

Jr. College Recog. No. H.S.C./1077/31029/XII/HS dt.10/06/1977  
Jr. College Code No. 22-02-001

"Dissemination of Education for Knowledge, Science & Culture"

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's

**RAJE RAMRAO MAHAVIDYALAYA, JATH**

Dist. Sangli (Maharashtra) 416 404

UGC Recognition under 2F & 12 (B) UGC Act 1956

(Affiliated to Shivaji University, Kolhapur)

NAAC Reaccredited : "A" Grade (Fourth Cycle) ISO 9001:2015 Certified

Estd : June 1969



Office : (02344) 246251, Fax : (02344) 246015, Resi : (02344) 247251 | Email : rajeramrao@gmail.com | Website : www.rrcollege.org

## N.C.C., Yoga & Meditation Cell And IQAC

### Report of One Month Yoga Shibir on

### "YOGA AND MEDITATION"

(21<sup>st</sup> MAY, 2025 to 21<sup>st</sup> JUNE, 2025)

Jointly Organized

By

N.C.C, And IQAC

Raje Ramrao Mahavidyalaya, Jath,

Dist-Sangli(M.S.)

With

D. K. Career Academy, Jath

Submitted to

IQAC(Internal Quality Assurance Cell)

Raje Ramrao Mahavidyalaya, Jath-416404;

Dist.-Sangli(M.S.),India



## Index

<b>Sr. No.</b>	<b>Content</b>	<b>PageNo</b>
<b>1</b>	Aim and Objectives	<b>03</b>
<b>2</b>	Brief Information	<b>04</b>
<b>3</b>	Letter of 16 MAH BN NCC Sangli & Broucher	<b>05-07</b>
<b>4</b>	Photographs of Yoga Shibir	<b>08-09</b>
<b>5</b>	Participants	<b>10-12</b>
<b>6</b>	Brief Summary of Yoga Workshop	<b>13</b>
<b>7</b>	Schedule of Yoga Workshop	<b>14</b>
<b>8</b>	Certificate of Workshop	<b>15</b>
<b>9</b>	Thanking Letter	<b>16</b>
<b>10</b>	Outcomes of program	<b>17</b>



## AIM AND OBJECTIVES OF SHIBIR

### AIM

1. To raise the awareness worldwide of the many benefits of the practicing yoga.
2. To develop mind power of students and faculties.

### OBJECTIVES

1. To let people know the amazing and natural benefits of yoga.
2. To connect people to the nature by practicing yoga.
3. To make people get used of meditation through yoga.
4. To draw attention of the people worldwide towards the holistic benefits of yoga.
5. To reduce the rate of health challenging diseases all over the world.
6. To bring communities much close together to spend a day for health from busy schedule.
7. To make people aware of physical and mental diseases and its solution through practicing yoga.



## Brief Information

Sr. No.	Title	Details
1	<b>OrganizingDepartment</b>	N.C.C., & IQAC With D. K. Career Academy , Jath
2	<b>TitleofActivity</b>	One Month Yoga Shibir on <b>“ YOGA &amp; MEDITATION”</b>
3	<b>DayandDateofActivity</b>	21 <sup>st</sup> May, 2025 (At 8:00 am ) To 21 <sup>st</sup> June, 2025 (At 8:00 am )
4	<b>Venue/Platform</b>	College, Indoor Game Hall.
5	<b>TotalRegistration</b>	
6	<b>Participation:</b>	<b>Total</b>
	<b>Gender</b>	<b>Male</b> <b>59</b>
		<b>Female</b> <b>20</b>
	<b>Designation</b>	<b>Students</b> <b>69</b>
		<b>Faculty</b> <b>10</b>
		<b>Private Employees</b> <b>00</b>
	<b>University</b>	<b>Home</b> <b>79</b>
		<b>Other</b> <b>00</b>

दुरध्वनी :०२३३ २९९०५७९

१६ महाराष्ट्र राष्ट्रीय छात्रसेना कार्यालय  
विलिंग्डन कॉलेज परिसर,  
विश्रामबाग सांगली ४१६ ४१५.

ट्रेनिंग/योगा डे /२०२५

१६ जून २०२५

मा.प्राचार्यसो/मुख्याध्यापकसो,

.....  
.....

