




NANDHA ENGINEERING COLLEGE, (Autonomous) ERODE-52

SDG Initiatives @NEC

Activity		Foundation Yoga & Meditation Course
Target Group	First year Under- Graduate Students of B.E/B.Tech- Batch 2024	
SDG Alignment	SDG- 3 Good Health & Well-being Ensure healthy lives and promote well-being for all at all ages	3 GOOD HEALTH AND WELL-BEING 

Introduction

The Foundational Yoga & Meditation Course was conducted at Nandha Engineering College to promote mental well-being and holistic development among first-year engineering students. The initiative was aligned with Sustainable Development Goal (SDG) 3 – Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all at all ages.

Objective

The primary goal of this program was to help students manage stress, improve concentration, and enhance emotional resilience. The course was designed to provide students with essential yoga and meditation techniques that support their academic performance and overall mental health.

Course Structure

The Yoga & Meditation course was structured into multiple sessions, covering the following aspects:

- **Introduction to Yoga, Mindfulness, and Meditation:** Understanding the significance of yoga and mindfulness in daily life.
- **Breathing Techniques (Pranayama):** Practicing controlled breathing to reduce anxiety and enhance focus.
- **Yoga Postures (Asanas):** Learning and practicing basic yoga postures to improve flexibility and physical health.
- **Guided Meditation Practices:** Engaging in guided meditation sessions to promote relaxation and self-awareness.

- **Stress Management Strategies:** Learning techniques to cope with academic and personal stress.
- **Incorporating Yoga & Meditation into Daily Routine:** Encouraging students to make these practices a regular part of their lifestyle for long-term well-being.

Time Table:

The classes were scheduled for 2 hours per week in the students' timetable, ensuring regular practice and maximum benefits.

Days/Hr	1	2	3	4	5	6	7
Monday	IT- A		CIVIL & CHEMICAL			ECE-B	
Tuesday	CSE(IOT) & MECH		AI & DS- B			EEE	
Wednesday	IT-B		CSE-A			AGRI	
Thursday	CSE- C		BME			CSE-B	
Friday	AI & DS-A		CSE(CS)			ECE-A	

Time Table – ODD Semester 2024-2025- I -Year B.E/B.Tech

Faculty Team:

S.No	Name of the Faculty	Role
1.	Mr.R. Thiruneelakkandan	Course Coordinator
2.	Mr. Shoban Natrayan	Course Instructor -I(NEC)
3.	Ms. Ramadevi	Course Instructor- II (NEC)
4.	Ms. Uma Maheshwari	Course Instructor-III (Temple of Conscious, Erode
5.	Mr. Siddheshwaran	Course Instructor-IIV (Temple of Conscious, Erode)
6.	Ms.Amrithalaksmi	Course Instructor-V (Temple of Conscious, Erode

Impact on Students:

The Yoga & Meditation course had a positive impact on the students, as observed through their feedback and behavioural changes. The following outcomes were recorded:

- **Reduction in Stress and Anxiety:** Many students reported a decrease in stress levels and improved emotional stability.
- **Enhanced Focus and Concentration:** Regular yoga and meditation practices helped students maintain better attention spans during academic sessions.
- **Improved Sleep Quality:** Several participants experienced better sleep patterns and reduced restlessness.
- **Physical and Mental Health Benefits:** Students displayed an overall increase in self-awareness, flexibility, and emotional regulation.

Photos



Alignment with SDG 3:

Alignment with SDG 3 This initiative directly contributes to **SDG 3 (Good Health and Well-being)** by:

- **Enhancing Mental Health:** The program addresses rising concerns about stress, anxiety, and mental fatigue among students by incorporating structured meditation and yoga practices.
- **Encouraging a Holistic Approach to Well-being:** Through regular yoga and mindfulness exercises, students learn the importance of a balanced lifestyle, including proper rest, nutrition, and emotional stability.
- **Improving Physical Fitness:** Yoga postures help in enhancing flexibility, posture, and overall physical health, reducing the risk of lifestyle-related illnesses.
- **Creating a Health-Conscious Student Community:** By integrating well-being into education, the course encourages a culture where students prioritize their mental and physical health, leading to long-term benefits in their academic and personal lives.

Students Feedback:



The foundational yoga course was a great experience for me. As a first-year engineering student, I often feel stressed with assignments and exams, but practicing yoga helped me stay calm and focused. The breathing exercises and meditation techniques were especially useful in managing stress. Overall, I think this course should be continued for all students because it helps both mentally and physically."

-T. Abjini, I- year Computer Science and Engineering



"I really enjoyed the foundational yoga course. At first, I thought it would be just physical exercises, but I learned that yoga is much more than that. The relaxation techniques helped me improve my concentration, which is useful for my studies. The instructors were very patient and explained everything well. I feel more energetic and positive after completing this course

-J. Mounish, I- year Mechanical Engineering

Students feedback video posted in institution's social media pages: Refer the below Links

Link 1: https://www.instagram.com/reel/C_sPY-ZJU6i/?igsh=M3JyY3dkcjNleDhq

Link 2: https://www.instagram.com/reel/C_x2b7lsnKn/?igsh=azc0bjdsNW4ybjJh

Certification:

At the end of the course, all the students are certified for their successful completion of the Foundational Yoga & Meditation course in ODD semester - 2024-2025.

Sample Certificate: (Assessment sheets are enclosed as Annexure)



Conclusion

The Foundational Yoga & Meditation Course at Nandha Engineering College successfully provided first-year engineering students with practical tools to enhance their mental and physical well-being. The program served as a vital step toward achieving Sustainable Development Goal 3, ensuring that students are equipped with yoga and mindfulness practices that promote a healthier and more productive life.

Future plans include expanding the program to include advanced yoga techniques and integrating well-being practices into the academic curriculum for long-term benefits. This initiative highlights the importance of holistic health in education and sets a precedent for similar programs in other institutions.