



Value added courses - Yoga and Meditation Academic Year 2023-24

About the courses -

At Kautilya Shikshak Prashikshan Mahavidyalaya, we are dedicated to offering value added courses year 2023-24 **Yoga and Meditation** that enhance and deepen your understanding of yoga—both as a practice and as a transformative lifestyle. A 30-Hour Yoga & Meditation for Beginners courses is designed to introduce foundational Practice, enhance personal well being and cultivate mindfulness. Value added courses are the type of courses which help a particular individual to develop their own skill in their chosen field of the study

We believe that yoga is not just about mastering physical postures; it's about integrating mind, body, and spirit to achieve a balanced and harmonious life. Our courses provide the perfect blend of practical techniques, ancient wisdom, and modern scientific knowledge, empowering students to grow on their own unique yoga journey.

Program Outcome -

A yoga and meditation program typically leads to:

1. **Physical Benefits:** Increased flexibility, strength, better posture, and improved balance.
2. **Mental Benefits:** Stress reduction, improved focus, and emotional balance.
3. **Emotional Benefits:** Enhanced resilience, self-awareness, and emotional regulation.
4. **Spiritual Growth:** Greater mindfulness, inner peace, and a sense of connection.
5. **Long-term Health:** Better sleep, reduced pain, and improved immune function.

With regular practice, these benefits support both physical and mental well-being.

Program learning Outcome-

Learning Outcomes -

1. **Mastering Techniques:** Learning proper yoga postures and meditation practices.
2. **Enhanced Awareness:** Developing mindfulness and body awareness.
3. **Stress Management:** Gaining tools for relaxation and emotional regulation.
4. **Improved Focus:** Strengthening concentration and mental clarity.
5. **Physical Health:** Building strength, flexibility, and balance.

Participants typically learn how to integrate these practices into daily life for lasting well-being.

Mode of Instruction – Lectures , Practical Activities , Group Discussion and Presentations.

Course Objectives-

Develop a deeper awareness of the role of meditation in the overall practice of yoga.

- **Master Meditation Techniques** - Learn and practice various meditation styles (e.g., Mindfulness, Mantra, Vipassana).
- **Improve Mental & Emotional Well-Being** - Reduce stress, anxiety, and improve emotional balance through meditation.
- **Integrate Meditation into Daily Life** - Apply meditation techniques to daily activities for continuous mindfulness.
- **Foster Spiritual Growth**- Explore deeper self-awareness, consciousness, and inner peace.
- **Develop Teaching Skills** - Learn how to guide others in meditation, from beginners to advanced practitioners.
- **Support Holistic Healing** - Use meditation for physical and mental wellness, complementing yoga practice.
- **Meditation for Specific Groups** - Tailor meditation practices for diverse groups (e.g., children, seniors, prenatal).
- **Understand the Science** - Learn the scientific benefits of meditation on the brain and body.
- **Build a Supportive Community** - Connect with like-minded individuals to share and grow together in meditation.



Mahila Shikshak Prashikshan Mahavidyalaya

NAAC ACCREDITED

**Value added / Certificate programme
Yoga and meditation Offered during the session
Academic session 2023-24**

Course code – (VACYM) Value added course on yoga and meditation

Course Duration -30 hours

Name of value added/ Certificate offered	Duration of Course	No. of the students enrolled in the year
Yoga and Meditation	30	93

Course curriculum :

Module 1 : Foundations of Yoga (5 hour)

- Introduction to Yoga
- History and philosophy of yoga
- Understanding different yoga styles

Basic Asanas (Postures)

- Standing poses (e.g., Mountain Pose, Warrior I)
- Seated poses (e.g., Staff Pose, Seated Forward Bend)
- Pranayama (Breathing Techniques)
- Diaphragmatic breathing
- Alternate nostril breathing
- Alignment and Safety
- Proper alignment in poses
- Injury prevention strategies
- Introduction to Meditation
- Basics of mindfulness meditation
- Short guided practice sessions

Module 2:Deepening Practice (5 hour)

Intermediate Asanas

- Balancing poses (e.g., Tree Pose)
- Backbends (e.g., Cobra Pose)
- Advanced Pranayama
- Ujjayi breathing
- Kapalabhati (skull shining breath)
- Meditation Techniques
- Body scan meditation
- Loving-kindness meditation
- Integrating Yoga and Meditation
- Flow sequences combining breath and movement
- Meditative movement practices
- Yoga Nidra
- Guided relaxation techniques
- Understanding the benefits of yogic sleep

Module 3: Application and Lifestyle (5 hour)

- Creating a Home Practice
- Designing personalized yoga routines
- Setting up a conducive practice space
- Yoga Philosophy
- Introduction to the Yoga Sutras
- Discussion on the eight limbs of yoga
- Mindful Living
- Incorporating mindfulness into daily activities
- Stress reduction techniques
- Group Practice Session
- Led group yoga and meditation session
- Peer feedback and discussion

Teaching methods :

- Demonstrative Method
- Verbal Instruction
- Hands-On Adjustments (Physical Assistance)
- Guided Meditation
- Group Practice (Community-based Learning)
- Experiential Learning

Report on Value Added Courses - Yoga and Meditation

Academic Year 2023-24

In the academic year 2023-24, Kautilya Mahila Shikshak Prashikshan Mahavidhyalaya organized a 15-Day Value-Added Course on Yoga and Meditation with the aim of enhancing students' physical fitness, mental well-being, and emotional resilience. The course, which was conducted over a span of 15 days, attracted a total of 93 students. This short-term, intensive program was designed to provide students with practical skills in yoga postures (asanas), breathing techniques (pranayama), and meditation, which they could incorporate into their daily routines for long-term health and wellness benefits. The course was open to all students, with 93 students enrolling. The students demonstrated strong commitment and enthusiasm throughout the course. The course attracted students from various departments of Kautilya Mahila Shikshak Prashikshan Mahavidhyalaya, and participation was consistent, with most students attending all sessions. The course was designed to be hands-on and interactive, with a combination of practical demonstrations and theoretical discussions. Students were encouraged to practice the techniques at home, and support materials such as instructional videos and handouts were provided. An online Whatsapp group was created to facilitate communication and provide additional resources and guidance to students during the course.