### आंतरराष्ट्रीय योग दिवस २०२५

१. २१ जून २०२५ रोजी आंतरराष्ट्रीय योग दिवस साजरा केला जाणार आहे. या वर्षीची थीम 'ONE EATRH ONE HEALTH' आहे.

२. तुम्हाला विनंती आहे की २१ जून २०२५ रोजी तुमच्या संस्थेमध्ये सकाळी आंतरराष्ट्रीय योग दिन साजरा करण्यासाठी एक कार्यक्रम आयोजित करावा. विनंती आहे की :-

- जास्तीत जास्त ANOs/ कॅडेट्सची उपस्थिती सुनिश्चित करणे आवश्यक आहे आणि ते उपलब्धतेनुसार NCC टी-शर्ट आणि ट्रॅक सूटमध्ये असावेत.
- सोबत जोडलेल्या फर्म मधील कॅडेट्स संख्यानुसार योगा डे मध्ये भाग घेतील व नेमुण दिलेल्या संख्यानुसार एनसीसी कॅडेटला २५ रुपये प्रमाणे रिफ्रेशमेंट अलाऊंस दिला जाईल याची नोंद घ्यावी.
- उच्च रिझोल्यूशनचे फोटो ०२ आणि १०sec व्हिडिओ जीपीएस डेटासह आणि ईमेलद्वारे जीपीएस डेटाशिवाय शेअर केले जातील. रिझोल्यूशन कमी झाल्यामुळे whatsapp वर कोणतेही फोटो/व्हिडीओ शेअर केले जाणार नाहीत.

३. कृपया माहिती आणि आवश्यक कार्यवाहीसाठी.



*[Signature]*  
for Col  
Commanding Officer  
16 Mah Bn NCC, Sangli

Jr. College Recog. No. H.S.C./1877/21829/XS/18 JI.1006/1977  
Jr. College Code No. 22-02-001

Estd : June 1969

"Dissemination of Education for Knowledge, Science & Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe



Shikshanmaharshi Dr. Bapuji Salunkhe  
Born: 1906-01-01

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's  
**RAJE RAMRAO MAHAVIDYALAYA, JATH**

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## Notice

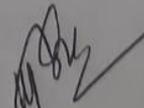
Date-10/5/2025

All Staff members, students & NCC cadets of our college are herewith informed that on occasion of International Yoga Day- 2025, we organize one month 'Yoga & Meditation' workshop from 21<sup>st</sup> May to 21<sup>st</sup> June 2025.

Hence-for all cadets register their names in NCC office from 10 May to 21<sup>st</sup> May 2025.

For further contact:9049949901



  
Capt. R.A. Sawant

Associate NCC Officer  
**Company Commander**  
NCC, R. B. College, Jat.



“Dissemination of Education for Knowledge, Science and Culture”  
- Shikshanmaharshi Dr. Bapuji Salunkhe



Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's  
**Raje Ramrao Mahavidyalaya, Jath**

Tal. Jath, Dist. Sangli

National Cadets Corps (NCC),

Gymkhana Department & IQAC Celebrates

**11<sup>th</sup> International Yoga Day**

21<sup>th</sup> June 2025



**Ku Khusabu Mujawar**  
Yoga Trainer



**Prof. (Dr.) Suresh S. Patil**  
Principal

**Organising Committee**

**Capt. P. A. Sawant ( Associate N. C. C. Officer )**

**Dr. S. R. Kulal ( IQAC Cordinator )**

**Mr. A. S. Mule (Director of Phy. Edu. and Sports)**

# PHOTOGRAPHS



Raje Ramrav College Jath  
International Yoga Day National Cadet  
21.06.2025 07:42  
17.05069, 75.19874  
352X\FCH, Jath 416404



Raje Ramrav College Jath  
International Yoga Day National Cadet  
21.06.2025 07:35  
17.05059, 75.19876  
352X\FCH, Jath 416404

**Common Yoga Potocol: Seating Aasan by Yoga Guru    Common Yoga Potocol: Standing Aasan by NCC Cadets**



Raje Ramrav College Jath  
International Yoga Day National Cadet  
21.06.2025 07:31  
17.05060, 75.19874  
352X\FCH, Jath 416404



