

YOGA AND MEDITATION CLUB

Report for the Year 2023-24

Introduction:

The Yoga & Meditation Club is dedicated to promoting holistic well-being for students, faculty, and staff. This past year, we offered a diverse range of yoga and meditation activities designed to cater to all experience levels.

These activities were taken as part of Induction program for First Year UG and PG Students under the NEW EDUCATION POLICY 2020.

Yoga Activities:

Hatha Yoga: This core class focused on fundamental postures (asanas), breathing exercises (pranayama), and relaxation techniques.

Vinyasa Yoga: This dynamic flow class offered a more vigorous workout, synchronizing movement with breath.

Restorative Yoga: Gentle postures and props were used to promote deep relaxation and stress relief.

Yoga Workshops: We hosted several workshops throughout the year, exploring specific themes like yoga for stress management

Meditation Activities:

Guided Meditation: Weekly sessions focused on different meditation techniques, including mindfulness meditation and visualization.

Heartfulness Meditation Retreat: A retreat in a deeper exploration of meditation practices in a serene environment.

Outcomes:

Increased membership: The club saw a significant increase in membership, reflecting growing interest in yoga and meditation as pathways to well-being.

Positive feedback: Participants reported improved flexibility, stress management, and overall sense of well-being.

Community building: The club fostered a sense of community, providing a space for connection and shared learning.

Looking Ahead:

In the coming year, we plan to expand our offerings by introducing:

Yoga for beginners: A dedicated class specifically tailored to those new to yoga.

Yoga for specific needs: Classes catering to specific needs like athletes or those recovering from injuries.

Heartfulness workshops: Workshops exploring mindfulness techniques for application in daily life.

We are committed to providing a welcoming space for everyone to explore the benefits of yoga and meditation.

Thank you!

The Yoga & Meditation Club expresses its gratitude to all members, instructors, and supporters who made this past year a success. We look forward to continuing our journey towards promoting well-being on campus.

