



DISHA COLLEGE, RAIPUR

Disha Park, Building 1, First Floor, Ram Nagar-Kota Marg,
Behind NIT and Hotel Piccadilly, Raipur (C.G.) 492010

E-mail: principal.dishacollege@dishamail.com

Web site: www.dcindia.in


Contact No. : 0771-4349400, 96300-04411

Best Practice 1: “Yoga a Holistic Approach”

The Purpose of DishaCollege is a perpetual conscientious effort. It is a revolution of thoughts, and it is a learning process to implement knowledge with wisdom in welfare of personal life and for the universe with the MOTTO of Learning with Conscience."Arise awake, and don't stop, until the goal is achieved “golden words of Swami Vivekananda and also the Mission of DISHA.It’s a relentless pursuit and postulation, for embedding harmony and Coexistence as essence of living of mam and universe.it is in fact, a preparation for the lifelong learning. The problem is not identifying winners; it is in making winners out of ordinary people.The aim is to nurture Children who have had every Opportunity to inculcate in them the ideas of sharing and caring, to make the right choice in life and to enable them to be responsible citizens of the Country and the world.

Objective

- We can see the objective of meditation in four areas which are physical mental, cognitive and emotional.
- Its effective in reducing blood pressure
- To reduce stress anxiety and depression.
- It’s helpful in management of post-traumatic stress disorder
- It’s helpful in improvement of self-esteem
- It is helpful in increasing productivity, performance and problem-solving skills.
- To enhanced creativity, intelligence and awareness.
- To improve focus and memory.
- To enhance clarity of thoughts and feelings
- To increase compassion and gratitude.
- To improve quality of life and inner peace.


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The Context

“Our motto learning with conscience”

In Disha College we focus on our students and their respective physical and mental health so that the students can bear maximum potential. That is the main reason we teach Meditation in our college that is why we not often focus on the technique alone but on the overall benefits also. Techniques form the content of meditation; they create the body of the science and the philosophy. It is also important to remember the context of Meditation.

Meditation is contextualized by its aim, the environment in which it was originally developed, and the environment in which it is now being practiced. Knowing context allows us to adapt the form of Meditation with intelligence and an understanding of what we are doing. We employ intelligent and creative flexibility to modify the practice to meet the needs of the moment while also fulfilling the aim of meditation.

The Practice

Incorporating Yoga into an institution can have profound effects on both students and faculty. Offering diploma courses in Yoga and integrating it into the graduation curriculum fosters physical and mental well-being. Yoga practices such as asanas, meditation, and pranayama (breathing exercises) promote holistic development, helping students manage stress, improve concentration, and enhance overall mental clarity. With academic pressures on the rise, students often struggle with anxiety and fatigue; yoga provides them with tools to manage these challenges, improving their focus, emotional balance, and academic performance. Meditation, as part of the curriculum, further supports mental health, offering a space for students to relax, reflect, and increase their self-awareness. These practices cultivate mindfulness, which can enhance personal growth, emotional resilience, and interpersonal relationships.

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By offering specialized courses like diploma programs in Yoga, institutions contribute to the holistic education of students, giving them a valuable skill that can be utilized in both personal and professional contexts. Moreover, the introduction of Yoga into the daily timetable promotes a healthier lifestyle and creates a balanced, stress-free environment conducive to learning and personal development. In the long term, these initiatives can create a more mindful and well-rounded academic community.

Evidence of Success

In Disha College Yoga has taught us single pointed focus which over time, enabled us to enhance our memory, clarity, brainpower, concentration and boosted energy levels. In Disha college including students, faculty members administrative office staff also enthusiastically participate the weekend session of meditation which has given many physical and mental benefits, Mrs Annanya Sharma faculty of commerce department has shared her experience of meditation during pregnancy period. empirical studies of anxiety and concentration are also conducted in students of different stream in which pre and post tests are conducted. We have observed that yoga, as a form of exercise and meditation, has positive health benefits all the way down to the genetic level. It can positively impact not just stress related diseases but also immune functions.