Raje Ramrav College Jath  
International Yoga Day National Cadet  
21.06.2025 07:28  
17.05069, 75.19881  
352X\FCH, Jath 416404

**Common Yoga Potocol: Standing Aasan of ANO & Yoga Guru    Common Yoga Potocol: Doubt Clearifiacton by Yoga Guru**



Time: 05-21-2025 08:06  
Note: yoga day celebration, NCC DEPT  
RAJE RAMRAO MAHAVIDYALAYA JATH

Powered by NoteCam

# PHOTOGRAPHS



**Suryanamaskar by NCC cadets**



**Suryanamaskar by NCC cadets**



**Ardha-Chakra assan by NCCC cadets**



**Anulome-Vilom by NCC Cadets**



**Pranayam By NCC Cadets**

Shri Swami Vivekanand Shikshan Santha Kolhapur  
Raje Ramrao College Jath, Dist. Sangli



Dept of NCC  
(Daily Attendance sheet)

One Month "Yoga & Meditation" Shibir 2025-26 (21st May to 21st June 2025)

Sr. No.	CADETS NO.	NAME	21-05-2025	22-05-2025	23-05-2025	24-05-2025	25-05-2025	26-05-2025	27-05-2025	28-05-2025	29-05-2025	30-05-2025
1	MH2024ADIA 4410731	WAGHMODE ABHINANDAN KRUSHNA	PR									
2	MH2024ADIA 4410729	LOKHANDE PRAVIN BHANU	PR									
3	MH2024ADIA 4410854	SONURE SACHIN POPAT	S.P.SOR									
4	MH2024ADIA 4410732	MANE ABHIJEET LAXMAN	mn	mn	mn	mn	mn	mn	-	-	-	-
5	MH2024ADIA 4410736	JAVIR ANANDA PRAMOD	A.P.JAVI									
6	MH2024ADIA 4410733	LOKHANDE HARSHAD GOPAL	HL									
7	MH2024ADIA 4410734	SHEJUL OMKAR DHULA	SHJUL									
8	MH2024ADIA 4410735	SAWANT PRUTHVIRAJ BABAN	PR									
9	MH2024ADIA 4410727	KAMBLE ADITYA RAJENDRA	A.R.K.									
10	MH2024ADIA 4410737	SHINDE LAXMAN PANDURANG	SHINDE									
11	MH2024ADIA 4410730	GADADE SOHAM SHRIMANT	G.S.S.									
12	MH2024ADIA 4410728	PARMAL ANAND RAJESH	A.R.P.									
13	MH2024SWIA 4410723	KHANDEKAR SANIKA BHAUSAHEB	Sanika									
14	MH2024SWIA 4410724	CHAVAN PRANALI BHARAT	Pranali									

15	MH2024SWIA 4410721	MENDHIGIRI POOJA MAHADEV	P.M.M									
16	MH2024SWIA 4410722	KHANDAGALE VASHNAVI UMESH	VAISH									
17	MH2024SWIA 4410725	KAMBLE SWARANJALI BALU	KL									
18	MAH2023SDA 021819	SURVE BAPU APPASO	B.A.S									
19	MAH2023SDA 021658	PATIL PRATHMESH ARUN	PR									
20	MAH2023SDA 021659	SHEJUL YOGESH DARYAPPA	SHJUL									
21	MAH2023SDA 021668	DEVKATE SAHEBRAO BHASKAR	Dev	Dev	Dev	Dev	Dev	-	-	-	-	-
22	MAH2023SDA 021670	TAPALE OMKAR YALLAPPA	OT									
23	MAH2023SDA 021951	BHAVIKATTI ABHUIT BHAIRAPPA	-	-	-	-	-	-	my	my	my	my
24	MAH2023SDA 021671	RUPANLUR YUGANDHAR SHIVAJI	RU									
25	MAH2023SDA 021674	SHINDE PRASHANT SHAHAJI	PS									
26	MAH2023SDA 021954	MULE NIKHIL NANA	MULE									
27	MAH2023SDA 021675	KATIKAR MAYAPPA RAMA	KAT									
28	MAH2023SDA 021676	TYAGARAJ NANDKUMAR	TYAG									
29	MAH2023SDA 021592	SHINDE SUMIT SAMBHAJI	SHIN									
30	MAH2023SDA 038967	KAMBLE SUDEEP BHIMRAO	S.B.KAM									
31	MAH2023SDA 038969	VIJAYKUMAR MAHADEV	VJ									
32	MAH2023SDA 039063	YADAV SAMADHAN BHANUDAS	YADAV									
33	MAH2023SW A031598	KOKARE SHRUTI MARJAYAN	SHRUTI									
34	MAH2023SW A032959	SHINDE JAYASHREE DHANAJI	SHINDE									



