

1. Title of the Practice : Yoga and Prarthna Sabha

2. Objectives of the Practice : In Indian context, both Yoga and Prarthna Sabha assume very special positions in life. Slowly, this practice has become internationally important. Only recently, the United Nations has announced 21st June as World Yoga Day. In our University, we arrange for one period (one hour duration) for Yoga and Prarthna Sabha before the commencement of the actual course. This provides the students concentration and peace. The practice is presently being observed only in some selected courses. It is intended, however, to cover nearly all courses in due course.

3. The Context : It is a common observation that the students while in class are not able to concentrate. In Srimadbhagwadgeeta, even Arjun complains to Lord Srikrishna- "*Chanchalah Hi Manah Krishnah, Pramathi Balwaddirham, to which Lord Krishna replies "Abhyasen Tu Kaunteya Vairagyen Cha Grihyate."* Patanjali Yoga Sutra puts the same fact as *Abhyasvairagyabhyam Tannirodhah*, i.e., both practice and non-reaction are required to still the patterning of the consciousness. In fact, the very definition of Yoga is *Yogaschittavrittinirodhah*, i.e., Yoga is to still the patterning of consciousness.

4. The Practice : Students of a particular course assemble in the Prarthna Sabha room at the scheduled time. They offer prayer to Goddess Sarswati and undergo the following schedule of programme:

A. Yoga (30 Minutes)

Muni Vandana (2 minutes)

Pranayam (5 minutes)

Exercises for Joints (5 minutes)

Surya Namaskar (5 minutes) Two simple asanas (5 minutes)

Two diabetes preventing asanas (5 minutes)

B. Prarthna Sabha (30 Minutes)

Saraswati Vandana (3 minutes)

Kulgeet (3 minutes)

Srimadbhagwadgita (two slokas) (3 minutes)

Prerna Geet (3 minutes)

Kavita/Geet/Lokgeet/Bhajan (3 minutes)

Gyan-Surabhi (Lecture by a Guest) (3 minutes)

Address of HOD/Dean/VC (3 minutes)

Bhajan (Raghupati Raghav Raja Ram) (3 minutes)

Vande Matram (3 minutes)

5. Evidence of Success :

We have noticed change in the discipline, behaviour and concentration of the students after they have attended the Yoga and Prarthna Sabha programmes. Moreover, the students develop in them the quality of presentation and participation as most of the programmes in the Prarthna Sabha are presented by the students.

In the beginning, Yoga programmes are conducted by Yoga specialists and Yoga teachers. Later on, the students themselves do the job of specialists. Some of the Pranayams, Yoga asanas and Sookchm Vyayams are specially designed for the purpose.

6. Problems Encountered and Resources Required : Initially, the students were reluctant to undergo the Yoga and Prarthna Sabha practice. But, our competent Yoga teacher made the whole programme so attractive that the students started attending the programme in full strength.

7. Notes :

- i.** Yoga and Prarthna Sabha as a practice should be made compulsory for all courses at all levels in all institutions. Govt should provide adequate number of trained Yoga teachers for the purpose, perhaps, at her own cost.
- ii.** Nehru Gram Bharati Vishwavidyalaya can be promoted as a nodal agency for the implementation of the Yoga & Prarthna Sabha programmes for other institutions.
- iii.** The University has the advantage of collaboration with "Kriyayog Sansthan" which is located in Jhansi quite close to our University.