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Problem Encountered and Resources Required


As Meditation has its own benefit there are occurrences of certain problems while practicing it. Some common problems in our college are-

- Students need time for practicing Meditation As they already must attend the classes it's hard for everyone to bear some time for Meditation.
- There are some exceptions while doing Meditation and the one that occurs the most is that sometimes students are hungry or just eaten and doing yoga in this type of condition may give rise problems.
- Some students lacking the confidence to start, to know what to do or if they are doing it right is also problem.
- The students who are suffering from certain diseases or the one having some type of disability also limit them from doing Meditation.

Apart from this College also faces problems while conducting Meditation classes like providing favorable environment and space to everyone so that they can do Meditation at ease.

Conclusion

The Yogic and the Meditative practices are the ones which originated in India and they have proved to be of immense importance for the overall well-being of any individual, hence we as Indians have been blessed with such a gem of knowledge and should make use of it in the right way. Thus, it becomes a duty on our part to take this forward with us and make complete use of the same and not let it go. Numerous educational Institutions are these days becoming aware of the importance of Meditation and have started including them under their curriculum. These can be considered a great initiative and should be appreciated and carried forward.


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Notice of seven Days of Yoga and Meditation



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दिनांक: 14 / 06 / 2023

सूचना

समस्त शिक्षक, कर्मचारी व छात्र छात्राओं को सूचित किया जाता है कि दिनांक 15 से 21 जून 2023 को महाविद्यालय में 9वें अंतर्राष्ट्रीय योग दिवस, 2023 के अंतर्गत "सात दिवसीय योग एवं ध्यान सप्ताह" (15 से 21 जून, 2023) का आयोजन किया जा रहा है। जो छात्र स्वेच्छा से इसमें भाग लेना चाहते हैं वह अपने अभिभावकों से अनापत्ति प्रमाण पत्र के साथ 15 जून को सुबह 9:00 बजे से 10:00 बजे तक आकर इसमें भाग ले सकते हैं। जो अभिभावक इसमें शामिल होना चाहते हैं उनका भी स्वागत है।

- समय सुबह 9:00 से 10:00 तक।
- दिनांक 15 से 21 जून 2023।
- छात्र अपने साथ योगा मेट/चादर साथ लायें।
- समस्त कक्षा अध्यापकों से निवेदन है कि छात्र छात्राओं को आयोजन में सम्मिलित होने हेतु प्रेरित करें।


 प्राचार्य
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DISHA COLLEGE International Yoga Day Celebration on 21st June 2023 at Seminar Hall, Second floor

Itinerary

Moments

- | | |
|---|----------------------|
| • Lamp lighting | 11:00 to 11:05 AM |
| • Welcome speech by Dr. A. K. Tiwari | 11:05 to 11:10 AM |
| • Discourses on Yoga - "Importance of yoga in our daily life" | 11:10 to 11:50 AM |
| • Yoga Demonstration – Yaugik Kriyaen by Shri T. K. Khare | 11:50 to 12:20 PM |
| • Vote of thanks by Mrs. Poonam Shukla | 12:20 PM to 12:25 PM |

Program anchored by Mrs. A. Pooja Narayan

Dress Code:- White dress.

Work Distribution

Particulars	Incharges	Signature
Lamp Lighting	Mrs. Vidya R. Nair	
	Ms. Pragati Parganiha	
Flex Printing	Dr. Kamaljeet Kaur	
	Mr. Mahendra Soni	
Snacks arrangement	Mr. Bhupati Saha	
	Mr. Vijay Chandra	
Photography	Mr. Pramod Upadhyay	
LCD, audio arrangement and Electrical arrangement	Mr. Nokhram Sahu with the help of electrician	
Press Release	Dr. Yogita Jiwane	
	Mrs. Sarita Sharma	

Co-ordinator : All the Incharges of Department.

