

## **INSTITUTION DISTINCTIVENESS**

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for students, Yoga is a great remedy to remove their exam related stress. Yoga and meditation help to provide emotional strength so that they can easily manage their study.

Keeping in mind, these objectives, we run Yoga and meditation center titled as "Samarpan Dhyam Center" on our campus on regular basis which is our distinctiveness. This center is open for all the students, staff and other members of the city who are interested. We have prepared guidelines to attain the yoga sessions. The students are sent to the yoga center twice in a week and other members of the society can come any days. The center is run under the observation of the principal Dr. C.V. Baldha who is highly interested in Yoga and possesses the vast knowledge of this field. From the non-teaching staff Nikhailbhai helps him as a supportive staff. The session includes, Gayatri Mantra, various asanas starting with warming up and stretching followed by Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back are also done. We also have relevant material such as CD containing various positions of Asana which is shown on projector too. And we also have relevant reading material in our library. This matches with our mission and vision of giving holistic education to the students that develops their mind and soul.