

# DR.R.K.SHANMUGAM COLLEGE OF ARTS & SCIENCE



(Accredited by NAAC with 'B' Grade)  
(Recognized u/s 2(f) & 12 (B) by UGC Act 1956)  
(Permanently Affiliated to Thiruvalluvar University, Vellore)  
(ISO 9001 – 2015 Certified Institution)  
Indili, Kallakurichi - 606 213.



## BEST PRACTICE

### Title of the Programme: **YOGA & MEDITATION**

#### **MEANING**

Yoga means “to join” or “to unite”. Yoga leads to the union of individual consciousness with that of the universal consciousness. Yoga promotes a perfect harmony between the MIND AND BODY.

Meditation is a practice where an individual uses technique such as mindfulness, or focusing the mind on a particular object, thought, or activity to increase level of attention and awareness, and achieve mental clearness and there by emotional stability.

#### **GOAL**

- To know one's inner self and bring union between an individual others in the universe harmoniously
- To attain liberation from cares, anxieties, pains and sufferings of worldly life
- To get inner peace and calmness
- To unlock the source of inspiration
- To achieve to well-being of mind and body

#### **CONTEXT**

Ours is the first co-education, self financing institution in the region of Kallakurichi and Kalvarayan hills where the people belong to rural and tribal society. Most of our students are coming from different cultures, different economical condition and different social background. Their parents start early in the morning for daily wage jobs while others would reside in Kerala, Andhra, Karnataka and Pondicherry and work as daily wage employee.

Our students live a challenging life without parental, care unfulfilled daily needs, loneliness where peace & calmness are lost without anyone to motivate them in their studies. So, our institution gives priority in training the students to develop a strong inbuilt quality to face life's challenges through Yoga & Meditation.

### **PRACTICE**

The Directors of our institution always have the welfare of the students in mind and devise methods to help them in their education. As most of the directors were brought up in the rural society, they understand the social and psychological needs of the students. Our Indian government also has insisted on organizing a regular Yoga & Meditation programme, in every organization and educational institution. So, our institution has signed MOU with Arivu Thirukoil – Manavalakalai Mandram which was founded by Vethanthiri Maharishi, and has structured a platform where our students are trained in Yoga & Meditation regularly.

### **EVIDENCE OF THE SUCCESS**

Our institution motto is “We Can”. So every student is ingrained with this motto “He Can” win, even if they come from a socio economical background. So our institutions’ concentration is not only education but also in social and psychological needs of the students. This is achieved by encouraging the practice of Yoga & Meditation to reach the above mentioned goal. Accordingly, our students get ample opportunity to learn Yoga & Meditation. The trainers from Arivu Thirukoil – Manavalakalai Mandram come and train the students twice a week (i.e., one day for Boys and one day for Girls)

### **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

The Yoga & Meditation programme is conducted regularly for the students so that they can train themselves to concentrate in their studies and learn to live with peace and harmony in the society.

Many of the students abide and learn sincerely the practice of Yoga & Meditation. But a few students do not take the trouble to learn and do it correctly because of their playful nature or troubled background at home. They use it as time of recreation. To these students the value of Yoga & Meditation is explained patiently and are motivate to adopt it into their daily schedule.

### **NOTES / CONCLUSION**

The students are to be motivated by indexing the importance of Yoga & Meditation. Every students must have the opportunity to live a peaceful life and enjoy the privilege of the healthy mind and body. The students feel the changes within themselves when cares, anxieties, pains and sufferings are reduced and they are all to learn to be better citizens. Our institution continuously strives to motivate the students to practice Yoga and Meditation daily so that they can enjoy a happy, fruitful and trouble free life.