2011-2012

Amrita Vishwa Vidyapeetham

Amrita Nagar, Ettimadai

**Dear Students (Btech 2011-2015) !!**

**Namah Shivaya!!**

**We wish you all a very warm welcome from the Department of Cultural Education.**

**We seek your cooperation and assistance in creating quality sessions at Amrita.**

**By the end of the sessions you shall have a clearer idea about the subject of Yoga and shall be able to manage your lifestyle effectively. These sessions shall help you develop a schedule that helps one relax, focus and face adversities of Life.**

**Please read the following points carefully and keep them in mind; you may approach your respective yoga teacher for clarifications if any.**

**The Preparation**

* Drink lot of water –about a liter of it about **half an hour** before and after the session *(The practices sequences that we cover are simple yet have a strong effect on the various functional biological systems)*
* Relax in the room after the practice *(whenever possible, for a minimum of 15mins, after the class, with breath awareness –you may maintain awareness of the rise and fall of the abdomen counting backwards to ONE)*.
* Come to the class on time in loose fitting decent comfortable clothing, Bermudas etc are not allowed. You may wear half sleeves though.

**Please Note:**

* Check AUMS announcements (Cultural Education Section) for any clarifications and updates regarding schedule etc.
* **Casual Clothing is not allowed** (half sleeves are permitted).
* Avoid nuts, bread, etc or any such baked or fried items; they would interfere with the working of the practice causing sluggishness or too much sleep.
* Take light, wholesome yet easily digestible food.
* It is better to practice in the morning after a bath with empty stomach.
* Keep a gap of about four hours between the meal and practice wherever possible for best results.
* Practice silence, concentration and personal integrity in the class. *Contribute to the Development the Yoga Hall as the city of Yoga and the body as one of the temples* in the city.
* Pin drop silence and proactive effort to gain focus and concentration on part of the students shall be appreciated and shall prove rewarding to the students.

**The Practices**

* The Yoga Lessons imparted here form a balanced basic program that can also be used as a tool to develop ability for long hours of advanced meditations.
* The practice-sets incorporate awareness, relaxation, visualization, chanting, simple stretches, forward, backwards & sideways bends, twists, simple inverted postures and simple postures for balance both on hand and feet that assist in improving the neurological, metabolic, respiratory, cardiological and circulatory functions among others.
* (i) The practices in the first semester emphasise more on ability to develop a meditative state of mind by de-stressing and improving respiratory and circulatory functions among others.

(ii) Those in the second semester focus work towards removing the bigger blockages in the energy flow and strengthening as well as streamlining the flow of energy.

* The basic details of the practices are mentioned in the other two attachments titled Asana 1, 2 & 3 as well as the supplementary readers.

Go to Intranet- Cultural Education (right bottom section)-select what you wish to download

* These Practices do not aim at fulfilling the need for a personal practice though they may fulfill the need for personal practice for many.
* *These practice sequences can be a part of meditation in action. Practice deep breathing and complete awareness for facilitating the same.*

**The Sessions**

* 100% attendance is compulsory.
* Punctuality in class is must (Be available for the Shanti Path –Chant of Vedic Hymn at the beginning of the session).
* The components of the shanti-path too, form the part of the course module and cover breathing, relaxation, building awareness –both physical and mental, visualization and chanting.
* Those students who are unable to participate in the class practice must be present in the class and practice awareness of the breath or visualization of the practices being instructed or its effect.
* Attempting to sit with spine straight while simultaneously observing the watchful inspiration or expiration itself is a powerful practice and can be performed in sitting or standing position while others follow the class instructions.

Please note that attendance in the Yoga class is compulsory of which total of **20 sessions need to be attended each semester** as informed in the Timetable on the Hostel Notice Boards & AUMS Announcements (Cultural Education).

Inability to attend these sessions as per schedule without a proper acceptable reason shall have an adverse implication on both marks as well as Grades.

* **16% of marks** are for punctuality and sincerity (regular attendance in class as per schedule is desired).
* **20% for cooperation, integrity and behavior in the class** (pin-drop silence with, total attention to practice as well as the instructions given are desired).
* The rest **64% of marks are based on class attendance**

**Inability to attend the sessions during the ongoing semester shall result in FAILED due to lack of ATTENDANCE (FA) GRADE.** Please note that there shall be no compensation classes and those students who may come for extra classes without providing proper reasons for the same shall be marked accordingly.

