



Office of the Principal, Government College Bichhua
Chhindwara (M.P.) 480111



Mobile: +91 9425425968, Email: hegcbicchh@mp.gov.in
<https://www.govtcollegebichhua.org>, <https://www.highereducation.mp.gov.in/?orgid=109>



Established on 21/09/1989, Recognized under 2 (f) & 12 (B) of the UGC Act, 1956

Affiliated to Raja Shankar Shah University, Chhindwara (M.P.) 480001

Yoga Meditation For Mental Health





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Session 2022-23



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Learning Meditation

Date - 22-02-2023

College students taken Meditation Learning classin Sahajyoga International Aashram Linga (Chhindwara) on 22-02-2022. This aashram is famous for yoga and meditation not only in India but also in other countries. More than 65 students taken class and learned the meditation and its importance on student's life.

Objective –

- Students know the importance of meditation.
- Students aware value ofmeditation in student's life.

Achievement –

- Students learned the importance of meditation in their life.
- Students helped to increase their concentration through meditation



Learning Meditation

Date - 22-08-2023

College Music Team Learning Meditation in Sahajyoga International Aashram Linga (Chhindwara) on 22-08-2023. Total 10 students taken class and learned meditation steps.

Objective –

- Students know the importance of meditation.
- Students aware value of meditation in student's life.

Achievement –

- Students learned the importance of meditation in their life.
- Students helped to increase their concentration through meditation.





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Session 2020-21

Importance of Yoga for Personality Development

Date - 21-10-2021

Class on Importance of Yoga for Personality Development organised in college. It was taken by Shri Nakul Gupta (Yogi from Delhi) on 21-10-2021. He gave lecture on yoga to increase their confidence and sharpen their memory. 50-60 students attended his lecture.

Objective –

- Students know how yoga shaped their personality.
- Students aware value of yoga in student's life.

Achievement –

- Students learned the importance of yoga in their life.
- Students helped to increase their confidence through yoga.





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Session 2019-20



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Yoga Meditation Class

Date - 22-12-2020

Yoga Meditation class was organised by Sahaj Yogi Virendra Bajpai in college on 22-12-2020. He described the different steps of yoga. College students and staff taken interest on this class and learned yoga by yoga instructor.

Objective –

- Know the importance of Yoga in day-to-day life.
- Keep mental health healthy by yoga.

Achievement –

- Students learned the importance of yoga in their life.
- Students helped to increase their concentration through yoga.





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Session 2018-19



Yoga Meditation for Mental Health

Date - 22-12-2020

Yoga meditation camp was organised by college on 05-08-2018. Yoga trainer had come from Sahajyoga International Aashram Linga (Chhindwara). More than 45 students were performed yoga and learned about the importance of yoga and meditation in student's life.

Objective –

- Students know the importance of meditation.
- Students aware value of meditation in student's life.

Achievement –

- Students learned the importance of meditation in their life.
- Students helped to increase their concentration through meditation.

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Azadi Ka
Amrit
Mahotsav

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YOGA CAMP