Course Objectives

The primary goals of the 15-day course were:

- Promote Physical Health: To enhance students' physical fitness through yoga asanas that improve flexibility, strength, and posture.
- Reduce Stress and Anxiety: To help students manage stress and promote emotional well-being using meditation and breathing exercises.
- Cultivate Mindfulness and Mental Clarity: To introduce mindfulness practices that improve concentration and emotional regulation.
- Foster a Holistic Lifestyle: To encourage students to embrace a balanced lifestyle integrating physical health, mental peace, and emotional stability.

Course Structure and Content

The 15-day Value-Added Course on Yoga and Meditation at Kautilya Mahila Shikshak Prashikshan Mahavidhyalaya was thoughtfully structured to provide a comprehensive blend of yoga, pranayama, and meditation. The course was designed to accommodate both beginners and students with prior experience in yoga and meditation, ensuring that all participants could benefit from the teachings.

The **Yoga Asanas (Physical Postures)** component of the course spanned **8 days** and focused on improving flexibility, strength, and balance. The sessions, conducted for **2 hour each day**, began with basic stretching, Sun Salutations (Surya Namaskar), and standing postures like Tadasana and Warrior Poses during the first two days. As the course progressed, students

learned intermediate postures, including Tree Pose, Downward Dog, and Cobra, along with hip openers and balance poses from days **3 to 5**. The final days of the yoga segment (Days **6-8**) were dedicated to relaxation poses, such as Savasana and Child's Pose, while also emphasizing alignment and breath coordination to deepen the practice.

The **Pranayama (Breathing Techniques)** section lasted **5 days**, focusing on breathing exercises that promote energy, relaxation, and mental focus. Each session lasted **30 minutes**, and students were introduced to Nadi Shodhana (Alternate Nostril Breathing) and Kapalbhati (Skull Shining Breath) on **Days 9 and 10**. The following days (Days **11-12**) taught Ujjayi (Victorious Breath), Bhastrika (Bellows Breath), and diaphragmatic breathing techniques to further enhance relaxation. In the final days of this segment (Days **13-15**), students integrated pranayama techniques into their yoga practice, focusing on endurance and deep relaxation.

The **Meditation and Mindfulness** segment, lasting **7 days**, helped students cultivate mindfulness and reduce stress. Each session, lasting **30 minutes**, started with guided meditations on breathing, body scanning, and thought awareness from **Days 9 to 11**. During **Days 12-14**, students practiced Loving-kindness Meditation (Metta), mantra meditation, and visualization techniques. The final day of the course (Day **15**) was dedicated to integrating yoga, pranayama, and meditation in a full practice session, which concluded with a relaxation session using **Yoga Nidra** to allow students to absorb the benefits of the entire course.

This structured blend of physical postures, breathwork, and meditation techniques provided a balanced approach to overall wellness, making the course both practical and transformative for all participants.

Outcomes and Benefits

The 15-Day Value-Added Course on Yoga and Meditation had several positive outcomes, which were observed through student feedback and progress:

- **Improved Physical Fitness** - Students reported increased flexibility, strength, and postural alignment due to regular yoga practice. There was a noticeable improvement in students' core strength and overall physical endurance by the end of the course.
- **Mental Well-being**-The meditation and pranayama sessions helped students feel more calm, focused, and less stressed. Many students expressed that they felt more centered and relaxed after the sessions. Techniques like alternate nostril breathing (Nadi Shodhana) helped students manage anxiety and improve concentration.
- **Emotional Resilience**-Students reported feeling emotionally more balanced and aware of their feelings. Meditation techniques such as Loving-kindness Meditation (Metta) helped in cultivating a sense of compassion and empathy. Students shared that the course helped them develop a positive mindset and emotional stability, particularly in dealing with exam stress.
- **Stress Management and Relaxation**-Through regular practice of pranayama and Yoga Nidra, students were able to manage academic stress effectively. The relaxation exercises helped reduce physical tension, leading to better sleep patterns and overall relaxation.

Student Feedback and Suggestions

- At the end of the course, feedback was gathered from the students:
- Positive Responses:-Students appreciated the holistic approach of combining yoga asanas, pranayama, and meditation in one course. The hands-on approach and personal attention from instructors were particularly appreciated.
- Suggestions for Improvement:-Some students suggested incorporating longer sessions for deeper practice, especially for advanced practitioners. A few students also expressed the need for more advanced pranayama techniques and meditation practices for those who were already familiar with the basics.

Conclusion

The 15-Day Value-Added Course on Yoga and Meditation at Kautilya Mahila Shikshak Prashikshan Mahavidhyalaya was a resounding success, benefiting the students in multiple ways. With 93 students participating, the course achieved its objectives of enhancing physical health, promoting mental clarity, and fostering emotional resilience. The students left with practical tools for managing stress, improving focus, and embracing a more balanced lifestyle. The course was well-received, and with minor adjustments to session duration and post-course support, it can become an even more integral part of the academic curriculum in future years.