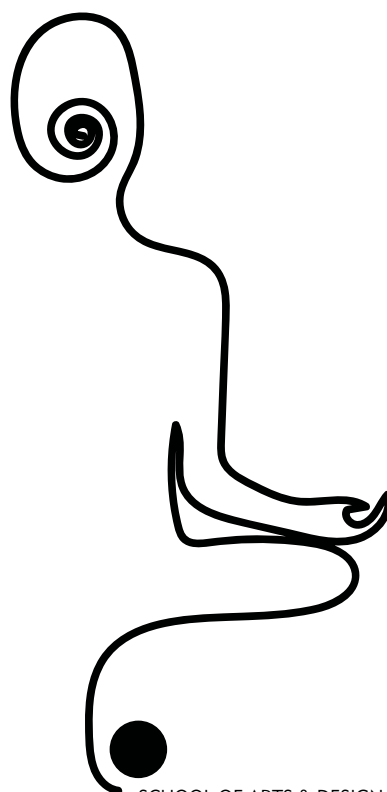




SCHOOL OF ARTS & DESIGN

**To Serve, to Support, to Spread... WELLNESS**  
FROM ASCTIONS TO KARMA YOGA... the ERS drive

**COE**  
Centre of Excellence  
Yogic Studies

**... to serve is to reign** (Galatians 5:13)

### **To Serve, to Support, to Spread... WELLNESS**

Health, and Wellness initiative through ancient believes of Karma Yoga, aka Seva

The Training and Seva took place from June 3rd, 2024, to June 13th, 2024. A program aligned with ERS and SDG Goal 3 and 17, which focus on ensuring healthy lives and promoting well-being for all ages and strengthening the means of implementation and revitalizing the global partnership for sustainable development simultaneously.

To provide a broader perspective, I am an active member of the Yoga Alliance USA, the Indian Yoga Association (IYA), certified at the highest level - YCB L3 Evaluator & Trainor which is the Yoga Communication Board of India, Ayush Ministry. The Service and Training session with the Association for Yoga & Meditation Centre (AYM) Ashram in Rishikesh, which is also affiliated the Indian Yoga Association and the Board, involved training and interaction programme for the masses from all over the world and multiple domains of profession. Which did not just allows one to understand and participate in a global health & well being but also allows us to interact with individuals from various profession, starting from corporates to design to real estate, namely Lawyers, Healers, Builders, Graphic Artist, Musician etcetra, where in each and every individual is trying to match a pace in their lives integrating the idea of a Holistic Lifestyle and a selfless living.

This place has allowed me to narrow down my research initiations in a broader perspective given the fact that the founder of the place, Yogi Mahesh is himself a Doncorate.



As an individual who always strives to promote the idea of healthy and balanced living, directly associated with academics, and with considerable experience in the industry, I have personally witnessed how holistic and selfless practices and collaborations transform lives.

The creativity in these practices lies in their direct impact on mental and hormonal health, which in turn enhances one's capability for decision-making, problem-solving, and critical and analytical thinking. These traits are essential for responding effectively in unusual circumstances, directly influencing the creative output and skillset of both learners and experienced artists.

As an educator and mentor, I have seen the benefits of collaborative health practices in fostering a supportive learning environment. These practices encourage students to engage in teamwork, share diverse perspectives, and develop a sense of community. They promote emotional well-being, reduce stress, and enhance focus, leading to improved academic performance and creative expression. By integrating these practices into educational settings, we not only nurture healthier individuals but also cultivate more innovative and resilient thinkers.

Looking to the future, there is immense potential for research growth and holistic development in this area. Studies can further explore the specific mechanisms through which collaborative health practices influence cognitive and emotional processes. This research could lead to the development of more targeted interventions that enhance educational outcomes and personal growth. Additionally, embracing these practices can contribute to a more holistic approach to education, where the focus extends beyond academic achievement to include the overall well-being and development of individuals. This forward-thinking approach can create a more balanced, healthy, and innovative society.

#futureyou



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