

YOGA AND WELLNESS

Academic Year 2018-19

S.D.N.B Vaishnav College for Women, Chrompet, aims at providing a well balanced life for the students with standard education and meditation on one hand and yogic practices on the other, thus ensuring them to find a goal in their lives to excel in their chosen fields.

Students encounter many distractions, stress lack of memory, difficulty in concentration and time management that lead to many societal problems affecting harmony.

Hence, Heartfulness yoga and meditation is offered free of cost to the students by trained yoga teachers from Heartfulness Institute, Manapakkam, Chennai. It is an experiential training program designed to give students the tools to equip themselves with physical and intellectual skills of life.

This program imparts practice in asanas, relaxation of body and mind, meditation and an effective internal cleaning method that keeps the mind calm, light and discriminative. It helps in stress management and time management improving human relationship and values.

In the academic year, 2022-2023, a total of 1948 students belonging to first year of under graduation underwent heartfulness training for two weeks.

In their feedback students reported improved focus and concentration, higher self-confidence, emotional stability and compassion for others.

International Yoga day celebration

International Yoga day celebrated on 20.6.18 chief guest of the day is Mr. Venkat Lakshminarasimha, Certified Trainer, Heartfulness Institute and Director of Product Management, Paxata gave a talk on Regulating mind and body through yoga and meditation. He explained that the average person has around 70,000

thoughts per day i.e., roughly 35 to 48 thoughts per minute and 80% of our thoughts are negative and 95% are repetitive. He explained that method of Yogic cleaning and meditation can help to be quiet the mind and gain control over the thought patterns. He also explained the techniques like relaxation, Meditation, cleaning the thoughts and prayer to help to shift the focus away from negative thoughts and help students focus on their academics by improving their concentration. He also explained the mental and physical health of practicing yoga everyday.

Seminar – “The Wise Step”

There was a grand gathering of 2000 students in College Auditorium on 19th of February 2019 in two sessions of 2 hours each for Evening and Day college students respectively. The theme of the event was “The Wise Step” and the chief guest were Mr.S. Prakash and Mr.M.K. Anand, trainers from the Heartfulness Institute Manapakkam, Chennai. Mr.S. Prakash spoke on “Designing Destiny” and LEAP (Learn, Experience, Apply and Progress). He also delivered scintillating talk on the ways and means of controlling the mind to design our own destiny for the rest of our lives. They were meditation, prayer, setting goals, right focus, self talk, frequent questioning, cheerful acceptance of life and constant work. Mr. M.K. Anand spoke on developing the positive attitudes in life with everyday practice of meditation so as to be successful in career and personal life. Other dignitaries who attended the function were the Heartfulness trainers Mrs.Hemalatha, Mrs.Saralapriya, Mrs.Sandhiya and Mrs.Srividhya.



**SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN(AUTONOMOUS)**



(Affiliated to University of Madras & Re-Accredited with 'A' Grade by NAAC)
Chromepet, Chennai-44.

*The Management, Principal, Faculty
and Students*

Cordially invite you to the

THE WISESTEP

(Towards Yoga & Meditation)

on Tuesday, 19th February 2019 at 10.30 a.m

CHIEF GUESTS

MR.S.PRAKASH

Secretary to President,
HFN Institute,
Zonal Coordinator Chennai,
Heartfulness Practitioner Cum Trainer

&

MR.M.K. ANAND

Heartfulness Practitioner Cum Trainer

Smt.Mamta D.Bhatt
Chairman

Dr.R.Geetha
Principal

Shri.Chandrakanth M.Telle
Secretary

Venue : College Auditorium





Academic Year 2019-20

During 2019-20, 2023 students of both day and self financing course attended the yoga and wellness program. Thirty hours classes were conducted for each class students to fulfill the requirement of compulsory two credits under part IV value education. Students were taught Ashtanga Yoga- Breathing Exercises- Om chanting, Pranayama, Nadi Suddhi 1,2,3. Stretching Exercises: Sitting, rolling and rowing, stretching of neck, shoulder and chest, Standing asanas - ArdhaChakrasana, Trikonasana, Utkatasana and Veerabhadrasana and Sitting asanas- Gomukhasana, Bhadrasana, Paschimotanasana, Pawanmuktasana, Savasana. Along with this students also practiced Heartfulness guided relaxation, cleaning and Meditation everyday.





Academic Year 2020-21

The Memorandum of Understanding (MOU) has been signed, between Shrimathi Devkunvar Nanalal Bhatt Vaishnav College and HEARTFULNESS EDUCATION TRUST, a registered trust on 17th day of March 2021 to offer (for two years) suitable and pertinent learning to the students so as to enable them to lead their lives with purpose, de-stress, manage life's challenges in healthy ways and find joy, purpose and fulfillment and this will directly enhance students academic and work performance and create a harmonious environment within SDNBVC and be of help to the society at large.

1986 First year students learned Heartfulness relaxation, cleaning and meditation and also yoga asanas. Behaviour and self-management, goal orientation, mind management, stress management, cognitive skills (attitude, recognition, appreciation and gratitude), fear management were also dealt in the classes.



Academic Year 2021-22

2055 first year students underwent value education course-Yoga and wellness program. Through this students can able to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of purpose towards life.





