

Health benefits of Meditation:

Though meditation is usually recognized as a largely spiritual practice, it also has many health benefits. The yoga and meditation techniques are being implemented in management of life threatening diseases; in transformation of molecular and genetic structure; in reversal of mental illnesses, in accelerated learning programs, in perceptions and communications beyond the physical, in solving problems and atomic and nuclear physics; in gaining better ecological understanding; in management of lifestyle and future world problems. Some benefits of meditation are :

It lowers oxygen consumption.
It decreases respiratory rate.
It increases blood flow and slows the heart rate.
Increases exercise tolerance in heart patients.
Leads to a deeper level of relaxation.
Good for people with high blood pressure as it brings the B.P. to normal.
Reduces anxiety attacks by lowering the levels of blood lactate.
Decreases muscle tension (any pain due to tension) and headaches.

Though meditation is usually recognized as largely spiritual practice, it also has many health benefits. the yoga and meditation techniques are being implemented in management of lite threatening diseases; in transformation of molecular and genetic structure; in reversal of mental illnesses, in accelerated learning programs, in perceptions and communications beyond the physical, in solving problems and atomic and nuclear physics; in gaining better ecological understanding; in management of lifestyle and future world problems. Some benefits of meditation are:

It lowers oxygen consumption.
It decreases respiratory rate.
It increases blood Flow and slows the heart rate.
increases exercise tolerance in heart patients.

Benefits of Yoga

At the outset, we must understand what we can gain out of this wonderful practice
At the physical level, yoga and its cleansing practices have proven to be extremely effective for various disorders. To get a sampling of how yoga benefits health disorders, please visit the Yoga Therapy section.
More importantly yoga is extremely effective in:
Increasing Flexibility
Increasing lubrication of the joints, ligaments and tendons
Massaging of ALL Organs of the Body
Complete Detoxification "Excellent toning of the muscles



INSTITUTE OF PROFESSIONAL STUDIES

Affiliated to C.C.S. University, Meerut

3725, 3726, Ikla Road, Dasna, Ghaziabad - 201001
Ph.: 0120-2962204, E-mail : ipseducation1@hotmail.com
Website : www.ipsinstitute.in



VOL. 3

Sanchar

OCTOBER 2010 to MARCH 2011

October - 2010

REPORTING & ORIENTATION PROGRAMME

On 19.10.2010 and 20.10.2010 B.Ed students reported in college and orientation programme was held for them to aware them about the college, its campus, faculty members & facilities etc.

November 2010

DIYA & RANGOLI COMPETITION

IPS organized a Diya & Rangoli Competition on 02.11.2010. Students participated in the competition with great zeal and did their work very well.



GUEST LECTURE

IPS organized a guest lecture on Critic of Value Education in scientific environment on 19.11.2010. Mr. Om Narayan Mishra, the resource person told the concept of value education in Scientific Environment in an effective manner.



December 2010

AIDS AWARENESS PROGRAMME

IPS organized an Aids Awareness programme on 01.12.2010. To make people aware about this disease they also gave some suggestions to escape from this disease.

GUEST LECTURE



IPS organized a guest lecture on 07.12.2010 on the fundamental of lesson plan by Mr. Hari Om Bhardwaj. He

explained various structures of lesson plan and also told the format of lesson plan.

WORK SHOP

IPS organized a workshop on micro teaching by Dr. Sangeeta Verma on 14.12.2010. She told the various skills of micro teaching and students prepared micro teaching lesson plan accordingly.



January 2011

LOHRI & MAKAR SANKRANTI

IPS celebrated a Lohari & Makar Sankranti in the Institute of Professional Studies on 13.01.2011. Lohri programme was celebrated with great enthusiasm. Khichdi was distributed to all on the occasion of Makar Sankranti.



REPUBLIC DAY CELEBRATION

IPS Celebrated Republic day on 26.01.2011. Mr. Krishna Lal Yadav, the chief guest unfurled the flag. The students presented various cultural and patriotic programmes.



DEBATE COMPETITION

IPS organized a debate competition on 31.01.2011. The topic of the debate was Swami Viveka Nand. Students presented their views in favour and against the topic.



February 2011

SPORTS COMPETITION

IPS organized a Sport competition from 11.02.2011 to 12.02.2011. The main events of the programmes were 100 meters race, 400 meters race, Long Jump, High Jump, Football mach, 20-20 Cricket mach, Musical chair. All the B.Ed students participated with great zeal.



SCOUT & GUIDE CAMP

IPS organized a Scout & Guide Camp from 28.02.11 to 04.03.11. Mr. Shyam Singh, the trainer



trained the students in different activities. On 4th march students made camps displaying various themes and states.

March 2011

Women Empowerment Awareness Rally

IPS organized a women empowerment awareness rally related to women problem. On 08.03.2011 the rally was started when Principal Dr. Nimisha Lal Srivastava Showed a green flag. Senior Lecturer Mr. Niraj Kumar Singh in his speech told that Women Empowerment can be achieved successfully only when all the women get respect in the society & they'll get right to express their views.



YOGA WORKSHOP

IPS organized a Yoga Workshop from 09.03.2011 to 10.03.2011. The yoga teachers Shri S.P. Singh, Shri L. Mishra, Shri Tejpal Singh explored various activities to stay healthy.



HOLI CELEBRATION

Holi festival was celebrated on 15.03.2011 . The students presented various cultural programme and sprinkled the gulal at the feet of all the teachers and said Happy Holi.



PULSE POLIO RALLY

Pulse Polio Rally was organized on 27.03.2011. The students went to the houses of Dasna and told about this disease and also distributed the polio drop.



EDUCATIONAL TOUR

Educational Tour was organized by IPS on 30.03.2011 at Delhi. The Students visited science museum and Akshar Dham mandir & enjoyed the tour a lot.

