

## Annamalai University Rejuvenates All

*Centre for Yoga Studies*

**Annamalai University**

### Objectives:

Providing Yoga and Meditation training to people – from juvenile to senile – so as to revive and re-create a harmonious and achieving society through:



Refreshing and reinforcing the phenomenal physical health



Realizing and reinvigorating the outstanding mental wealth

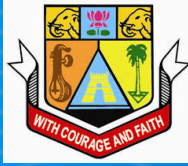


Reaching and reaping the unbounded abilities within



Radiating and resonating the inner, astounding 'Aura'

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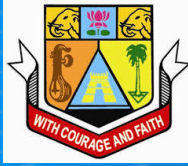
### Context

Spreading the Aura- the inner feel of enhanced phenomenal Physical, Physiological, Psychological and Philosophical abilities- that a person realizes from within, is made possible by yogic adherence. It is not about creating, but realizing the inner potential in right direction to the maximum. Human life with Community togetherness is more a 'grace than a race'. In today's fast-paced world, re-establishing our connect to the lost-grace, and thereby realizing maximum abilities from within, is the need of the hour.

All that is required for a peaceful and healthy living is already available within. Revival of harmony in the society is possible only with the reconstruction of healthy individual – with physical, physiological, psychological and philosophical vigor. It is beautifully possible by adhering to the yogic practices. Hence, **AURA -- Annamalai University Rejuvenates All.** Through its **Centre for Yoga Studies (CYS)**, Annamalai University reaches out to people of all ages and occupations with **AURA** to help them realize 'Aura'.



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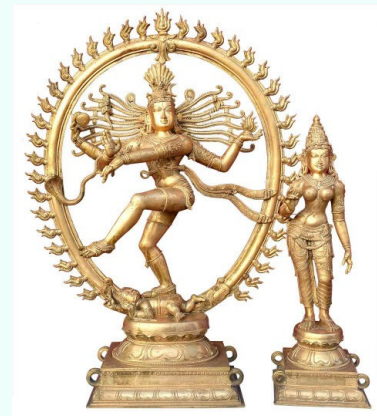


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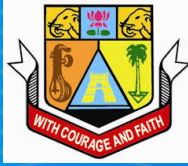
### Context

The divine abode of the Cosmic Dancer, Chidambaram, where the University, is situated has a special connect to this context. It is the place of '**Patanjali**'- the Yogic Guru, who learnt the Yoga Philosophy, Principles, and Practices from Lord Nataraja Himself as sung by sage '**Thiru Moolar**', in his work, '**Thiru Mantiram**', that is, the 'Sacred mantra' or 'Holy incantation'. Thus goes the connect between '**Yoga**' and '**AURA**'.



The real 'shine' is that Yoga programs have been yoked to Annamalai University since 1964 as the Centre for Yoga Studies has its roots that far back, which very few Universities, if at all, can swank about.





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### The Practice

#### i. Formats and Mode of Experience:

The CYS of the University is offering several yoga formats, namely, Hatha Yoga, Raja Yoga, Meditation, Yogiraj Shri Vethathri Maharishi Meditation, St. Poet Ramalinga Swami Meditation, Sri Aurobindo and Mother Meditation, face-2-face, experiential practices, Guided Exercises, take-home experiences and audio-visual programs to enhance the total well-being through adoption of integrated approach of Yoga and Meditation- Exposure, Experience, Education, Eruditeness

#### ii. Coverage and Emphasis:

The fruits of Pranayama and Yoga are ensured to benefit ranges of people in the society – from prison inmates to Police personnel, from common people to high level officials, from children to senior citizens, from labourers to business people. These trainings, offered with nonprofit motive, help them Rightly channel emotions, streamline cognition, manage anxiety, and enhance aptitude anywhere, anytime.



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Explore the in and out of



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### The Practice

#### iii. Outreach:

Enhanced social outreach through Yoga Therapy at (i) the University's Rajah Muthiah Medical College Hospital (RMMCH), (ii) a sub-centre of the CYS in the Coastal Village, 'Parangipettai' and (iii) in meditation halls at various Hostels of Annamalai University

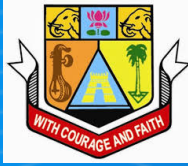
#### iv. Supplementing Facilities:

Physical facilities of the University such as the serene ambience, the Physical Education tracks, courts, yards and fields, a free access Children's Park, free access Walking Corridors and Pavilion inside the campus with Pollution-free, cool, tranquil and oxy-rich environment, help conduit the Yoga-AURA connect.



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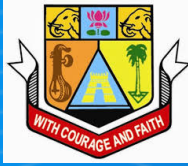
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## The Practice

Developed standard teaching protocol and teaching aids for yoga

The Yoga Posture Flyer developed by a trainee in the CYS has won National award





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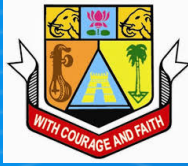
## The Practice

The Yoga Posture Flyer developed by a trainee in the CYS has won National award



Teaching the nuances of yoga helped the students to achieve International recognition





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### Evidence of Success

#### i. Yoga Education to inmates of Prisons:



The lives of 800 inmates of Tihar, 1000 inmates of Puzhal jails have been transformed with yoga education.



