

MEDITATION & YOGA CLUB — SESSION 2024–2025

INSTITUTION: VALLABH GOVT. COLLEGE, MANDI (CLUB ESTABLISHED IN 2023)

SUPERVISOR: DR. DEEPALI ASHOK, ASSISTANT PROFESSOR, BOTANY

WELLNESS PROGRAM SYLLABUS & OBJECTIVES

OBJECTIVES

- Cultivate self-awareness and support personal growth through guided reflection and mindfulness.
- Build a supportive community, fostering connections that motivate continuous well-being.

ENVISIONED OUTCOMES

- Stress reduction through structured meditation and stress management techniques.
- Development of emotional resilience, with counseling and guided meditation sessions.
- Promotion of self-awareness, enabling behavioral and psychological growth.
- Establishment of a positive campus environment centered on collective well-being.
- Program Implementation & Syllabus Coverage

Utilizing a structured syllabus aligned with the club's objectives, each 7-day wellness batch typically includes the following components:

7-DAY THEMATIC UNIT TITLES:

1. Stress, Health & Resilience
2. Body and Breath Awareness for Inner Calm
3. Harmony in Relations
4. Living with Gratitude and Forgiveness
5. Habits and Addictions: Choosing Better
6. Rajayoga and Self-Mastery
7. The Joy of Inner Journey: Meditation Practice

Each day focused on one of the above units, integrating practical sessions with interactive discussions.

WELLNESS BATCHES SUMMARY (2024–25)

Batch No.	Group	Participants	Location
1	Girls Hostel No. 1	17 girls	Hostel premises
2	New Girls Hostel	13 girls	Hostel premises
3	Boys Hostel batch	13 boys	Hostel hall
4	NSS Volunteers	72 students	Campus/outdoor
5	B.Ed. Students	97 students	B.Ed Department/Seminar hall

TOTAL PARTICIPANTS: 212 ACROSS FIVE STRUCTURED 7-DAY SESSIONS.

FEEDBACK HIGHLIGHTS

*Positive Impact: Majority reported reduced stress, sharper focus, and improved calmness.

*Counseling Sessions: Students who voiced deeper concerns were offered one-on-one counseling.

*Student Requests: Demand for regular sessions every 15 days in hostels, especially pre-exam.

*Constructive Criticism: One student noted inadequate timing and space for full benefit; others rated the experience as satisfactory and meaningful.

CHALLENGES & INSTITUTIONAL GAPS

*Lack of Dedicated Space: Suitable meditation areas were limited.

*Timing Conflicts: Balancing academic schedules with program timing was difficult for some.

RECOMMENDATIONS & FUTURE ROADMAP

*Infrastructure Request: Dedicated meditation room.

*Counseling Expansion: Formal support for emotional wellness integrated into sessions.

*Broader Reach: Expand to other college departments and include academic stress remediation.







