

## **YOGA & MEDITATION PROGRAMME**

**Venue - Maharana Pratap Ayurvedic Medical College and Hospital, Baikunthpur village.**

**Coordinators: – Dr Mamta Dvivedi (Yoga instructor)**

**Dr. Vimla Sidar (HOD)**

**Dr. Anjali Singh (Assistant officer)**

**Event Date: - 25th April 2026 - Ongoing**

This Yoga Program is conducted for undergraduate medical students with the objective of promoting physical fitness, mental well-being, emotional balance, and academic performance. The classes were held daily morning under the guidance of a ‘Dr. Mamta Dvivedi’ and were designed to meet the specific needs of medical students, who often experience significant academic stress and irregular lifestyles.

The program began with introductory sessions focusing on the principles of yoga, correct posture, breath awareness, and the importance of consistency. Over the course of 100 days, students were gradually introduced to a structured practice that included loosening exercises (Sukshma Vyayama), standing, sitting, prone and supine asanas, pranayama, meditation, and relaxation techniques.

Key practices included Asanas and Pranayama (Breathing techniques) such as Nadi Shodhana, Bhramari, Ujjayi, and deep diaphragmatic breathing were practiced regularly to improve respiratory efficiency and autonomic balance. Each session concluded with ‘OM Chanting’ and mindfulness exercises.

Attendance and participation remained consistently throughout the program, reflecting strong student interest and motivation. Many participants reported improvements in posture, concentration, sleep quality, and emotional stability.

Informal feedback and observations indicated that regular yoga practice helped students manage academic pressure more effectively. The incorporation of breathing and meditation techniques was particularly appreciated during examination periods, as these practices promoted calmness, focus, and mental clarity.

This Yoga Program demonstrating that yoga is a practical, cost-effective, and holistic approach to supporting the health and well-being of medical students. It fostered healthy habits, increased self-awareness, and encouraged a balanced lifestyle. Based on the positive outcomes and enthusiastic response, continuation of regular yoga sessions is strongly recommended as part of student wellness initiatives within the medical college.

## Glimpse of Programme

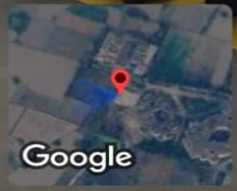




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