35	MAH2023SW A021610	SAWANT SUVARNA KRUSHNADEV	<del>Sau</del>										
36	MAH2023SW A033068	BHOSALE SUDIKSHA SUBHASH	<del>Sau</del>										
37	MAH2023SW A021615	ATAPADKAR SARITA BHAUSAHEB	<del>Sau</del>										
38	MAH2023SW A021616	PATIL AKSHATA SHIVAJI	A.s.Pati										
39	MAH2023SW A039061	UTTARE MAYAURI PRAKASH	Ump										
40	MAH2023SW A021618	MORE PRADNYA DNYANOBA	<del>Amor</del>										
41	MAH2023SW A033893	BIRADAR SAKSHI SANTOSH	<del>Amor</del>										
42	MAH2024SWIA 4410735	SAWANT SANCHITA PANDURANG	Ch										
43		AIWALE TRUPTI JAGANNATH	mpt										
44		PATIL PRATIK PRAKASH	-	u&ks	-	u&ks	u&ks						
45		DEVMAHE AKSHAY DINKAR	hn	-									
46		GAIKWAD ROHIT PRABHAKAR	Relit	-	Relit	Relit	Relit						
47		HELAKAR JAGADISH BASAGONDA	SL	SL	-	SL							
48		HIPPARKAR SAURABH KHANDU	Hs										
49		JABGOND RAJKUMAR VITTHAL	gk	gk	gk	gk	-	gk	gk	gk	gk	gk	gk
50		JADHAV KARAN KUNDALIK	<del>gk</del>	<del>gk</del>	-	<del>gk</del>							
51		PUJARI PRAJWAL SHRISHAIL	PRS										
52		KUMBHAR OMKAR VILAS	omkor	omkor	-	omkor	omkor	omkor	omkor	omkor	omkor	-	omkor
53		KAMBLE ASHISH BALU	@	@	@	@	@	@	@	@	@	@	@
54		KITTURE PRIYANKA BASU	-	-	-	-	kitt						



35	MAH2023SW A021610	SAWANT SUVARNA KRUSHNADEV	<del>Sau</del>										
36	MAH2023SW A033068	BHOSALE SUDIKSHA SUBHASH	<del>Sau</del>										
37	MAH2023SW A021615	ATAPADKAR SARITA BHAUSAHEB	<del>Sau</del>										
38	MAH2023SW A021616	PATIL AKSHATA SHIVAJI	A.s.Pati	Ump	Ump	Ump							
39	MAH2023SW A039061	UTTARE MAYAURI PRAKASH	Ump										
40	MAH2023SW A021618	MORE PRADNYA DNYANOBA	<del>Amor</del>										
41	MAH2023SW A033893	BIRADAR SAKSHI SANTOSH	<del>Amor</del>										
42	MAH2024SWIA 4410735	SAWANT SANCHITA PANDURANG	Ch										
43		AIWALE TRUPTI JAGANNATH	mpt										
44		PATIL PRATIK PRAKASH	-	u&ks	-	u&ks	u&ks						
45		DEVMAHE AKSHAY DINKAR	hn	-									
46		GAIKWAD ROHIT PRABHAKAR	Relit	-	Relit	Relit	Relit						
47		HELAKAR JAGADISH BASAGONDA	SL	SL	-	SL							
48		HIPPARKAR SAURABH KHANDU	Hs										
49		JABGOND RAJKUMAR VITTHAL	gk	gk	gk	gk	-	gk	gk	gk	gk	gk	gk
50		JADHAV KARAN KUNDALIK	<del>gk</del>	<del>gk</del>	-	<del>gk</del>							
51		PUJARI PRAJWAL SHRISHAIL	PRS										
52		KUMBHAR OMKAR VILAS	omkor	omkor	-	omkor	omkor	omkor	omkor	omkor	omkor	-	omkor
53		KAMBLE ASHISH BALU	@	@	@	@	@	@	@	@	@	@	@
54		KITTURE PRIYANKA BASU	-	-	-	-	kitt						