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Schedule of Yoga and Meditation Practice

दिशा कॉलेज, रायपुर (छ.ग.)
शिक्षा संकाय एवं राष्ट्रीय सेवा योजना द्वारा आयोजित
योग एवं ध्यान सप्ताह
दिनांक 15-06-2023 से 21-06-2023 तक
समय:- सुबह 09:00 बजे से 10:00 बजे तक
स्थान : सेमिनार हॉल

दिनांक	सैद्धांतिक	प्रायोगिक
15-06-2023	योग की अवधारणा, अर्थ, परिभाषा, प्रकार एवं महत्व	वैदिक प्रार्थना, पवनमुक्तासन भाग-1 भ्रामरी प्राणायाम ऊँ का ध्यान, शवासन एवं शांति पाठ
16-06-2023	आधुनिक जीवन शैली और योग	वैदिक प्रार्थना पवनमुक्तासन भाग-2 एवं 3 अनुलोम-विलोम, भ्रामरी प्राणायाम एवं ऊँ का ध्यान, शवासन एवं शांति पाठ
17-06-2023	महर्षि पतंजलि का अष्टांग योग- यम नियम का महत्व	वैदिक प्रार्थना, ताड़ासन, तिर्यक, ताड़ासन, कटि-चक्रासन, द्विकोणासन, त्रिकोणासन, वृक्षासन, नटराज आसन, भस्त्रिका, कपालभाति, वाह्यबन्ध, उज्जायी, अनुलोम-विलोम, नाडी शोधन, भ्रामरी एवं ऊँ का ध्यान, शवासन एवं शांति पाठ
18-06-2023	शरीर रचना विज्ञान- पाचन, श्वसन, रक्त परिवहन संस्थान आदि।	वैदिक प्रार्थना सम्पूर्ण उदररोगों, मधुमेह, मोटापा एवं गैस कब्ज अम्लपित्त आदि के लिये आसन सवर्गासन, हलासन, मतस्यासन, उष्ट्रासन, वज्रासन पश्चिमोत्तानासन, प्राणायाम, ऊँ का ध्यान, शांति पाठ
19-06-2023	सूर्य नमस्कार आसन का वैदिक एवं वैज्ञानिक महत्व	वैदिक प्रार्थना, सूर्य नमस्कार आसन एवं प्राणायाम का अभ्यास, अजपाजप का ध्यान, शवासन एवं शांति पाठ
20-06-2023	मावातीत ध्यान का परिचय, अनुसंधान एवं लाभ	वैदिक प्रार्थना, मावातीत ध्यान का अभ्यास
21-06-2023	अन्तराष्ट्रीय योग दिवस-2023 की थीम - "वसुधैव कुटुम्बकम् के लिए योग" पर प्राचार्य महोदय का सम्बोधन एवं प्रतिभागियों को प्रमाण पत्र वितरण	वैदिक प्रार्थना, ताड़ासन, तिर्यक, ताड़ासन, कटि-चक्रासन, द्विकोणासन, त्रिकोणासन, वृक्षासन, नटराज आसन, सूर्य नमस्कार आसन, भस्त्रिका, कपालभाति, वाह्यबन्ध, उज्जायी, अनुलोम-विलोम, नाडी शोधन, भ्रामरी एवं मावातीत ध्यान का अभ्यास, शवासन एवं शांति पाठ


प्राचार्य
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Seven Days Yoga and Meditation Week




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Views of faculty :Ananya Sharma

Ananya Sharma.
Asst Proff.
Dept. of Commerce.

Pregnancy is indeed an exciting time in every women's life. Meditation definitely shows a pyramid of benefits to cope with the hormonal changes that undergoes during this phase of life.

Being a staff of Disha college has experienced a lot of positive benefits during the most challenging phase of my life. Dr. A.K. Tiwari, Mr. Tejendra Khare (Yog-guru) and with the support of all the faculty members I experienced reduction in stress, anxiety, difficulty in sleep. Meditation practice also helped me to increase the mindfulness and awareness, reduction of dizziness, mood swings and other emotional breakdowns.

