

DAYANANDA SAGAR UNIVERSITY

YOGA AND MEDITATION CENTRE

Here is an interesting proposal wherein the students and the employees will be able to perform their duties with more efficiency and sincerity. This has been tried in different areas and has proved to be effective enough to spread this message across the potential individuals.

Introduction

The World Health Organization defines “health” as a dynamic state of complete physical, mental, social, and spiritual wellbeing and not merely as the absence of disease or infirmity. Yoga, as you know, is a spiritual practice that includes forms of physical exercise that is totally unconventional and uses the breath, mind and body to re-energize the individual. Not only does Yoga offer a physically active regimen, but it disciplines the physical, mental and spiritual health. Yoga also offers excellent health benefits by enabling one to develop strength, flexibility and balance. Several studies have revealed that yoga has shown markedly higher scores in life satisfaction and lower scores in excitability, aggressiveness, somatic complaints etc. Yogic techniques are known to improve one's overall performance and work capacity.

A 3,000 year old tradition, Yoga, is now regarded in the Western world as a holistic approach to health and is classified by the National Institute of Health as a form of Complementary and Alternative Medicine (CAM). In the United Kingdom, national healthcare services promote yoga as a safe and effective way to promote physical activity, improving strength, balance and flexibility. In Western contemporary settings, yoga tends to be synonymous with yoga postures, breathing, and some meditation practices. However, it was in India that the yogic system found its fullest expression where in the practice of yoga was understood to be much broader and more comprehensive, including a wider range of techniques to promote wellbeing and balance among mind–brain–body functions.

Patanjali’s Raja yoga offers eight different groups of practices aimed toward self-regulation. In Patanjali’s Yoga Sutras, these different groups of practices are called the eight limbs, and include: moral observances (ethics when interacting with others); self-discipline (ethics geared toward the self); physical postures and exercises; breath regulation; sensory withdrawal

(minimizing sensory input); concentration (effortful, focused attention); meditation (effortless, unbroken flow of attention), and self-transcendence. Collectively, the eight limbs may be conceptualized as methods to regulate emotions, thoughts, or behaviours and to increase well-being.

There is growing scientific evidence that yoga practice has an effect on cognition and processes underlying its regulation and to support the beliefs that modern adaptations of yoga practice are beneficial for mental and physical health. Here, For example, several studies have examined whether yoga can improve attention in children and adults. Ten days of uni-nostril or alternate nostril breathing resulted in increased spatial memory in children (10–17 years; Naveen et al., 1997). Adults showed improved performance on the letter-cancellation task after right and alternate nostril breathing (Telles et al., 2007). Kapalabhati and breath awareness have recently been shown to reduce optical illusion (Telles et al., 2011). A study of adolescents found that a 7-week yoga program improved memory and concentration (Kauts and Sharma, 2009), and a study demonstrated acute improvement on speed and accuracy in math computations in a sample of 38 adults who participated in a 20-min yoga class. An EEG study revealed decreased P300 latency following alternate nostril breathing and increased P300 peak after breath awareness in an auditory discrimination task. These findings were interpreted as decreased time needed for discrimination and increased availability of neural resources respectively (Joshi and Telles, 2009). A recent fMRI study with older adults found that age related decline in fluid intelligence was off-set in long-term yoga practitioners and that yoga practitioners had more efficient functional brain networks than carefully matched controls (Gard et al., 2014). A yoga intervention with college students demonstrated that yoga increased students' self-compassion and emotion regulation skills (reductions in the difficulty with emotion regulation scale) and increased non-judgmental self-reflection (Sauer-Zavala et al., 2012). Breathing patterns of rapid inhalation and slow exhalation at an overall reduced respiration rate has been shown to decrease heart rate, skin conductance, and psychological arousal in a threatening situation (Cappo and Holmes, 1984). Investigations of nicotine addiction have shown that yoga may positively influence behavioural regulation. A study of women in cognitive-behavioural treatment for smoking cessation compared a yoga therapy condition to a general health and wellness program control condition. Women receiving yoga had higher 7-day smoking abstinence rates than

controls at the end of the intervention, and abstinence remained higher among yoga participants through the 6 month follow-up (Bock et al., 2012). This increased behavioural control may be at least partly due to decreased cravings. Another study found that daily smokers assigned to either a brief yoga intervention or an exercise intervention, relative to a passive control, reported a decrease in craving to smoke.

Regular practice of Yoga facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being. Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment. The practice of Yoga produces a physiological state opposite to that of the flight-or-fight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved.

The spread of Yoga has vastly increased in the 21st century. The resolution on the 'International Day of Yoga (IDY)' introduced by the India's ambassador to the United Nations (UN) and having 175 nations joining as co-sponsors -the highest number ever for any general assembly resolution, has now become a global phenomenon. One such impact can be seen through a sharp increase in the percentage of yoga practitioners worldwide. As per a recent statistics, 36.7 million Americans or 15% of US adults practice yoga during the year 2016; which was 20.4 Million in the year 2014. The study also revealed that 90% of Americans had heard about Yoga since 2016. This staggering growth suggests an estimate of about 55.05 million of US population will practice yoga by 2020. Presently global estimation accounts to 300 million of Yoga practitioners worldwide.

Objectives

- ✓ To claim and preserve the Authentic Yoga Tradition.
- ✓ Nurture and groom both artistic and scientific temperaments towards this Vast reservoir of Yogic knowledge
- ✓ To enable the student to have good health.
- ✓ To practice mental hygiene.
- ✓ To possess emotional stability.

- ✓ To integrate moral values.

Activities conducted

Steps to promote yoga has been initiated by the Dayananda Sagar University at various occasions. Since its inception in the year 2015, the International Day of Yoga is being commemorated and initiatives have been taken to create awareness of the same among the staff, students as well as the general public. The following images are a testimony for the same.









Activities planned

The Yoga cell of DSU would be happy to promote the practice of Yoga with the interested faculty members, staff as well as students of this university.

- ✓ Staff and student volunteers (2 each) from different schools across DSU would be identified to form a core team to drive the program.
- ✓ A venue suitable for Yoga practice would be earmarked within the university campus for the conduct of sessions on a regular basis.
- ✓ Different areas that could possibly be included in the knowledge sharing pursuit such as Breathing practices, Shitilikarana vyayama, Pranayama, Asanas including Suryanamaskar, Meditation including special techniques such as Cyclic Meditation and Mind Sound Resonance Techniques, Relaxation techniques including Quick Relaxation and Deep Relaxation Techniques and strategies of Emotional Culture shall be identified.
- ✓ Lectures on various aspects of Yoga, meditation and related topics shall be organised on a regular basis.
- ✓ Awareness camps and programs beneficial for the general public shall be planned in collaboration with external agencies with similar objectives, residential /apartment associations and the public volunteers.
- ✓ Commemoration of the International Day of Yoga on June 21st of every year on a larger scale.
- ✓ Efforts to encourage and support research in the area of Yoga.

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