

Capacity building programme on Yoga, Mind and Memory
Organised by Sports and Yoga cell
Sarbati Devi Womens College, Rajgangpur

On 11th January 2025 a 3 hour Capacity building programme on Yoga, Mind and Memory was conducted by Sports and Yoga cell of our college in the campus to enhance knowledge and skills related to the benefits of yoga, particularly focusing on its positive impact on mental health, memory, and cognitive functioning. The programme aimed to empower participants with practical tools to incorporate yoga practices into their daily lives for improving concentration, reducing stress, and boosting memory retention. Three eminent Resource persons from ANANDA MARG PRACHARAK SANGHA Acharya Kripa Mayananda Avadhut , Acharya Krishna sunder Anand and Avadhutika Anand Deba Malika acharya enlighten our students regarding "YOGA, MIND AND MEMORY". At the outset principal Dr. Sasmita Lenka gave brief introduction about the saints and IQAC Coordinator Sri sapan Kumar Panda highlighted the significance of Yoga and its relationship with mental health and memory. After practising Yoga techniques in the open field a seminar was also conducted and the resource persons delivered various simple but powerful methods to strengthen the memory power of students

Objectives:

- To promote awareness about the relationship between yoga, mental health, and memory.
- To train participants in various yoga techniques that enhance cognitive abilities and mental clarity.
- To provide participants with practical tools for stress management and improving memory.

Content Covered:

The programme included both interactive and practical sessions, covering the following topics:

1. **Yoga and Cognitive Functioning:** Introduction to how yoga helps improve brain health, memory, and overall mental well-being.
2. **Mindfulness and Meditation:** Techniques for enhancing focus, reducing mental clutter, and improving memory retention.
3. **Breathing Techniques:** Instruction on pranayama (breathing exercises) to reduce stress and enhance cognitive performance.
4. **Physical Asanas for Mental Clarity:** Specific yoga poses aimed at improving circulation, oxygenating the brain, and calming the nervous system.

5. **Lifestyle Modifications:** Recommendations for a holistic approach to mental health that integrates yoga, proper nutrition, and adequate sleep.

Methodology:

The programme was conducted through a combination of lectures, interactive discussions, group activities, and practical yoga sessions. Participants were encouraged to practice yoga regularly during the course to experience its benefits firsthand.

Outcomes:

- Participants reported improved mental clarity, enhanced memory recall, and better stress management.
- Many individuals expressed an increased sense of calmness and mental focus.
- The practical sessions allowed participants to confidently apply yoga practices in their daily lives.
- Feedback surveys showed a high level of satisfaction and positive responses about the programme's content and delivery.

Conclusion:

The Capacity Building Programme on Yoga, Mind, and Memory was a success in achieving its objectives. It provided participants with valuable tools to improve their cognitive health, manage stress, and enhance memory. Continued practice and integration of yoga into daily routines were recommended for sustained mental well-being. More than 100 students participated in the event and make it a grand success.











ANANDA MARGA PRACARAK SAMGHA

Education Relief Welfare Section. (Gurukul Education)
Camp Office - Budharaja, Sambalpur // Sectorial Office - D-41, Part -1, South Delhi - 110004

Letter No - 117 (WCS)// Dt - 6/1/2025

To

The Principal
S.D. Womens' College, Rajgangpur, Odisha

Subject: Proposal for Motivational Workshop for Students on value of Education.

Dear Sir/Madam,

I hope this letter finds you well. I am writing to propose a motivational workshop for your students, focusing on effective study habits, memory techniques, and overall development.

As an author and spiritual teacher with extensive international experience, the Resource Person have developed expertise in guiding students toward academic success and personal growth.

The workshop, "Yoga, Mind, and Memory," will cover:

1. Study skills and time management
2. Memory techniques and concentration
3. Goal setting and motivation
4. Stress management and well-being
5. Personality development and confidence building

Benefits:

- Improved academic performance
- Enhanced cognitive abilities
- Better stress management
- Increased self-awareness and confidence

Workshop Details:

- ✓ Duration: 2 hours
- ✓ - Language: English/Hindi/Marathi.
- ✓ -Equipment: Projector and loudspeakers (for >50 attendees)
- ✓ - Seating: Flexible (chairs)

I would be honored to discuss this proposal further and answer any questions you may have.
Thank you for considering my offer.

Sincerely,

Sarat Chandra Seth

Sarat Chandra Seth (O.E.S-I) Mob- 9692654865
Convener

About the R.P. - Acarya Kripamayananda Avadhuta (Dada) A Monk & Spiritual Teacher
Qualifications & Training - Pharmacy and Naturopathy
- Yoga Acharya training (Varanasi, India, 1986 & 1988)
International Experience - India, Australia, Africa, Europe, middle East
Author - "Yoga, Mind, and Memory"