

Yoga meditation in 'CHAUPAL'

'CHAUPAL' means 'Chara Ghar' in Assamese language

Introduction:

"Chaupal" is a Hindi word that refers to a traditional community gathering space in rural India. It typically consists of an open area, often under a large tree or in the center of a village, where people come together for various purposes, including socializing, discussing community matters, and holding cultural events.

The practices associated with a chaupal vary depending on the specific context and cultural traditions of the region. But Gogamukh College has set certain practices focusing on all the employees and students of different classes in every month except during the period of the university examination.

"Chaupal" here is designated for yoga classes under add-on-course of Dibrugarh University and yoga meditation for the employees on 4th Saturday of every month.

Gogamukh College is in tribal populated areas where some of the cultural traditions may be injurious to health such as drinking 'Apong'. But it is almost impossible to negate the tradition since it is attached to cultural and religious tradition. Awareness is the only key to decrease its uses among the students and employees. Yoga meditation in chaupal is a wonderful practice in Gogamukh College.

Even Social media and other distractions can indeed disrupt the focus and productivity of college students and employees when it comes to executing their duties. Here's how these factors can impact.

1. Distraction and Procrastination: Social Media platforms and other online distractions can easily lure college students and employees away from their responsibilities. Instead of focusing on their studies or work tasks, they may find themselves spending excessive time scrolling through social feeds, watching videos, or engaging in other non-productive time.

2. Decreased Attention Span: Constant exposure to social media and digital stimuli can contribute to a decrease in attention span, making it harder for individuals to concentrate on tasks that require sustained focus. This can lead to reduced productivity and efficiency in completing assignments or work projects.

3. Impact on mental health: Excessive use of social media has been linked to various mental health issues such as anxiety, depression, and low self-esteem. College students and employees may experience stress and negative emotions as they compare themselves to others online or feel pressure to maintain a certain image or level of activity on social platforms.

4. Sleep Disturbance: Spending late hours on social media or electronic devices can disrupt sleep patterns, leading to fatigue and decreased cognitive functioning during the day. Poor sleep quality can impair academic performance for students and decrease workplace productivity for employees.

5. Difficulty in Time Management : Constant connectivity through social media and digital devices can blur the boundaries between personal and academic/work life, making it challenging for individuals to manage their time effectively. This can result in procrastination, missed deadlines, and feelings of overwhelm.

6. Negative Impact on Relationship: Excessive use of social media can detract from face-to-face interactions and meaningful relationships, both in college and in the workplace. Students and employees may struggle to communicate effectively or build strong interpersonal connections when their attention is constantly divided between online and offline interactions.

The objective of incorporating yoga meditation into college settings can be multifaceted, aiming to address various aspects of students and employees well-being and academic success

Here are some objectives:

- **To reduce Stress.**
- **To Enhance Focus and Concentration.**
- **To Improve Physical Health.**
- **To Develop Emotional Regulation.**
- **To promote self-care practice.**
- **To Build Resilience.**
- **To Construct Community Building.**

Analysis :

- College life often comes with significant stressors such as academic pressures, social challenges, and personal responsibilities. Yoga meditation can provide students with effective tools to manage stress, promoting mental and emotional well-being.
- Regular practice of yoga meditation can improve attention span and concentration, which are essential for academic success. By cultivating mindfulness and presence, students can enhance their ability to engage with their studies and retain information.
- Yoga asanas (poses) incorporated into yoga meditation practices can help improve physical health by increasing flexibility, strength, and balance. This can contribute to overall well-being and reduce the risk of stress-related illness.
- College can be a time of emotional growth and exploration, but it can also bring about emotional challenges. Yoga meditation fosters emotional regulation skills, helping students navigate their feelings in a healthy and constructive manner. Encouraging students to prioritize self-care is crucial for their overall health and

success. Yoga meditation serves as a self-care practice that students can integrate into their daily routines, promoting a holistic approach to well-being.

- College is a time of transition and growth, and resilience is key to navigating these changes successfully. Yoga meditation cultivates resilience by teaching students to respond to challenges with equanimity and adaptability.
- Incorporating yoga meditation into college settings can also foster a sense of **community** and connection among students. Group meditation sessions provide opportunities for students to come together in a supportive environment, strengthening social bonds and reducing feelings of isolation.

Yoga meditation in college is to support students in leading balanced, healthy, and fulfilling lives, both academically and personally. By integrating these practices into college campuses, institutions can contribute to the holistic development and well-being of their students.

Finding:

Gogamukh College started ‘ **Yoga meditation in Chaupal**’ in the month of January,2023 though informally but later yoga course under add-on-course of Dibrugarh University came into existence. Before starting the course on Yoga, the college conducted collaborative 6 days workshop with Yog Vigyan Mahavidyalaya Guwahati Gogamukh College where employees of Gogamukh College, local people and students of the college participated. Yog Guru Yadhav Pokhrel and Ms Bhanupati Permei, representing Yogvigyan Mahavidyalaya, Guwahati took the responsibility of practicing Yoga.

The Participants from the college and locality gathered early in the morning at 4.45 am during the workshop. This workshop inspired the authority to start a regular courses and **Yoga meditation in Chaupal**’.

Too much academic work load and due to pragmatism and new pedagogic change in NEP2020 employees and students are in great stress. Gogamukh college is situated at rural setting and professionalism is still away from the methodology of work. People either drop the idea of becoming professional or escape from it. Hence **Yoga meditation in Chaupal**’ appears to be **very fruitful**.

Conclusion: Incorporating yoga meditation into Gogamukh college life, particularly in the serene setting of a chaupal, offers numerous benefits for students and the college community as a whole. As we conclude this endeavor, it's important to reflect on the significance and potential impact of this practice

Through regular practice of yoga meditation in the tranquil atmosphere of a chaupal, students and employees can experience reduced stress, improved mental clarity, and a greater sense of inner peace. These benefits contribute to overall well-being and resilience in the face of academic and personal challenges.

Practicing yoga meditation in a communal space like a chaupal fosters a sense of belonging and connection among students. It provides an opportunity for them to come together, support each other, and build meaningful relationships outside the confines of the classrooms.

The practice of yoga meditation encourages students and employees to cultivate mindfulness, both on and off the mat. By learning to be present in the moment and observe their thoughts and emotions without judgment, students develop valuable skills for managing stress, enhancing focus, and fostering self-awareness.

The mental clarity and focus gained through yoga meditation can have a positive impact on academic performance. Students may find themselves better able to concentrate during lectures, retain information more effectively, and approach their studies with a greater sense of calm and confidence.

Integrating yoga meditation into college life underscores the importance of holistic education that encompasses not only academic learning but also personal growth and well-being. It emphasizes the value of nurturing both the mind and body to support students in becoming well-rounded individuals.

In conclusion, the practice of yoga meditation in a chaupal setting in Gogamukh college holds tremendous potential to enrich the college experience and empower students and employees on their journey of self-discovery and academic achievement.

By embracing this ancient practice within the modern context of higher education, colleges can create environments that nurture the holistic development of their students and cultivate a culture of well-being, mindfulness, and community connections.

A handwritten signature in black ink, appearing to read 'Dilip', written over a diagonal line that extends from the bottom left towards the top right.

(Dr. Dilip Kumar Jha)
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Gogamukh College