

Rayat Shikshan Sanstha's
Arts, Science and Commerce College Ramanandnagar (Burli)
Tal:-Palus, Dist.:- Sangli

ARYOGYAM SARVATHA



2018-19

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Message from the Principal



Rayat Shikshan Sanstha is a one of the biggest and leading Indian educational organization in Asia founded by Honorable Padmabhushan Dr. Karmaveer Bhaurao Patil in 1919. Its aim is to provide education to students from deprived, downtrodden section of society, free from consideration of caste, creed, sex, economic status and religion from rural Maharashtra. Our college belongs to Rayat Shikshan Sanstha and is an outcome of visionary educational mission of Karmaveer Anna. It works according to vision of Sanstha.

The aim of the practice is to uplift the teacher and students' mental and physical fitness, which helps for the concentration, concentration building, involvement, dedication, participation during the overall development in learning process. It will help in incorporation of traditional and indigenous values in modern curricula.

This is one of the best practices of our college demonstrating outcome of visionary of Karmaveer Anna. I appreciate the efforts taken by Aryogam Sarvatha team and wish them good health and successful life.

Principal

Dr. S T Salunkhe

Introduction:

The practice provides a chance for promoting healthy attitudes and behaviours existing in all areas of the curriculum. Every subject area provides opportunities for the enhancement of self-esteem, sound decision making, problem solving, and objective discussion of current events including those related to health and wellness. Each subject area offers a unique opportunity for the exploration of mutually relevant topics, or enhancement of the subject area, through the presentation of health-related themes. Health topics and issues should be addressed in every subject area, thus increasing the relevance of the subject as well as the content of the health program. As the college receives more students from rural areas, many are first generation learners and slow learners hence; they cannot pay attention to their physical and mental fitness which leads into a poor health followed by low interest in studies leading less concentration in overall development in learning activity.

Statement of purpose:

Ever since the last few decades, with the development in Technology, a majority of students and teachers are facing a health problem especially to their eye sight, mental balance and weight gain due to prolonged monitoring of the screen of their gadgets followed by a less concentration in the studies. Hence we planned to focus on the good health and minimizing the stress of the teachers and students by conducting the healthy practice of Aryogyam sarvatha which was a part of the ancient Indian Gurukul systems.

Aim:

The aim of the practice is to uplift the 'teacher and students' mental and physical fitness, which helps for the concentration, concentration building, involvement, dedication, participation during the overall development in learning process. It will help in incorporation of traditional and indigenous values in modern curricula.

Objectives:

- 1) To uplift the primary base of the children regarding education.
- 2) To make the interest in the children for different disciplines.
- 3) To study the socio-educational condition of the selected families.
- 4) To inspire selected students of the college to interact the girls and boys in their area.
- 5) To develop leadership quality among students of the college.

Constitution:

Prin. Dr. S.T. Salunkhe	Chairman
Mr. Daunde S S	Coordinator
Mr. Mane A B	Coordinator
Mr. Bhandare S A	Member
Mrs. Mane S J	Member
Mrs. Borade N S	Member
Mrs. Bhosale S S	Member
Mr. K.D. Maske	Member
Mr. P.K. Bhagyawant	Member

Execution:

Once in a week i.e. every Monday the Physical Director and a faculty of our college engage the practice of Arogyam Sarvatha for the students and teachers from morning 07:15 am to 09:15 am, it starts with a prayer and complete it with the practice of Aastang Yoga, Hatha yoga, Pranayama and meditation. The Practice Arogyam Sarvatha provides a solution for the diseases through Yoga i.e. Cervical Spondylitis, Migraine, Arthritis, Diabetes, Blood pressure (High / Low), Constipation, Ear Nose Throat problems, Obesity (Reduce the fat & weight) and also the diseases related to the mental health like Depression, Sleeplessness, lack of memory, concentration in studies etc.