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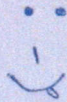
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Now that I have entered my third trimester and will soon be going for maternity leave, I keep reminding myself that how beneficial is the practice of Meditation in this crucial period. I can experience numerous positive changes in mind & body. I feel a lot more happy, peaceful and relaxed.

Thanking Dr. A.K. Tinsari (Principal, Disha college),
Mr. Tejendra Khare (Yoga Instructor) and all the
faculty members for their endless support towards
me and the baby.



Ananya
23/06/23

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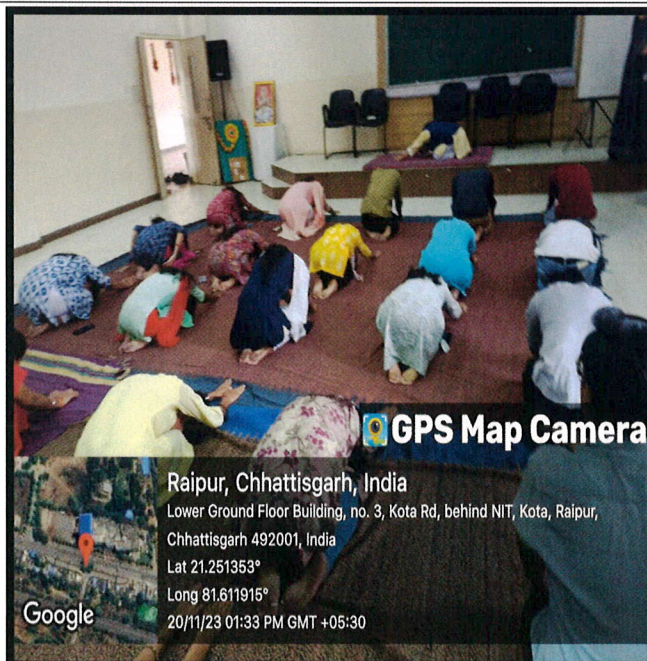
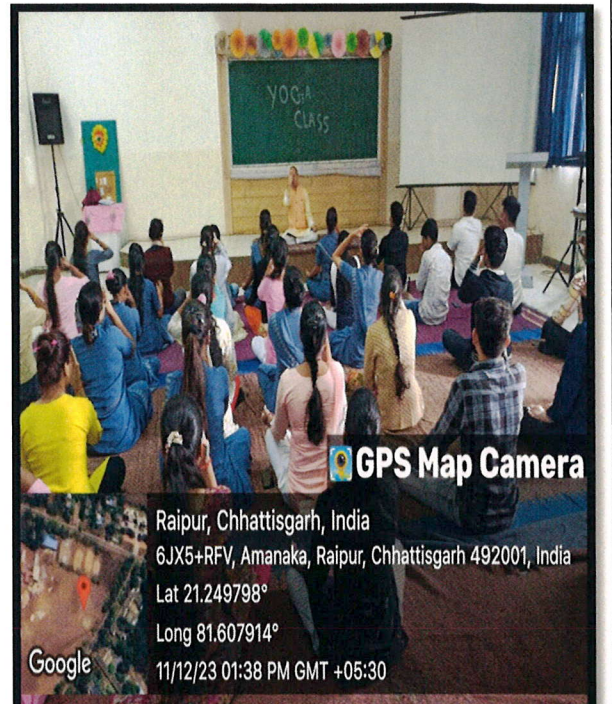
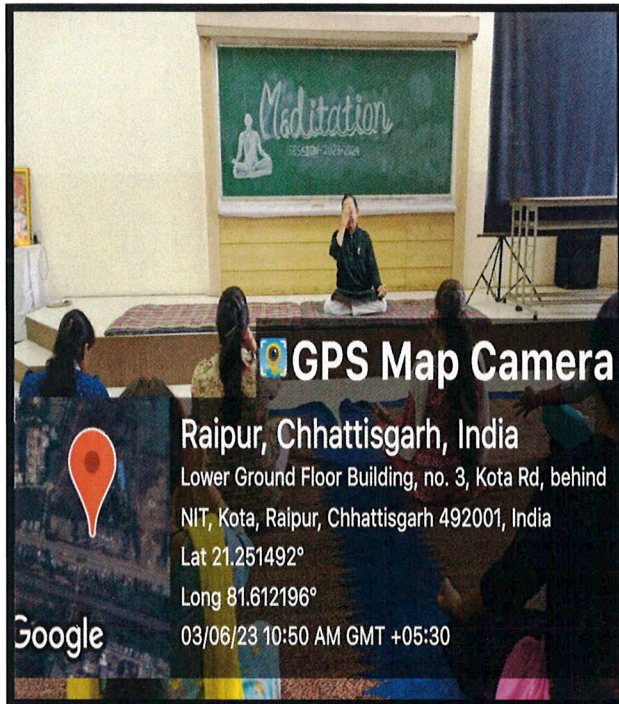
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Photograph Every Saturday Meditation Session