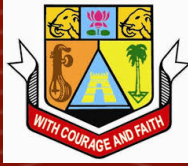
The graduation day in Puzhal jails -2020



This programme is continuing in the collaboration with Prajapita Brahma Kumaris Ishwarya Vishwa Vidhyalaya

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### Evidence of Success

#### ii. Increasing number of participants:

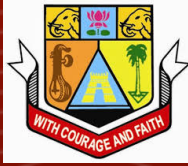
The *CYS* popularize the concepts of yoga by organizing the **International Yoga Day** every year since 2015. It is encouraging fact that the number of participants in the event is increasing from 2000 in 2015 to 12000+ in 2019.



International Yoga Day 21.06.2017



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### Evidence of Success

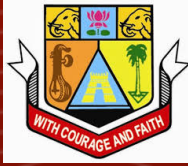
#### Creating awareness by Yoga Expo and Mass Yoga Practice:

Mass participation of school children and general public in the "Yoga Expo and Mass Yoga Practice" for 3 days has created awareness on yoga.



Yoga Expo and Mass Yoga Practice

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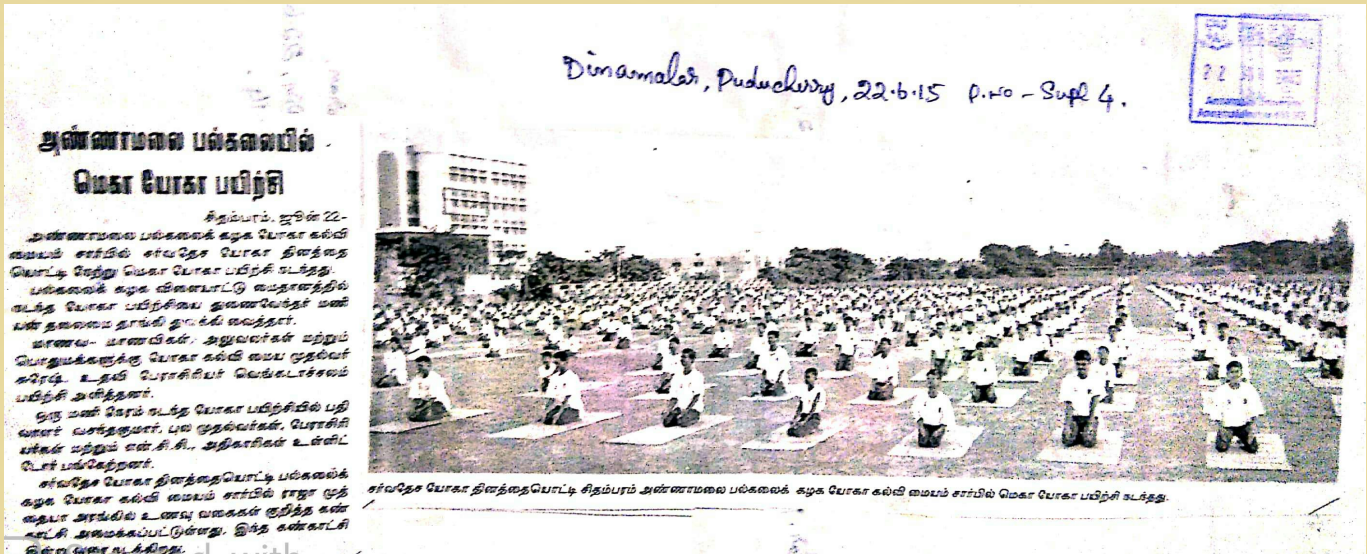


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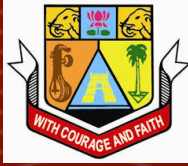
## Evidence of Success

Creating awareness by Yoga Expo and Mass Yoga Practice:



Yoga Expo and Mass Yoga Practice

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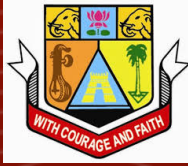
## Evidence of Success

*Inculcating the yoga practice in young minds*



Participants of Mass Yoga Practice - 2018

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**Evidence of Success**

*Fit India Programme*



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### Evidence of Success

#### *Specially designed yoga programmes for university staff*

More than 1000 non-teaching and 500 teaching staff have enthusiastically participated in specially designed yoga programmes such as **'Healthy Living'**, **'Stress Free Living'**, etc.