Yoga Asanas Dos and Donts for Beginners

For Yoga beginners, it is essential to know that YOGA is a holistic system- that takes care of the body, the mind and the spirit. Ultimately, peace and bliss can be achieved if the body is healthy. Yoga asanas help to strengthen all the body systems especially the endocrine system. The endocrine system is vital so that we can control our emotions better through advanced yoga techniques such as relaxation and concentration. Yoga helps us to achieve a relaxed, balanced state of mind which has an essential positive psychosomatic effect.

Yogis identified early that start through the physical asana training and gradually advance towards keeping a psychological equilibrium in every kind of environment or situation. Yoga is the ultimate path by which the highest objectives of life can be accomplished. Yoga is one of the gentle ways of developing not just on the physical level, but also psychologically. Yoga asana practice prepares an individual to improve daily activities, inculcate good food habits, thoughts and conduct. You can practice basic Pranayamas which are essentially basic breathing exercises for a beginner in Yoga to achieve peace of mind. (Pranayama Yoga It is a process of controlling the breath that helps to calm the mind and senses. All movement should be smooth, rhythmic and non-jerky. This is a beneficial technique to overcome your emotions and calm your mind.)

Yoga Asanas— Yoga asanas are done to improve your physical fitness and to clean the internal organs of the body. Yoga asanas when done correctly gives you the strength and builds your immunity that helps to fight the diseases. To translate the great Yoga science and to harness the yoga benefits, it is essential to understand the basic Yoga Asanas do's and don'ts. The guidelines given should not be neglected since they are helpful in preventing yoga-related injuries.

- 1) A well-rested body responds to yoga better so ensure you get sound sleep the night before and start early in the morning. Get up early in the morning and then attend to your nature's call, wash your teeth thoroughly, do tongue cleaning and take a bath and then start your yoga.
- 2) To get the best out of your yoga asanas practice early in the morning, preferably after taking a bath and without taking any meals or eating anything. You can do yoga asana before bath also no hard and fast rule, but after your yoga asana practice, you have to wait for some time and then go in for your daily shower.
- 3) Yoga asana practice should be done in a neat and clean room. If possible keep the windows open to let in fresh air and sunlight while carrying out yoga asanas.
- 4) Ensure that before you start your yoga asana practice spread a yoga mat or blanket on a levelled flooring. It is helpful in to do your yoga asana practice in a fixed place, if possible where early morning tender sunrays fall.
- 5) Yoga asanas are to be done calmly in an unhurried manner without exertions, stress or strains. All movements of the yoga asanas should be slow, rhythmic and non-jerky. Practice yoga asanas every day regularly and preferably at the same time.
- 6) During the practice of Yoga asanas, the impurities and wastes accumulated within the internal organs of the body is generally directed towards the urinary bladder. So many people experience an urge to pass urine after doing Yoga. You should not hold the urine back forcefully for a very long period. Also, try not to repress sneezing, coughing etc. If you feel dehydrated or thirsty, you can sip can little water as well.
- 7) During Yoga asanas practice if you experience sweats it is better if you let it dry automatically in the air. If you experience too much of sweating then gently wipe with a soft cloth.
- 8) Try to include Sattvic foods and food items in your daily meals.

Don't do rigorous or strenuous exercises after performing your yoga asanas.

- ❖ Please refrain from your regular yoga asana practice especially during your menstrual cycle (PMS) and during pregnancy perform asanas only after consulting your physician and your experienced yoga teacher.
- ❖ Don't have a heavy meal just before or while doing yoga asanas, wait for atleast 2 to 3 hours after eating heavy meals.
- ❖ When suffering from fever, weakness or illness or any surgery refrain from Yoga asana practice. Also don't over-exert your body if you are suffering from fresh

sprains, strains or fractures. Rest adequately and only after recovering fully and ensure to consult your physician before you resume your yoga practice.

- ❖ Don't practice yoga in an unclean place and avoid smoky place and areas with uncouth smells.

Yoga is a holistic way of healthy living that provides health, longevity, vigour, awareness and alertness to the body, mind and spirit. Yoga opens the way of a happy, healthy and stress-free life. These are some of the general points to be kept in mind while doing Yoga.

I hope, Yoga novices will follow the basic guidelines and tips and tricks given for yoga practice at home and enjoy doing your Yoga every day.







