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Shri. Shivaji Shikshan Prasarak, Mandal's

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NAAC- Accredited with 'B' Grade

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Best Practice-2

Yoga as a Lifestyle to Promote Health

Goal:

- To create awareness of Yoga among the students and Society
- To provide scientific training of Yoga
- To inculcate the daily practice of Yoga among the students and Society
- To create job opportunities for students through practicing Yoga
- To arrange various health promoting programs

The context:


The true meaning of education is the complete development of one's mind and is achieved through the connection between mind and body. Increasing deterioration in the mental and physical health of society as a result of busy life, the institution has undertaken the best practice entitled "Yoga as a Lifestyle to Promote Health" It is essential to create awareness regarding Yoga among students and society. Yoga may act as a health booster which is dire necessity of sections of society.

The Practice:

- The institution organizes outreach programs for the society to inculcate the value and awareness of Yoga in society.
- The events such as rallies, celebrations of International Yoga Day, organization of various programs such as Suryanamaskar Din.
- The institution has organized various workshops, training in Yoga, interactive talks of eminent speakers at free of cost. The activity is for all the sectors of society addressing diverse issues of age group, gender, health problems and diseases in particular. Special training was organized for staff members.
- The sports department has designed the certificate course in 'Yoga and Students'. Thus, Yoga has been made a part of curriculum.

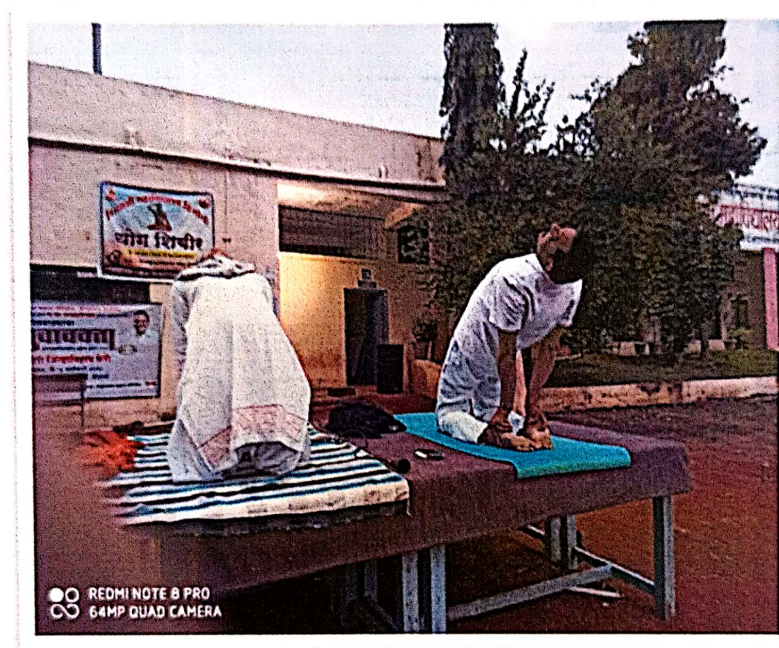
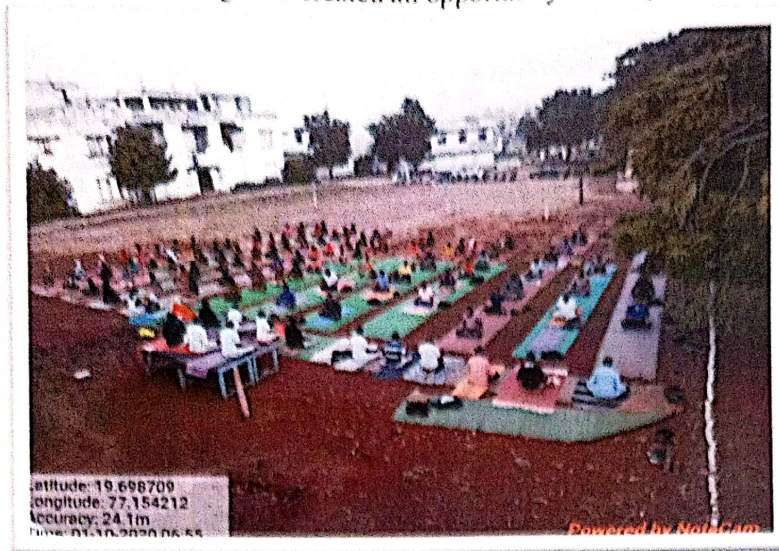
Evidences:

- The evidences of the best practice indicate that the practice was beneficial to all.
- The beneficiaries include various groups of gender, age, students, working class, senior citizens.
- The people suffering from various psychosomatic illness and chronic disease are also the beneficiary.
- The society has realized the vital role of the ancient Science of Yoga in promoting and maintaining mental and physical health which is the need of the time.


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- The certificate course in Yoga has created an opportunity for employability.

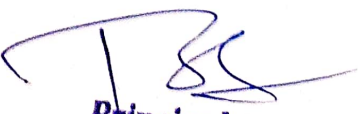


Problems Encountered and Resources Required:

- While implementing the awareness of Yoga, the institution felt difficult to convince people the importance of Yoga in health and prepare mindset of people to make Yoga as a part and parcel of life.
- It was also found that people carry some misunderstandings regarding Yoga which made it difficult to correct the misconceptions regarding Yoga. But proper scientific training made it successful.

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