



# DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE & COMMERCE

Affiliated to Bangalore University



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Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore, Karnataka, India, Pin Code : 560111  
Phone : +91 8042161762 / 26661104 Fax: 26660789,  
Website : <https://dscasc.edu.in/>

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## **Best Practice II 2019-20**

### **1. Title of the Practice: Yoga and Meditation**

#### **2. Goal**

Practicing yoga regularly greatly enhances a person's physical, mental and spiritual health. This produces a powerful ripple effect, which radiates through the surrounding family, community, and workforce in ways that positively influence everyone.

**Our vision is to nurture holistic health and healthy life style through Yoga and Meditation.**

#### **Objectives:**

- To impart basic principles of Yoga to the students and faculty of DSCASC.
- To help the students develop enhanced self-confidence through Yoga.
- To help the students improve their health holistically.

### **3. The Context**

The Institute believes that a motivation factor in its faculty and students can be a significant factor in the success of the Institute. When staff and students are motivated to take care of their mental and physical health, the Institute could run more efficiently and effectively towards achieving its objectives and goals. In this context, the institute-initiated yoga and meditation as a tool to rescue during the COVID-19 lockdown. The panic over the risk of infection, continuous flow of negative news and a mind running with negative thoughts over the uncertain future results due to the Corona pandemic were adding to growing anxiety among employees and students as a result of which the college decided to conduct online yoga and mediation sessions and workshops and encouraged students and teachers to fight the pandemic with strong mental and physical health.



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## 4. The Practice

The College believes that yoga and meditation could be great means to help teachers and students groom their minds and keep them away from possible stress that might daunt them. Teachers and students work under enormous pressure to perform on standardized achievement test, whose outcomes can affect children's futures and teachers' evaluations, job security, and compensation. Yoga is one path to a classroom where teachers and students can relax in the face of stress, and love themselves, each other, and their work a little more. With this regards a number of online yoga sessions and workshops were organized and conducted by the college during the pandemic to take care of the mental health of the students and teachers.

### Weblinks for Yoga and Meditation

Sr.No.	Year	Weblinks
1	2022-23	<a href="#">Click Here (A Y 2022-23)</a>
2	2021-22	<a href="#">Click Here (A Y 2021-22)</a>
3	2020-21	<a href="#">Click Here (2020-21)</a>
4	2019-20	<a href="#">Click Here (A Y 2019-20)</a>
5	2018-19	<a href="#">Click Here (A Y 2018-19)</a>



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## Benefits for Faculty

- Can help reduce stress and anxiety and improve focus in students
- Promotes positive attitude
- Helps to bring peace of mind
- Staying Balanced
- Seeing with new eyes
- Improves equanimity, calmness and relaxation

## Benefits for Students

- Improves memory and attention span
- Improves students' grades, behavior and physical health
- Promotes mindfulness
- Encourages self-love and self-care
- Helps to bring peace of mind
- Improves self-control, self-confidence and self-esteem
- Enhances coping skills

## Benefits for Organization:

- The organization by inculcating yoga and meditation can promote positive attitude among the employees and students.
- Teachers who take yoga classes and learn more about mindful meditation can pass what they know onto their students which will help in effective class room teaching as it gives more opportunities to connect with the students.
- Equips teachers with strategies to stay calm during chaotic moments and helps them understand and reflect on both their mindset and that of their students.
- Practicing yoga and meditation enhances creativity among teachers and students, and creative teaching methods will definitely engross students to lessons and creative thinking capacity in students help them a great deal in achieving their ambitions and hone their skills.

IQAC COORDINATOR

PRINCIPAL