55	KODALKAR SARTHAK SANDIP	to									
56	KOTTALAGI MALLIKARJUN LAXMAN	gr									
57	KOTTALAGI TEJASHRI BASAPPA	gr									
58	LATHE CHAITAN HANAMANT	B	B	B	B	B	B	B	B	B	B
59	LAVATE SNEHAL DIGAMBAR	Lante									
60	LOKHANDE HARSHAD GOPAL	me									
61	MAHAJAN DHYANESHWAR MAHANING	me									
62	MALI SANIKA GOPAL	Mali									
63	MATHAPATI SUJAL SHIVAYYA	S	S	S	S	S	S	S	S	S	S
64	MOLKE RAJKUMAR KALYAN	M.R.K.									
65	MORE SHUBHAM RAJENDRA	Fr									
66	MOTE PRANALI VILAS	KMD									
67	MUDASI PREMAVANT IIRANINA	gm									
68	NADAF SAJID AMIR	S	S	S	S	S	S	S	S	S	S
69	PANDHARE RAJ BABASO	BtHc									



Capt. R.A. Sawant  
Company Commander  
NCC.R.R. College, Jat.



## Brief Summary of One Month Shibir

International Day of Yoga 2025, to be observed today, i.e. Saturday (21 June 2025) carries a theme of “**Yoga for One Earth ,One Health**”, which is intended at bringing to light the physical, mental, and emotional state of peoples. Hence institute arranged **FREE OF COST** one month Yoga & Meditation **Shibir** Collaborated with **D. K. Career Academy, Jath** on the behalf of 11<sup>th</sup> international yoga day. The One Month Yoga & Meditation Shibir was started from 21<sup>st</sup> May 2025 to 21<sup>st</sup> June 2025 under the guidance of Yoga Guru Kum. Khusabu Mujawar of D. K. Career Academy, Jath. Capt. P. A. Sawant, Coordinator of Yoga & meditation Cell, R. R. College Welcome the Yoga Guru and the all participants in Shibir day to day. The schedule of Yoga & Meditaion Shibir is fixed for one month. Sharply at 8:00 am the Shibir started with pray of Shri Swami Vivkanand Shikshan Sansth Kolhapur. Then after common Yoga protocol and lastly the pray of Yoga. Same way on 21<sup>st</sup> June 2025, 11<sup>th</sup> International Yoga Day is celebrated. The feedback of participant is unbelievable. The participants were enjoying the Shibir very nicely. The teaching staff and nonteaching staff were involved in the shibir. Prof.(Dr.) S. S. Patil, Principal, R. R. Mahavidyalaya, he talked about the Shri Swami vivekanand Shikshan Sanstha Kolhapur. Kum. Khusabu Mujawar of Yoga Guru, D. K.Career Academy. Jath introduced the Common Yoga Protocol and explained about various yoga exercises conducted during the session.

Asanas in different positions:

1. Standing.
2. Lying down on spine.
3. Lying down on abdomen.
4. Other asanas.

Lastly he deliberated the question and answer session after compilation of Common Yoga Protocol. The students and other participants asked very interesting and thought provoking questions which were suitably replied by Yoga guru Kum. Khusabu Mujawar. Vote of thanks was extended by Dr. Shivaji Kulal, IQAC Coordinator, Raje Ramrao Mahavidyalaya. Prof. Anup Mule-physical director R.R. Mahavidyalaya Jat- He was Anchor in Shibir.

**-Capt. P. A. Sawant**  
(A. N. O.)



“Dissemination of Education for Knowledge, Science & Culture”

-Shikshanmaharshi Dr. BapujiSalunkhe.

