

Practice-02:

1. Title of the practice

Yoga and Fitness Centre

2. Objectives of practice:

- 1.Yoga improves posture, increases the intake of oxygen, and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems, etc.
- 2.Its effects on emotions are equally beneficial by calming down the mind.
- 3.Yoga also cures behavioural disorders, nervous breakdown, and manic depressions.
- 4.Asanas enhance muscle strength, coordination, flexibility, agility, and range of motion.
- 5.Yoga gives you the capacity to face up life's challenges. When you respect your body, you tend to do things that will enhance its vitality.
- 6.Yoga helps to maintain the acid-alkaline ratio. Which is crucial to good health.
- 7.Yoga is highly recommended for people in competitive, stressful working environments.
- 8.After a good practice of Yoga, the mind becomes vibrant.
- 9.Much healing can be done, but it takes practice and consistency.
- 10.In Yoga, one should concentrate on a total awareness of our energy and how it flows. One should learn how the body and mind work together.
- 11.The benefits of Yoga are numerous, including physical fitness, stress control, general well-being. Mental clarity and greater self-understanding. People of all ages can practice Yoga, even physically challenged people can also adopt.
- 12.Yoga can be seen not only as a way to get into shape but also as a tool for self-healing.
- 13.Practicing Yoga ultimately leads towards long-term health and well-being.

3. The Context:

Different kinds of yoga are practiced in different corners of our countries. One of the main objectives is to help us to understand our own mind, body, mental clarity and greater self-understanding through meditation. Another major purpose of yoga practice is to have one's mind and body energized.

4. The Practice:

From Tuesday to Friday (8:40am-9:20am) 40 minutes of practice of fitness and yoga are conducted for the students.

5. Evidence of success:

The physical education curriculum of RBANM's FGC is designed flexibly into the timetable keeping in mind. the needs of the students. RBANMS College students have gained significant benefits through their participation in these yoga programmes. They have pledged to continue yoga after their college days.