**Summer sessions for genuine cases, if any, shall be charged at Rs 700 per head per group session (Charges subject to change at Management’s discretion).**

Remember to have application in the ‘leave application format’ (sample copy at the end of the college calendar) signed by **HOD and Class Advisor** ready in event of absence for any reason, though this may not exempt from the class attendance yet could be helpful while making decisions.

**The Salient features of the Practices**

* **Be the leader**, set example for others through punctuality, sincerity and right attitude and avoid distractions if any that sway the mind from the right conduct and example setting in the class.
* **Focus** on your own breath and position and pull back your awareness to the same, every time you discover you are getting distracted.
* Do not allow your awareness to get distracted, use teacher’s instructions to **build your awareness** to your performance as well as the implications of the practice in the class.
* **Be always aware** of the rebellious and manipulative nature of the lower mind and try to stick to the instructions during the class and observe how the mind transcends its lower nature (from a manipulative mind to an insightful, peaceful, calm and focused mind) even in very short time.
* *As you focus more on the practice the lower mind shall use your logical mind to give all sorts of reasons to deviate from the discipline; just be aware and* ***do not give in****.*
* **Be aware of the effect** on each and every part of the body during each and every practice this itself shall remove stress and increase concentration and focus of the mind.
* A strong and healthy mind caters to the need of **developing ability to focus** and memory.
* **Expand and deepen your awareness** to the performance as well as its effect on the body, mind and the personality. Make each and every moment and breath and if possible the awareness of the effect of the practices deep and profound while practicing.
* Asana is when the stillness, stability and comfort is established while in the posture.
* Be ever **watchful of your thoughts** and inclinations as a single distraction is enough to destroy years of efforts for a focused and strong mind.
* It is more important to focus on the effect while performing the practice rather than the benefits of the practice as the stated under therapeutic benefits which are but the spillover benefits; the main aim being to **discover the true self** within while improving the awareness of the functional dynamics of the practice to improve one’s awareness of the way the practice works on the personality –this in the long run helps to develop the insightful knowledge, applications of the practice as well as the use the practices as tools for ones growth and develop one’s own set of practices.
* The Practices when performed slowly in rhythmic fashion with right visualizations and complete awareness have a **deep and positive impact** on the nervous system and personality.
* **Remember**, a rebellious mind sets ground for great changes and learning, yet a mismanaged or ill-managed rebellious mind is an obstruction and a distraction, leading to a weak mind and personality.

**Medical tips**

* Medical leaves like any other leave needs to be compensated (Please meet the Yoga Teacher for the next available slot).
* Never avoid practice, do not allow any weakness in the attendance of the session.
* Those who are aware that they have problem in attending morning sessions or otherwise due to bronchial, sinus or other problems may meet the Instructor and begin attending the session sparingly (once in two or three days) from the beginning of the semester and make up for the requirement of 100% by the end of the semester.
* If you feel uncomfortable to do any practice or while in the class come back to basic position and practice deep breathing.
* Those who may be unable to perform the practices must be sincere in the Shanti Path in the beginning and the end of the session and sit straight with absolute breath awareness and the awareness of the practices being conducted throughout the class.
* Those interested in sports, club activities etc would need to be better prepared by finishing up the required quota to help make up for the required 100% attendance in time. Please meet your Yoga Teacher for adjustments and facilitation of the same.
* If you feel that you cannot perform in the class and therefore see no point in coming to the class, see this as a trait of the lower mind to distract you from strengthening your will. Avoid such attitude religiously!!
* You can always try and practice to be punctual, regular, responsible, aware, focused, cooperative and proactive; the practices we perform in the class are to facilitate the same. Yoga is about bringing harmony and integration in the personality, the rest is to facilitate the same.
* Simple practices of sitting or if necessary standing with spine erect and watching the simple flow of breath itself is a strong and promising practice,
* Maintaining awareness of what’s happening to your mind and in the surroundings and not allowing any distraction is another such practice that can be practiced by all. The more you practice this stronger the mind becomes and more stress free.
* Remember energy is like muscle, the more you direct it towards an activity the stronger it becomes in that aspect.

Thank you!!

We sincerely endeavor and hope you have an enjoyable and intellectually refreshing experience!

Team

**Cultural Education (Yoga)**

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