

## **Yoga and Meditation:**

Yoga and Meditation Programme was organized by Department of Physical Education , Vinayaka Mission's Kirupananda Variyar Engineering College, Salem at AC Auditorium on 03-09-2018 . The programme was inaugurated by our respected Principal Dr. A. Nagappan and the Resource person Mr.G.S.Thangapandiayan , delivered the presidential address and the sessions handled by Yoga master.

About 229 students participated from various departments and the programme scheduled from 08-09-2018 To 21-12-2018 . The resource persons given the practice There is a need for increasing people awareness about the effect of modern life to control the effects of the patterns of life. Promoting healthy lifestyle includes proper eating, physical activity, and better way of communicating and socializing in the community. All these have positive impacts which we can easily get in practicing yoga. The art of practicing yoga holds a particular significance within Indian culture as a set of spiritual, physical, and mental exercises that hold its origins within the country. Yoga provides many therapeutic effects on the human body outside of its more religious and spiritual purposes. Yoga can help to develop a great deal of physical flexibility and allow those that practice it the ability to simultaneously meditate and achieve calm and focused mental state. Yoga inherent ability to strengthen body and mind, its practice is known worldwide and is perhaps one aspect of Indian culture that is universally recognized, even though many may not be aware of yoga's origins.

Yoga as a practice has innumerable benefits that positively affect an individual both physically and mentally.

Few things that yoga works on

### **Enhanced Circulation:**

Improves our blood circulation. This means better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin.

### **Improves Posture:**

Yoga teaches how to control and how to balance. With regular practice, our body will automatically assume the right stance.

**Uplifts your mood:**

Practicing yoga on regular basis uplifts our mood instantly as it leaves our body with refreshing energy.

**Lowered Blood Pressure:**

Practicing yoga on daily basis enhances the blood circulation in the body. This enables oxygenation in the body due to which there is a significant reduction in the blood pressure as the body calms down.

**Keeps Premature Aging at Bay:**

Yoga helps eliminate toxins and free radicals. This, apart from other benefits, helps delay aging too. Yoga also relieves stress which is yet another factor that beats aging.

**Reduces Stress:**

Reduces Stress means that all our focus is concentrated on the matter at hand, and our mind slowly drains out the stress and troubles that are plaguing it.

**A Drop in the Pulse Rate:**

Yoga eases the body by reducing the strain. When the body relaxes, the pulse rate decreases. A low pulse rate indicates that our heart is strong enough to pump more blood in a span of fewer beats.

**Increases Strength:**

. This is a very bewildering method of strength training.

**Anxiety Management:**

A little twisting, bending and controlled breathing helps us overcome anxiety.

**Better Cardiovascular Endurance:**

Yoga improves oxygenation in the body and also lowers the heart rate. This results in higher cardiovascular endurance.

**Lowered Respiratory Rate:**

Yoga involves a whole lot of controlled breathing. It entails filling lungs to their full capacity thus allowing them to work more efficiently.

**Fights Depression:**

When practice yoga, repressed feelings surface. While feel sad, the negative energy is released. This helps to combat depression.

**Teaches Balance:**

Yoga also focuses at improving balance and also allows us to gain control over our body. Regular practice of yoga will enhance our ability to balance the poses in the class and focus well outside the class.

**Stimulation of Organs:**

The internal organs are massaged when practice yoga, thereby increasing our resistance to diseases. After years of practice able to tell instantly if our body doesn't function properly.

**Increased Immunity:**

Yoga and Immunity go hand in hand. As yoga works towards healing and enhancing every cell in the body, our body automatically becomes more immune. Thereby, increasing our immunity.

**Full Body Awareness:**

Practicing yoga on regular basis will help become aware of our own body, will begin to make subtle movements in order to enhance our alignment. With time, yoga helps us to become comfortable in our own skin.

**Improvement in Gastrointestinal Health:**

Practicing yoga regularly activates the digestive system and the other stomach related diseases like indigestion and gas are eliminated. Therefore, gastrointestinal functions improve in both men and women..

**Increasing Core Strength:**

It is essential to understand when our core is strong, your body is strong. Our core holds the weight of our body. It helps in increasing our resistance to injuries and also helps us heal better. Yoga works on the core and makes it healthy, flexible and strong.

**Higher Levels of pain Tolerance:**

Yoga increases the level of pain tolerance and also works towards reducing chronic pain.

**Increased Metabolism:**

Yoga keeps the metabolism in check since a balanced metabolism is essential to achieve ideal weight.

**Energy:**

Yoga has the ability to make our mind and body feel rejuvenated. People who perform yoga on daily basis feel energized after a session of yoga

**Improves sleep:**

Yoga helps us relax our mind completely. It helps us to work on unnecessary tensions, thus facilitating better sleep.

**Integrated Function of the Body:**

Yoga means unison. When practice yoga on regular basis, our mind starts to work in union with our body. This enhances movement and grace

**Allows- Self Acceptance:**

Yoga enables self-awareness and betterment of health. Our self-esteem improves, and us to become more confident.

**Builds Self – Control:**

The controlled movements of yoga teach us how to render that self-control to all the aspects of your life.

**Brings about a Positive Outlook to Life:**

Many hormones in the nervous system are stabilized when yoga is practiced on the regular basis. This helps us becomes more positive and tend to look at life with refreshed and positive perspective

**Reducing Hostility:**

When yoga is performed on the regular basis, the anger is greatly controlled. The breathing and meditation calm the nervous system, thereby decreasing anger and hostility. Reduction in hostility means reduction in blood pressure. This automatically enables a stress free and healthier approach towards life.

**Better Concentration:**

Performing yoga every day will eventually result in better concentration and in less than eight weeks of yoga practice.

**Tranquility and Calmness:**

The breathing and meditation enables us disengage from our thoughts. This helps calm down. With everyday yoga practice, will notice how the calmness is no longer just a part of our practice – it becomes a way of life!

Yoga transforms our life and broadens our horizons in ways can never imagine. It is absolutely worth trying.

