

GOVERNMENT COLLEGE (AUTONOMOUS) RAJAHMUNDRY

CAPACITY ENHANCEMENT AND DEVELOPMENT SCHEME

Yoga and Meditation

Yoga and meditation is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu Philosophical traditions. There is a broad variety of yoga schools, practices and goals in Hinduism, Buddhism and Jainism.

Types of meditation:

With many types of meditations to try, there should be one to suit to most of the individuals...

- Loving kindness meditation
- Body scan or progressive relaxation
- Mindfulness meditation
- Breath awareness meditation
- Kundalini Yoga
- Zen meditation

Transcendental meditation

One will be enabled to deal with different kinds of people by practicing yoga regularly. Yoga is a best best method to adapt it to live happily, energetically and peacefully. No method helps to achieve the goals other than yoga.

The above mentioned methods are regularly practiced by the students. The college students were offered the yoga and meditation certificate course so as to make them fit to progress in their career both mentally and physically.



