

Yoga and Meditation

The college organises Yoga and Meditation sessions at regular intervals. These sessions prove to be highly fruitful in relieving the students as well as faculty members from their hectic schedules.

OBJECTIVES

- To make living styles quite healthy and thus improve the health of youngsters.
- To get rid of various health related problems like respiratory problems etc.
- To help in Stress Management.
- To provide healthy and fruitful environment
- To help in controlling anger, anxiety etc.

SCHEME

- Special meditation sessions are organized to balance the stress level of students as well as faculty
- There is a separate well designed and equipped Meditation Room which is used for meditation by students in their free time
- College celebrates Yoga Day every year
- Lectures on stress relieving methods

ANNUAL FOLLOW-UP

2012-2013

- Mr. Davinder Arora conducted a session on possibilities of solutions to multiple problems by reciting 'Aum'.
- Ms. Monica Sekhon, Head, Department of Psychology, conducted a one day session on meditation and its importance for students.

2013-2014

- Sh. Sunil Arora conducted a one day session on Concentration and Importance of Yoga for physical well-being.
- Dr. Monica Arora, Head, Department of Commerce, conducted a one day session on Promoting Yoga amongst students.

2014-2015

- Sh. Ashish Arora conducted a one day session on Importance of yoga in Stress Management for students.
- Sh. Davinder Arora conducted a one day session on Anger Management, Ways and Benefits for the students.

2015-2016

- Sh. Siddhant Rana conducted a one day session on Exam Stress Management through Meditation for students.

- Ms. Mitali Rana, Department of Commerce, conducted a one day Yoga and Meditation Training Session for the students.

2016-2017

- Dr. Vinod Arora, Head, Yog Path Sansthaan, conducted a one day session on Physical Fitness and Stress Management for the students.
- Ms. Kriti Gupta, Faculty, Art of living, conducted a one day session on Daily Health Problems and Solutions for the students.