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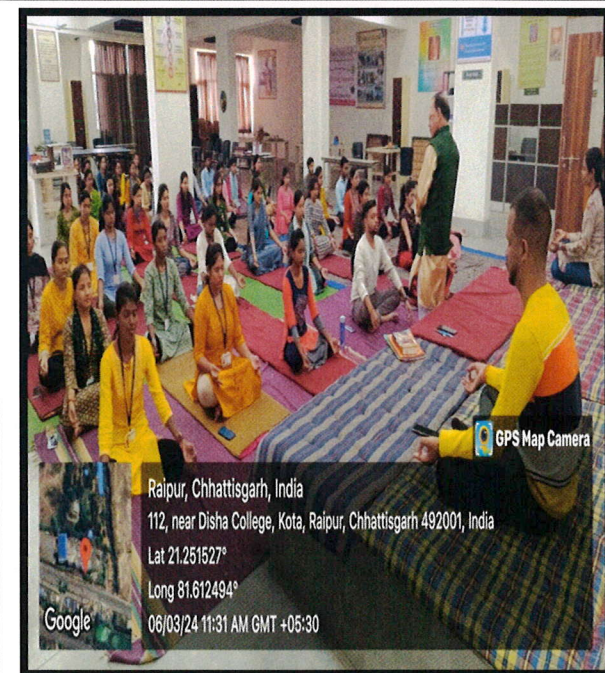
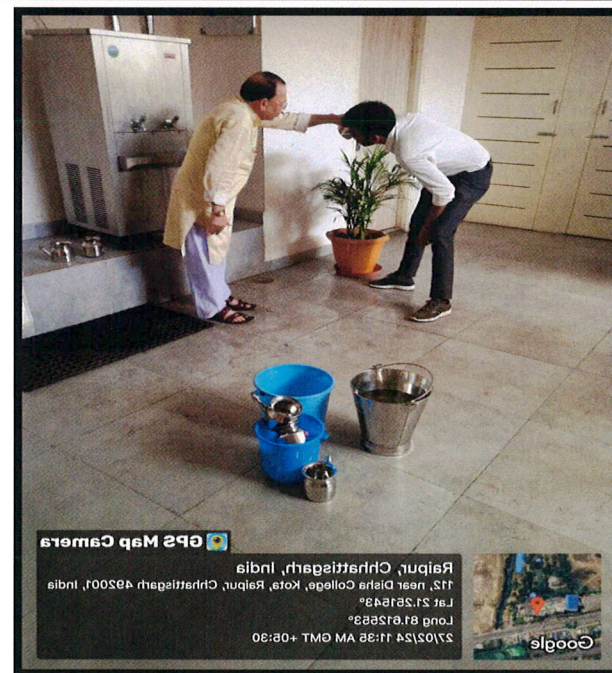
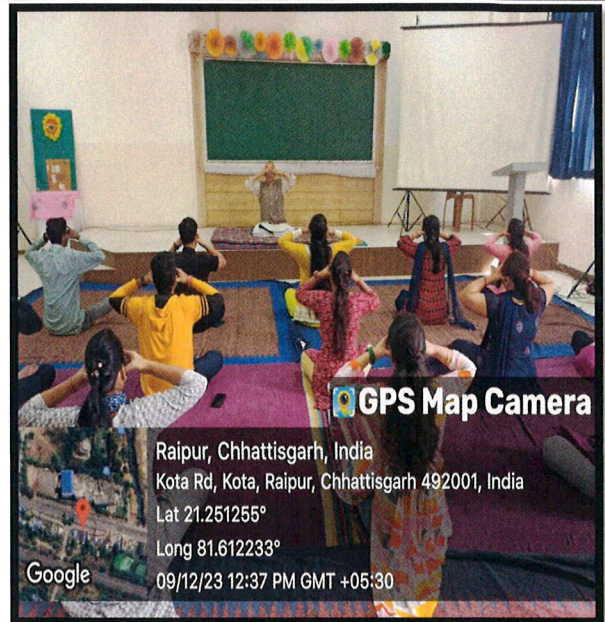
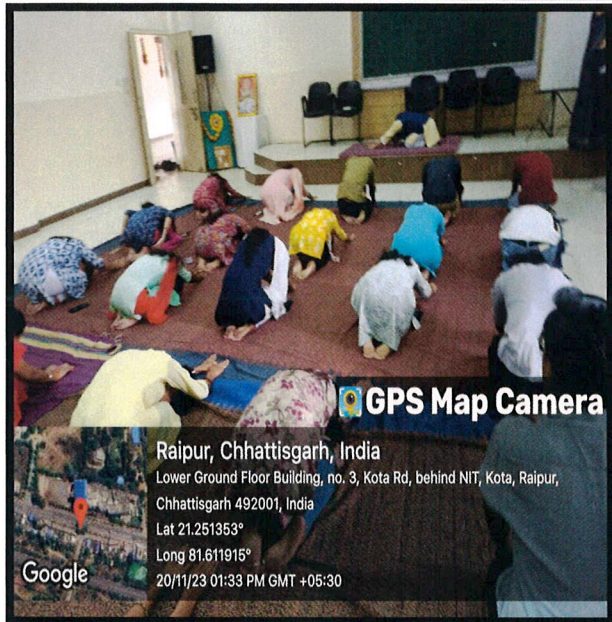
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GPS Map Camera