Academic Year 2022-23

SHERIMATHI DEVKINIVAR NANALAL BHATT VAIDYAN COLLEGE FOR WOMEN (AUTONOMOUS)
(Affiliated to University of Madras, Re-accredited with 'A+' Grade by NAAC)
 Chennai, Chennai

GLORIFYING INDIA'S G20 PRESIDENCY

Internal Quality Assurance Cell (IQAC)
Department of Sanskrit, & Yoga
cordially invite you to a international talk on

**Purposeful LiFE: Social Engineering
 Through Indian Ecosystem**

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं
 आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥

Exercise results in good health,
long life, strength and
happiness.
Good health is the greatest
blessing. Health is means of
everything.

.....
 21 st January 2023 | @8.30 AM | VENUE SEMINAR HALL 2

Smt. Mamta D Bhatt CHAIRMAN	Shri.Chandrasekhar M.Tolla SECRETARY	Shri.Nirish C.Tolla JOINT SECRETARY
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Dr.M.S.Lekha
VICE PRINCIPAL
Dr.R.Geetha
PRINCIPAL

SHERIMATHI DEVKINIVAR NANALAL BHATT VAIDYAN COLLEGE FOR WOMEN (AUTONOMOUS)
(Affiliated to University of Madras, Re-accredited with 'A+' Grade by NAAC)
 Chennai, Chennai

GLORIFYING INDIA'S G20 PRESIDENCY

Internal Quality Assurance Cell (IQAC)
Department of Sanskrit, & Yoga
cordially invite you to a international talk on

Resource person 1
T.E.Badrinarayanan
 VYAKARANA SIRONMANI
 DEPT.OF SANSKRIT
 HINDU COLLEGE PATTABHIRAM, CHENNAI

Resource person 2
Prof. Jonas Felipe Tagliari Eler
 YOGA PROFESSOR &
 YOGA THERAPIST
Brazil

.....
 21st January 2023 | @8.30 AM | VENUE: SEMINAR HALL 2

Smt. Mamta D Bhatt CHAIRMAN	Shri.Chandrasekhar M.Tolla SECRETARY	Shri.Nirish C.Tolla JOINT SECRETARY
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Dr.M.S.Lekha
Vice principal
Dr.R.Geetha
PRINCIPAL

Seminar is organized on 21st January 2023. Speakers are T.E. Badrinarayanan, Vyakarana Sironmani, Department of Sanskrit, Hindu college and Prof. Jonas Felipe Tagliari Eler, Yoga Professor and Yoga Therapist, Brazil. T.E. Badrinarayanan spoke about purpose of life and Prof. Jonas explained about Ashtanga Yoga. He explained about every stage of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, Samadhi

2132 students attended regular Yoga and wellness classes conducted by the heartfulness education trust. After the end of the program students expressed that after undergoing the classes they are able to keep calm, manage stress and able to improve human relationship and values.

Academic Year 2023-24

Memorandum of Understanding (Renewal) has been made and executed on 4th day of August 2023 between HEARTFULNESS EDUCATION TRUST and our college Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for women for three years. Initially, the Memorandum of Understanding was signed on 17th March 2021 for a period of 2 years and now the parties have decided to renew the Memorandum of Understanding for Three years for the stated purpose. Because of this around 2200 students will be benefitted every year.




2156 students attended yoga and wellness classes during this year. At the end of the classes assessments were conducted and marks for all the students were assigned.






SEMINAR


SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
 (AUTONOMOUS)
 (AFFILIATED TO UNIVERSITY OF MADRAS, RE-ACCREDITED WITH "A+" GRADE BY NAAC)
 CHROMPET, CHENNAI - 600 044

INTERNAL QUALITY ASSURANCE CELL (IQAC)
(Capacity Development and Skill Enhancement)

YOGA AND WELLNESS
 Cordially invites you to the Seminar on

ESSENTIALS OF YOGIC PRACTICES
 15.05.2024 at 1.00 p.m
VENUE : INDOOR STADIUM

RESOURCE PERSON

MRS. USHA PRAKASH
 YOGA THERAPIST
 &
 HEARTFUSNESS CERTIFIED TRAINER
 CHENNAI

PRINCIPAL IN CHARGE: Dr. R. Radha
YOGA CO-ORDINATORS: Dr. D. Annapoorni, Dr. C. B. Nirmala
VICE PRINCIPAL (AIDED): Dr. K. Kanthimathi

Seminars speaker is Mrs. Usha Prakash, Heartfulness trainer and Yoga therapist spoke about Essentials of Yogic practices. Initially she spoke about what is Yoga and explained how yoga unites body and mind. And she explained why yoga is the need of hour. The speaker pointed out how stress is created and what are the drawbacks of stress and how to handle it. Yoga is the only resort to overcome the stress.

Explained about asanas, pranayama and gave them practical knowledge and hands-on experience on the same.

She also briefed on Ashtanga Yoga: The word Ashtanga is comprised of two Sanskrit words, “Ashta” and “Anga.” “Ashta” refers to the number eight, while “Anga” means limb or body part. Therefore, Ashtanga is the union of the eight limbs of yoga, into one complete, holistic system. Eight limbs of Ashtanga Yoga are

- Yama: Good conduct – Remove the negative tendencies within.
- Niyama: Regularity observation – Cultivate the disciplined lifestyle.
- Asana: Posture.
- Pranayama: Breathe regulation.
- Pratyahara: Inner withdrawal.
- Dharana: Mental focus.
- Dhayana: Meditation.
- Samadhi: Original condition (Balance).

