



PENDRI (MASTURI), BILASPUR (C.G.)

**Value Added Course
on
"Yoga and Meditation for Holistic Wellness"
Date -03.08.2026 to 08.08.2026**

REPORT

Value Added Course on **"Yoga and Meditation for Holistic Wellness"**

Organized by: Department of Education, Sandipani Academy, Pendri, Masturi, Bilaspur (C.G.)

The Department of Education, Sandipani Academy, Pendri, Masturi, Bilaspur, successfully organized a 30-Hour Value Added Course on "Yoga and Meditation for Holistic Wellness" from 03 August 2026 to 08 August 2026. The programme aimed to promote physical fitness, mental well-being, emotional balance, and holistic development among students through the practice of yoga and meditation.

The inaugural session commenced with the welcome address by Dr. Suchitra Dey, Assistant Professor, Department of Education, who warmly welcomed the distinguished guests, faculty members, and participants. The programme was formally inaugurated by the Principal of Sandipani Academy.

The institution was privileged to have Mr. Ankit Kumar Dubey, Yoga Consultant, Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur, as the Resource Person for the course. He conducted informative and practical sessions on various aspects of yoga, including Yogasanas, Surya Namaskar, Pranayama, Meditation, Mindfulness, Stress Management, Relaxation Techniques, and Holistic Wellness. His sessions inspired students to adopt yoga as an integral part of their daily lives.

Throughout the six-day programme, participants actively engaged in both theoretical and practical sessions. They gained knowledge about the philosophy and significance of yoga, breathing techniques, meditation practices, healthy lifestyle habits, and methods for improving physical and mental health. The interactive demonstrations and guided meditation sessions enhanced the overall learning experience.

The programme concluded with an interactive feedback session, where participants shared their positive experiences and expressed their appreciation for the valuable knowledge and practical skills they had acquired. The Principal appreciated the efforts of the Resource Person, the organizing committee, and all the participants for making the programme a grand success.

The event concluded with a formal Vote of Thanks proposed by Dr. Suchitra Dey, Assistant Professor, Department of Education, expressing sincere gratitude to the Principal, the Resource Person, faculty members, students, and the organizing team for their wholehearted support and cooperation.

The Value Added Course successfully achieved its objective of creating awareness about the importance of yoga and meditation for leading a healthy, balanced, and stress-free life.

Prepared by:

Dr. Suchitra Dey

Assistant Professor

Department of Education

Sandipani Academy

Pendri (Masturi), Bilaspur (C.G.)



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Value Added Course
on
"Yoga and Meditation for Holistic Wellness"
Date -03.08.2026 to 08.08.2026

Value Added Course: Yoga and Meditation for Holistic Wellness

Course Duration : 7 Days

Course Objective : To introduce the philosophy and principles of Yoga.
To develop physical, mental, and emotional well-being through yogic practices.
To cultivate mindfulness and meditation for stress management.
To encourage healthy lifestyle habits through Yoga.

Course Outcomes : After successful completion of the course, learners will be able to:
Explain the concept and philosophy of Yoga.
Demonstrate basic Yogasanas, Pranayama, and Meditation techniques.
Apply Yoga practices for stress management and holistic wellness.
Adopt Yoga as a part of daily life for physical and mental health.

Course Content (30 Hours)

- **Module I: Introduction to Yoga (6 Hours)**

- Theory (4 Hours)
 - Meaning, definition, and importance of Yoga
 - History and evolution of Yoga
 - Philosophy of Yoga
 - Eight Limbs of Yoga (Ashtanga Yoga)
 - Benefits of Yoga for holistic health

- **Practical (2 Hours)**

- Prayer and relaxation
- Joint loosening exercises
- Stretching exercises

- **Module II: Yogic Practices (10 Hours)**

- Theory (2 Hours)
 - Principles of Yogic practice
 - Precautions and safety measures

- **Practical (8 Hours)**

- Surya Namaskar
- Standing Asanas (Tadasana, Trikonasana, Vrikshasana)
- Sitting Asanas (Padmasana, Vajrasana, Paschimottanasana)
- Prone Asanas (Bhujangasana, Shalabhasana)
- Supine Asanas (Pavanamuktasana, Setubandhasana)
- Shavasana

- **Module III: Pranayama and Meditation (8 Hours)**
Theory (2 Hours)
Meaning and importance of Pranayama
Introduction to Meditation and Mindfulness
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- **Practical (6 Hours)**
Deep Breathing
Anulom-Vilom
Bhramari
Nadi Shodhana
Kapalabhati (with precautions)
Om Chanting
Guided Meditation
Mindfulness Practice
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- **Module IV: Holistic Wellness and Healthy Lifestyle (6 Hours)**
Theory (4 Hours)
Stress Management through Yoga
Mental and Emotional Well-being
Yogic Diet and Nutrition
Daily Wellness Routine
Yoga for Lifestyle Disorders
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- **Practical (2 Hours)**
Integrated Yoga Practice
Meditation and Relaxation Session
Feedback and Reflection
Teaching–Learning Methods
Interactive Lectures
Demonstration
Practical Yoga Sessions
Guided Meditation
Group Discussion
Audio-Visual Learning
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- **Assessment Pattern**

Component	
Marks	
Attendance & Participation	- 20
Practical Performance	- 30
Assignment/Presentation	- 20
Practical Examination & Viva	- 30
Total	- 100
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Assessment Method

- Participation in sessions
- Assignment/mini project
- Final presentation

Certification

- Participants who complete all sessions and assessments will receive a certificate.



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Note : Captured by GPS Map Camera