Raipur, Chhattisgarh, India
112, near Disha College, Kota, Raipur, Chhattisgarh 492001, India
Lat 21.251604°
Long 81.612695°
21/02/24 11:17 AM GMT +05:30

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GPS Map Camera

Raipur, Chhattisgarh, India
112, near Disha College, Kota, Raipur, Chhattisgarh 492001, India
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Long 81.612472°
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GPS Map Camera

Raipur, Chhattisgarh, India
Lower Ground Floor Building, no. 3, Kota Rd, behind NIT, Kota, Raipur, Chhattisgarh
492001, India
Lat 21.251669°
Long 81.611998°
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Google



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Raipur, Chhattisgarh, India
112, near Disha College, Kota, Raipur, Chhattisgarh 492001, India
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Best Practice 02 : "Caring Connections: Empowering lives with Compassion"

The Context

Challenging issues through social awareness it is important to think about the people who are around us what they feel, what they think & how yours action impact them through social awareness we can develops awareness & understanding of the world around us this is not an easy tasks it requires suspension in order to accurately identify and understand how those around us think and feel.

It's important to develop sense and emotion in our children and Disha College have Cristal ideas for that it's our duty to teach student that their thoughts, emotions and actions impact other. Students have to understand that they live in a world where relationships and social interaction play a large part in a successful life.

