NALLA RAKSHITHA	NALLA PARANDHAM	B.Sc.(MPCSc)-III year
12	16077046468016	PENDAM SHIRISHA	DHANANJAYA	B.Sc.(MPCSc)-III year
13	16077046468018	RASABHAKTULA MADHAVI	RASABHAKTULA THIRUPATHI	B.Sc.(MPCSc)-III year
14	17077046402012	MARGAM AKHILA	MARGAM BHEEMIAIAH	B.Com C.A - II year
15	17077046402015	ORUGANTI NAVEEN	ORUGANTI GANESH	B.Com C.A - II year
16	17077046402016	PASULA PALLAVI	PASULA NARSAIAH	B.Com C.A - II year
17	17077046402017	RAMAGIRI VINAY	RAMAGIRI VASANTH	B.Com C.A - II year
18	17077046402018	RASABAKTHULA MOUNIKA	RASABAKTHULA RAVI	B.Com C.A - II year
19	17077046445501	ANEGALLA SUVARNA	ANEGALLA GANGARAM	B.Sc.(BZC)-II year
20	17077046445503	LOKINI VIJAY	LOKINI GANGADHAR	B.Sc.(BZC)-II year
21	17077046445504	MADINAM SWAPNA	MADINAM SRINIVAS	B.Sc.(BZC)-II year
22	17077046445505	RAMAGIRI NAVANITHA	RAMAGIRI VASANTH	B.Sc.(BZC)-II year
23	17077046445006	RAMSANI ARUN KUMAR	RAMSANI PRABHAKAR	B.Sc.(BZC)-II year
24	17077046468001	ELLENDHULA REKHA	ELLENDHULA ASHOK	B.Sc.(MPCSc)-II year
25	17077046468002	ERELLY ROBERTSON	ERELLY RAVI	B.Sc.(MPCSc)-II year
26	17077046468004	MATTA NAVEEN	MATTA RAVI	B.Sc.(MPCSc)-II year
27	17077046468005	MUKKERA GOUTHAM	MUKKERA RAJIAIAH	B.Sc.(MPCSc)-II year
28	17077046468006	NALLA MADHU	NALLA GANGADHAR	B.Sc.(MPCSc)-II year
29	17077046468007	NEIRUGONDA RAVI KIRAN	NEIRUGONDA MALLAIAH	B.Sc.(MPCSc)-II year
30	17077046468008	Sripurupu Managya	Satyanand	B.Sc.(MPCSc)-II yr

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