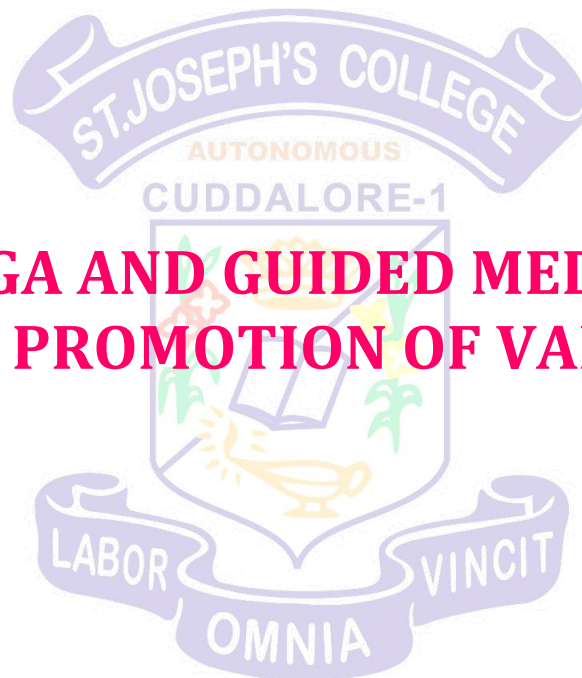




St. Joseph's College of Arts & Science (Autonomous)
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7.1.9 YOGA AND GUIDED MEDITATION FOR PROMOTION OF VALUES

St. Joseph's College of Arts & Science (Autonomous), Cuddalore – 607001

Activity Report

Report No. 01/2023-24

Report Title	Yoga and guided meditation for holistic well-being of the students
Duration	28.07.2023 – 13.03.2024
Themes	i) Happiness ii) The miracle of you, the wonder that you are iii) Love iv) Pain and Suffering
Number of students benefited	All the students of Shift I & II

Report

Yoga and guided meditation was introduced and organized for the holistic wellbeing of the students' community as a novel idea of Rev. Fr. Dr. M. Swaminathan, Secretary of the college. Considering the psycho-social crisis of the students, this programme was designed to mould and form the students as a distinguished person with good physical and mental health. All the students of the college were divided into four batches and provided an opportunity to attend the sessions in six seminar halls on every Friday. Visual module of prayer song, Pranayama (Yogic breathing), spiritual and psychological input by the speaker, questionnaire for personal introspection, scripture reading and final song was prepared by the team of students under the guidance of Mr. A. Albert Ravi, Assistant Professor of Department of Commerce and Fine Arts coordinator of the college which was reviewed and enriched every month based on participants' feedback. Students were made to reflect and munch over the Value which was being imparted every month. Reflection on the Value was being given by Rev. Fr. S. Xavier, Controller of Examinations, Rev. Fr. Dr. A. Alex, Dean of Studies and Rev. Fr. Dr. S. Charles Edison, Director of Yoga and Wellness programme. Pranayama (Yogic breathing) was oriented and guided by the students who had well training in Yoga. Every Friday, the students were assembled in the seminar hall allotted to them in the first hour (for Shift I) or last hour (for Shift II) happily and benefited from the session. They were able to sit quietly, do breathing exercise, pay attention to the reflection of the speaker and reflect on their life in a fruitful way. This programme empowered and enhanced the life of the students by meditating on the values

such as happiness, the miracle of you, the wonder that you are, love, pain and suffering. Overall, this programme developed the physical, social, psychological and spiritual wellness of the students which was remarked in the feedback collected from the students.

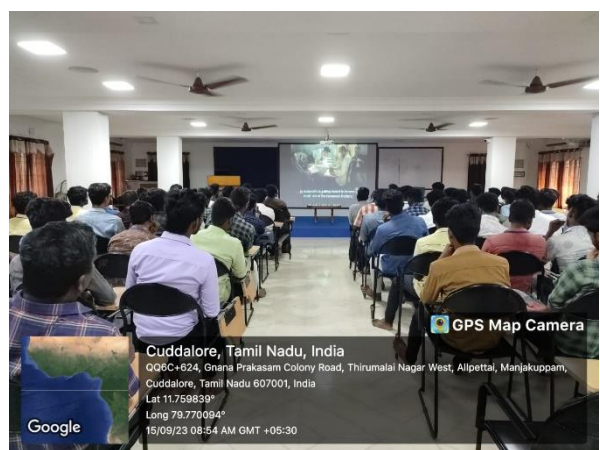
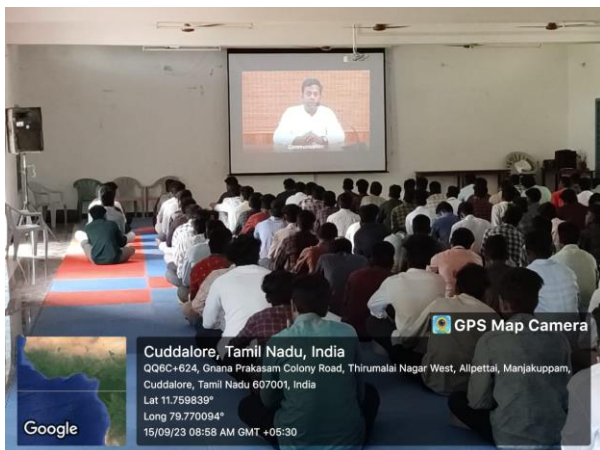