**SHRISWAMIVIVEKANANDSHIKSHANSANSTHA,KOLHAPUR'S**

**RAJERAMRAOMAHAVIDYALAYA,JATH**

**N.C.C., Dept. & IQAC**

**With**

**D. K. CAREER ACADEMY, JATH**

**ONE MONTH YOGA SHIBIR**

**ON**

**“YOGA & MEDITATION”**

**( 21<sup>st</sup>MAY 2025 to 21<sup>st</sup> JUNE 2025 at 8:00 a.m. to 9:00 a.m.)**

**8:00am: Prayof Shri Swami Vivekanand Shikshan Sanstha, Kolhapur**

**8:05am: COMMON YOGA PROTOCOL.**

**Kum. Khusabu Mujawar**

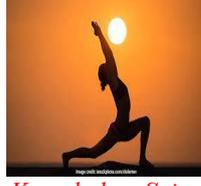
**(Yoga Guru, D. K. Career Academy, Jath )**

**9:00 am: Yoga Pray**

**IQACDirector-Dr.Shivaji.R.Kulal**

**Organizing Secretary- Capt. PandurangA.Sawant**

# CERTIFICATE



*"Dissemination of Education for Knowledge, Science & Culture"*

*-Shikshanmaharshi Dr. Bapuji Salunkhe.*

Shri Swami Vivekanand Shikshan Sanstha , Kolhapur's

**Raje Ramrao Mahavidyalaya, Jath**

**(Affiliated to Shivaji University, Kolhapur)**

**One Month Yoga Shibir On  
"Yoga & Meditation"**

**Organized By**

**N.C.C., & IQAC**

**With**

**D. K. CAREER ACADEMY JATH.**



# CERTIFICATE

This is to certified that Mr./Miss./Dr. **Cdt. Chavan Pranali B.** has participated in **One Month Yoga Shibir on "Yoga & Meditation "** from 21<sup>st</sup> May to 21<sup>st</sup> June 2025 jointly organized by **N.C.C., & IQAC** Raje Ramrao Mahavidyalaya, Jath -416404 Dist.-Sangli, Maharashtra, India.

Capt. P. A. Sawant  
Organizing Secretary

Dr. S. R. Kulal  
IQAC Coordinator

Shri. Deepak Kamble  
D. K. Career Academy

Dr. S. S. Patil  
Principal



# RAJE RAMRAO MAHAVIDYALAYA, JATH

Dist. Sangli (Maharashtra) 416 404

UGC Recognition under 2F & 12 (B) UGC Act 1956

(Affiliated to Shivaji University, Kolhapur)

NAAC Reaccredited : "A" Grade (Fourth Cycle) ISO 9001:2015 Certified



Office : (02344) 246251, Fax : (02344) 246015, Resi : (02344) 247251 | Email : rajeramrao@gmail.com | Website : www.rrcollege.org



## Thanking Letter

Date: June 21, 2025.

To,

Kum. Khusabu Mujawar (Yoga Guru)

D. K. Career Academy, Jath,

Respected Mam,

In respect to our kind invitation and request, you accepted the invitation and delivered a fruitful and insightful guidance in "ONE MONTH YOGA & MEDITATION SHIBIR" And Celebration of 11<sup>th</sup> INTERNATIONAL YOGA DAY" which is organized on 21<sup>st</sup> June 2025. Sir this shibir definitely helpful to our students to make good health and mind.

It is a symbol proud, Valour and steadfast citizen of our country.

Raje Ramrao Mahavidyalaya extends our deep gratitude and cordial appreciation to you.

Thanking you,

Yours

Prof.(Dr.) S. S. Patil



## RAJE RAMRAO MAHAVIDYALAYA, JATH

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UGC Recognition under 2F & 12 (B) UGC Act 1956

(Affiliated to Shivaji University, Kolhapur)

NAAC Reaccredited : "A" Grade (Fourth Cycle) ISO 9001:2015 Certified

Estd : June 1969



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Date- 21/5/2025 to 21/6/2025

### OUTCOMES OF YOGA AND MEDITATION WORKSHOP

- The results of the camp indicate that the practice of Yoga and meditation increased the consciousness of individuals.
- Importantly, the practice has considerable effect on all dimensions of consciousness over time.
- The impact is more and relatively immediate on social and self-consciousness.
- Thus an individual becomes more aware about self as a person and is able to connect oneself with others.
- Also, initially after four weeks of practice the practitioners did not show significant change in physical and emotional consciousness but there was significant increase in these dimensions of consciousness after four weeks of practice of yoga and meditation.
- A longer duration of practice may have significant effect on mental and spiritual consciousness.