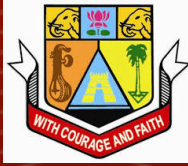
#### *Collaborative Yoga programs with national and regional institutes augmented learning and made the expanded reach possible.*

1. Prajapita Brahma Kumaris Ishwarya Vishwa Vidhyalaya
2. Samarasa Suddha Sanmarkka Sangam & Vallalar's Dhyana Yoga
3. 'Vallalar Education Training and Research Institute
4. Thiruvavadurai Adheenam Saiva Siddanta Direct Training Centre
5. Raj Yoga Education and Research Foundation



International conference on spirituality & values in collaboration with Brahma Kumaris & RERF, Mt. Abu

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### Evidence of Success

#### 'SMARTY' program

Yoga for Self-esteem, Memory Development, Assertiveness in Communicate Rapid Reading, Thoughtful Thesis Writing were conducted for Ph.D and M.Phil research scholars



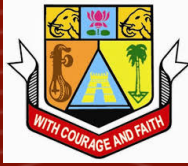
#### Celebration/Observation of Yoga concepts at different contexts

1. Yoga For Women Empowerment
2. Yoga as Holistic Approach for Adolescent Issues
3. Wife Appreciation Day for Compassionate Recognition'
4. Senior Citizen Day for Mental Fortitude', etc.,



Yoga For Women Empowerment

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## **Annamalai University Rejuvenates All**

### **Evidence of Success**

#### **Short and long duration Special Programs:**

- 1. Use of Herbal in Wellness**
- 2. Naturopathy and Yoga food for Healthy living**
- 3. Values and Spirituality for Overcoming Challenges**
- 4. Role of Naturopathy and Yoga in Preventing and Curing non-Communicable Diseases**
- 5. Empowering Body and Mind through Yoga' for School, College and University students/staff.**

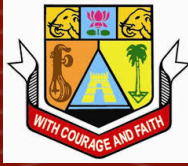
**Providing Yoga Training courses as per the guidelines of Ministry of Ayush, Government of India**



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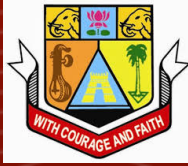
### Evidence of Success

*Online Yoga Sessions were conducted for the University students, Faculty and Admin Personnel to overcome COVID - 19 Pandemic*

*Special Yoga practices for Covid Warriors were given to compact occupational stress*



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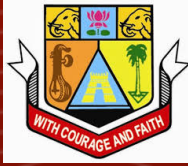
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### Evidence of Success

*The patronage, number of registrants to the Yoga classes/training/participants is our success. The feedback received is reinforcing our 'courage and faith'*



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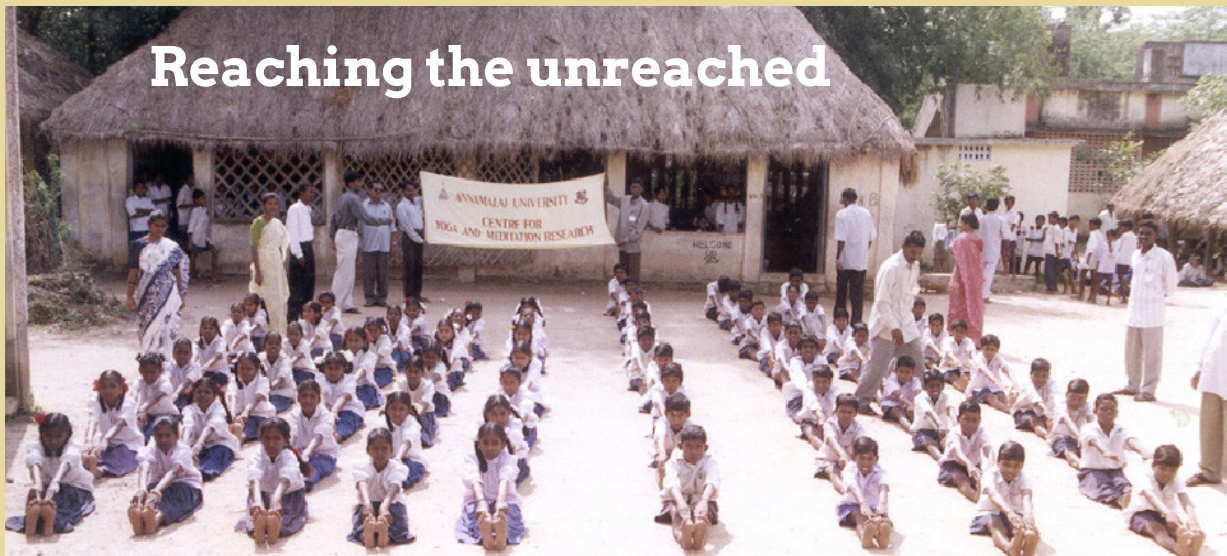


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### Problems Encountered and Resources Required

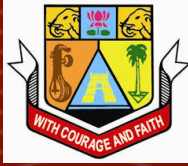
No specific problem was encountered. Resources are needed to hire Yoga exponents to supplement our human resources and also to enhance the available physical infrastructure. In the last five years, more than 50,000 participants have been benefitted by AURA. They have to be provided with some material for reading and reference.



Reaching the unreached



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Reaching the unreached



Annamalal University, as far back as in 1964, instituted the CYS and became a pioneer educational institute in the country to integrate yoga with everyday life of people and students. Its services could be emulated in Colleges/Schools to make the Yoga practices part of people's lives from their early years.

**Click to view about CYS : [https://annamalaluniversity.ac.in/P04\\_info.php?dc=P04](https://annamalaluniversity.ac.in/P04_info.php?dc=P04)**

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