

Policy Statement on Yoga and Meditation Scheme

Practice of Yoga and Meditation by Teachers and Students not only reflects improvements in emotional self-regulation, but also reduces depression, stress, anxiety level. In case of physical or emotional stress one can get quick relaxation by doing *yognidra* or meditation or deep breathing. It helps in improving strength, flexibility, balance, self-control, calmness and relaxation. Regular practice of Yoga not only gives health benefits but can also improve power of concentration, relaxation (in case of tension and stress of exams and studies).

International Yoga day is regularly celebrated by the College to increase awareness of faculty and students as well as general public at large. Yoga and Meditation Classes are also conducted free of cost at the Meditation Hall, DES Brijlal Jindal College of Physiotherapy for the Students and faculty of all the Colleges on Fergusson College Campus. The College encourages faculty and students to join the said classes. The classes includes sessions of Yoga postures (*various Asanas*) under the guidance of the faculty in charge of all faculty and students. The Yoga session ends with a Session of Breathing exercise (*pranayamas*) conducted for further half an hour, which was then after followed by Mediation.