

1. Title of the Practice: Introducing Yoga Education by Yoga Meditation Center

2. Objectives of the Practice:

- ❖ To enable the student to have good health
- ❖ To practice mental hygiene and possess emotional stability.
- ❖ To integrate moral values and attain higher level of consciousness.

3. The Context:

A yoga education could help someone gain a basic understanding of their personality, learn how to manage themselves in all situations, learn health-promoting techniques, and develop a discriminating mind that can distinguish between the real and the unreal, and develop the composure to face life's dualities.

4. The Practice:

The practice is continued with various programmes organized by Digboi College Yoga Meditation Center. The activities include –

- Continuation of Yoga Certificate course. Two batches from March 2022 to June 2022 and September 2022 to December 2022 under guidance of Yogaguru Sukhamay Nath.
- Organization of International Day of Yoga on 21st June, 2022 by organizing Tinsukia District Inter-College Yogasana competition.
- Organizing Dibrugarh University Inter-College Youth Competition (Yoga) for the session 2022-2023 on 29th and 30th December, 2022.

5. Evidence of Success:

. Successful conduction of two batches of Certificate course with sufficient number of students implies the fruitfulness of the practice.. Moreover, our students have earned different recognitions and prizes in Yoga competitions.

6. Problems Encountered and Resources Required:

- **Problems Encountered:**
 - a) One of the main issues that participants have is a lack of physical agility and flexibility.
 - b) Some students show apathy, disinterest, and procrastination when it comes to completing the course.
- **Resources Required:**
 - (a) A well-ventilated and separate area specific for the Yoga Meditation Center is required.
 - (b) Permanent human resource, i.e. a permanent Yoga Instructor.

Digboi College



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