Objective of Activity

- To sensitize students to the needs and challenges faced by the elderly.
- To provide opportunities for students to interact with the elderly, promoting intergenerational relationships and understanding.
- To educate students about the importance of inclusion and diversity, and to promote understanding and acceptance of children with special needs.
- To educate students about the importance of inclusion and diversity, and to promote understanding and acceptance of children with special needs.
- To educate students about the social issues surrounding orphanhood and the challenges faced by orphans.
- To encourage students to participate in community service and contribute to the well-being of orphans.

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The Practice

Our National Service Scheme (NSS) unit recently embarked on a social outreach program, aiming to promote inclusivity and social responsibility. The program comprised visits to various institutions, including a disable-friendly school, an orphanage, and an old-age home. The first leg of the program took us to a disable-friendly school, where we interacted with special needs children and learned about the importance of accessibility and inclusive education. We also spent time at a local orphanage, engaging with the children and distributing essential items. Our visit to an old-age home was a poignant reminder of the need for intergenerational connections. We spent time with the elderly residents, listening to their stories and experiences.

The objective of this outreach program was to sensitize our students to the needs and challenges of vulnerable populations, while promoting empathy, compassion, and social responsibility. Through this initiative, we hope to inspire a sense of civic engagement and community service among our students.

Evidence of Success

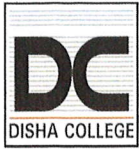
It has been observed that the education itself has practical importance in human society. To enjoy a life to-day no man can ignore practical exposure. Even one cannot imagine living a life without practical education. Theoretical knowledge is perfect to create interest in knowing how the things we believe have been created, how they reach our mind, under what process it is transferred to our real life. In this respect regular NSS activity is so special for spreading practical knowledge among the students.

Problem:

- Language and cultural differences between volunteers, beneficiaries, and institutions may have created communication challenges and hindered the program's effectiveness.

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Contact No. : 0771-4349400, 96300-04411

-
- Difficulty in evaluating and monitoring the program's impact and effectiveness may have hindered its ability to make improvements and adjustments.
 - To be successful in social work we have to need to be patient and empathetic and have strong
 - For communication of people's local language is must.


Principal
Disha College, Ram Nagar
Kota Marg, Raipur (C.G.)

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DISHA COLLEGE, RAIPUR

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PHOTO GALLERY



Matrachhya Orphanage




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Vishwa Divyangjan Diwas

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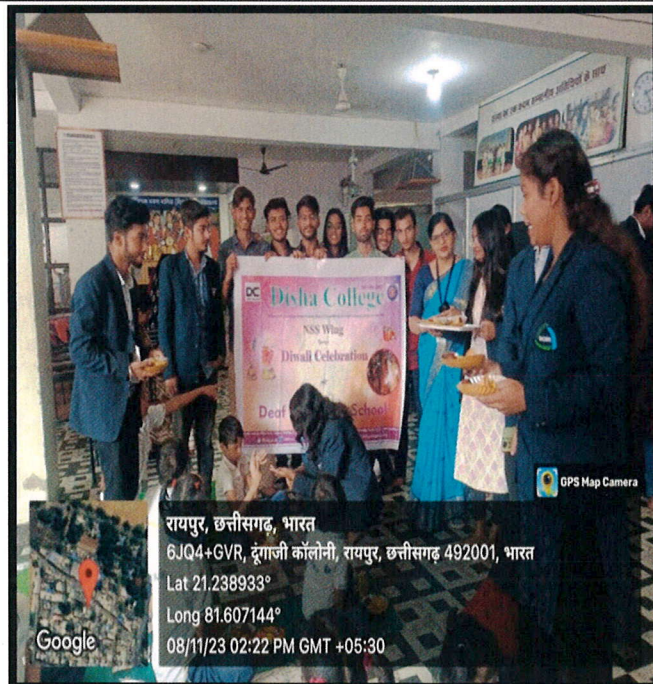
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Prerna Girls Blind School



Diwali Celebration at Deaf and Dumb Children

Diwali Celebration at Deaf and Dumb Children



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