

## Best Practice-II

### Pranayama

**Goal:** The practice of Pranayama will bring breathing control in students. Breathing exercises control over the Prana (vital life-force) while Prana can be understood as the source and cause of movement in our students breathing. The whole concept of Pranayama is based on the link between breath and mind. Breath is said to be the vehicle of mind. When the breath is slow and deep, the mind stays in its calm state that helps to stressless life style and also increases the life span.

**Objectives:** It enables the student to maintain good mental health. It integrates moral values in students. It improves students breathing capacity. Diverts mind from bad to good habits. It develops study mind, strong will power and sound judgement.

**Context:** Weekly 5 days we make students to practice pranayama in the morning from 9:30 to 9:50. It improves students' concentration.

**The Practice:** The practice of pranayama makes one energetic, enthusiastic, calmer and positive. Such a state of mind helps students in making better decisions, having mental strength when dealing with adversities and feeling happier.

**Evidence of Success:** Our Physical Education Director guides the students to practice the pranayama. It implied in increasing the breathing capacity of students and improved mental health that automatically shows the progress in study.

**Problems Encountered and Resources Required:** No such major problems were encountered. But in the initial stage students faced minor problems like tiredness and laziness but later due to the yoga advantages on mental and physical health it generated more interest in the students. It has changed in their behavior in developing positive attitude.