Students actively attending the guided meditation

Glimpses of the event



Pranayama (Yogic breathing) by the participants



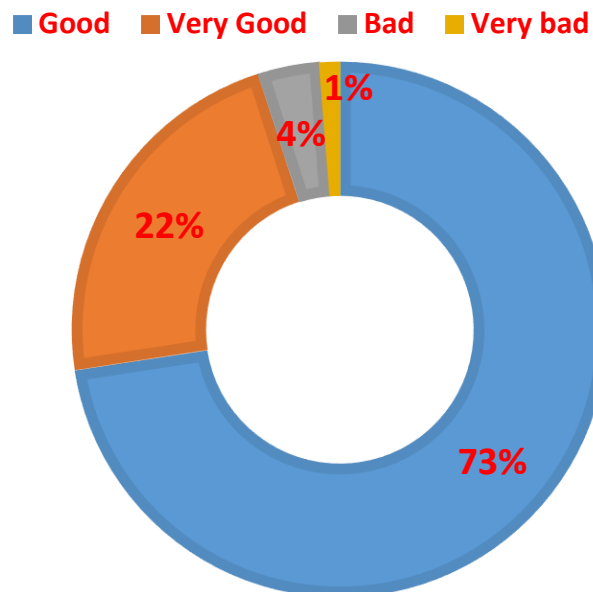
Students attending Yoga and guided meditation programme in different seminar halls

Feedback

Opinion of the students based on Pranayama (Yogic breathing)

S. No	Responses	Frequency (No. of Students)	Percentage
1	Good	1228	68.3
2	Very Good	517	28.8
3	Bad	37	2.1
4	Very bad	16	0.9
	Total	1798	100


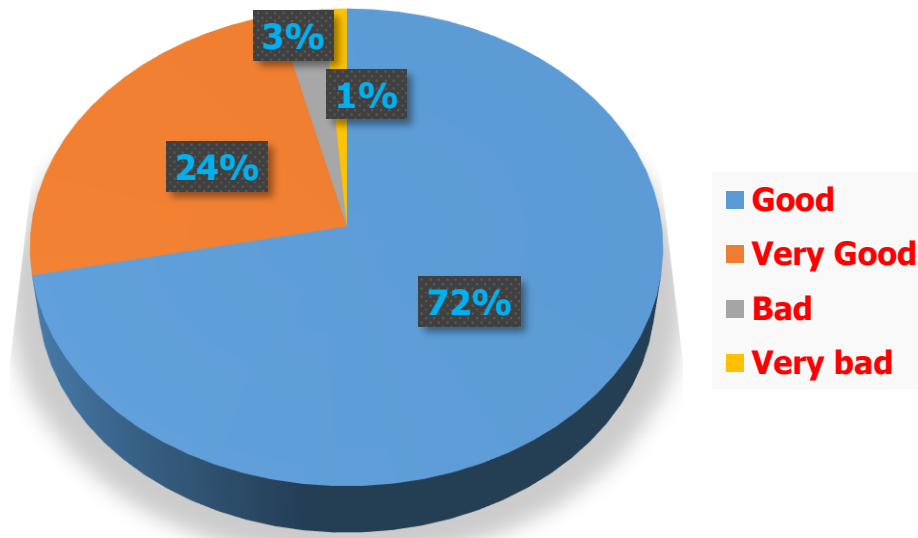
Opinion of the students based on questionnaire for Personal introspection



Opinion of the students based on theme for Guided meditation


S. No	Responses	Frequency (No. of Students)	Percentage
1	Good	1251	69.6
2	Very Good	470	26.1
3	Bad	57	3.2
4	Very bad	20	1.1
	Total	1798	100

**Opinion of the students based on overall
Assessment about the programme**



(A. Albert Ravi)
A. ALBERT RAVI, M.Com., M.Phil., MBA,
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PG & Research Dept. of Commerce
St. Joseph's College of Arts & Science (Autonomous)
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Signature
Organizing Secretary
Mr. A. Albert Ravi
Assistant Professor
Department of Commerce



Rev. Fr. Dr. S. CHARLES EDISON; M.Sc., M.Ed., Ph.D.,
Assistant Professor,
PG & Research Department of Chemistry,
St. Joseph's College of Arts & Science (Autonomous)
Cuddalore - 607 001.

Signature
Convener
Rev. Fr. Dr. S. Charles Edison
Director
Yoga and Wellness programme