



# Yogoda Satsanga Mahavidyalaya

(Established in 1967)

NAAC Accredited B++ (CGPA 2.89)

Affiliated to Ranchi University & registered under 2 (F) & 12 (B) of UGC Act



## Institutional Distinctiveness

Yogoda Satsanga Mahavidyalaya, an offspring of Yogoda Satsanga Society of India, founded by Sri Sri Paramahansa Yogananda, distinguishes itself through a *profound commitment to yoga* as a fundamental aspect of its identity. Several elements contribute to the college's emphasis on yoga and its institutional distinctiveness:

## Dhyan Mandir - Yoga and Meditation Centre

The college houses a dedicated Yoga and Meditation Centre known as Dhyan Mandir. Students not only learn about the significance of yoga but also receive guidance on various aspects of yoga and meditation.



## PARAMAHANSA YOGANANDA YOGA & MEDITATION CENTRE

  
Principal

Yogoda Satsanga Mahavidyalaya  
Jagannathpur, Dhurwa, Ranchi-4



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*Members of Teaching and nonteaching staff meditating at the Centre*



*Students practicing meditation in the Paramhansa Yoga and Meditation Centre.*



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## Rejuvenating session by Senior Monks

Our college is an offspring of the well-known spiritual organization, YSS. Senior monks from YSS conduct meditation and refreshing sessions when they visit the college. Even during the Covid pandemic, these sessions were held online to support mental health.

**Yogoda Satsanga Mahavidyalaya, Ranchi**  
Under the aegis of  
**Yogoda Satsanga Society of India**  
**INVITES**  
Students, Teachers, Parents and Youth to attend and benefit from a  
**LIVE WEBINAR ON**  
**LOCKDOWN FALLOUT:**  
**WINNING OVER**  
**ACADEMIC AND EMOTIONAL**  
**STRESSES -**  
**THROUGH YOGIC PATH**  
**TALK AND GUIDED MEDITATION**  
**BY**  
**BR. DHAIRYANANDA**  
**VICE CHAIRMAN, GOVERNING BODY, YOGODA SATSANGA MAHAVIDYALAYA**  
Br. Dhairyananda Ji is an alumnus of La Martinere College, Lucknow and Lucknow University. He has been on the monastic path of Sri Sri Paramahansa Yogananda since over two decades. He is presently serving the Society as Vice-chairman of the Yogoda Satsanga Educational Institutions apart from other departments in the Ranchi Math and overseeing YSS Kendras in Bihar and U.P. A prolific spiritual and educational motivator, he has immensely impacted lives of his audiences across the country.  
**Monday | June, 22, 2020 | 4pm**  
Join us on:  
**You Tube** <http://www.youtube.com/c/YOGODASATSANGAMHAVIDYALAYA>  
**LIVE**  
**f** **LIVE** <https://www.facebook.com/yogodasatsanga.mahavidyalaya>  
**LIVE** **STREAMING** <https://www.ysmranchi.net>

WEBINAR on "Lockdown Fallout: Winning over academic and emotional stressors through Yogic Path" held on June 22, 2020.

Youtube Link of the webinar telecasted from the Youtube channel of the college:

[https://www.youtube.com/live/7XUe2xopxhA?si=UXmRcXY8H4a\\_pBiA](https://www.youtube.com/live/7XUe2xopxhA?si=UXmRcXY8H4a_pBiA)



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## Lockdown Fallout; Winning Over Academic And Emotional Stresses - Through Yogic Path



YOGODA SATSANGA MAHAV...  
2.41K subscribers

Subscribed

229



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*A glimpse of the online session held by Sr. Monk Br. Dhairyanand ji.*





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*A rejuvenating session was conducted by Swami Suddhanandagiri ji, a senior monk at YSS at the college ground.*



*A meditation session led by a senior monk, YSS*

## **Yoga Practice**

Qualified instructors conduct regular yoga sessions for students. This ensures that students have practical exposure to different yoga techniques and principles



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*Glimpse of Regular Yoga practice sessions at the Yoga and Meditation Center.*



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## International Yoga Day Celebration

The institution annually celebrates International Yoga Day, underlining the physical, mental, and spiritual benefits of yoga. Students are actively encouraged to prioritize and incorporate this healthy and rejuvenating practice into their lives. Even during the pandemic, the virtual celebration of Yoga Day took place.



Celebration of International Yoga Day, 2022





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International Yoga Day 2023







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*Display on benefits of Yoga as a part of the Exhibition on the occasion of Yoga Day.*

## Yoga Performance

The college actively showcases the talents of its yoga practitioners through yoga performances incorporated into various college functions.



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*Yoga Performance by the students.*



## Yoga Competitions (District/State/National)

Students participate and excel in District, State, and National Yoga Championships, highlighting the institution's dedication to nurturing and recognizing yoga talent. The college also extends financial assistance to the students for participation in these competitions.

### (A) DISTRICT LEVEL (2018-23)

#### 34<sup>th</sup> RANCHI DISTRICT YOGA SPORTS CHAMPIONSHIP 2018

Sl. No	Name	Age Group	Position	Student ID
01	Ravi Ranjan Kumar	17-21	Xth	BS2017051

#### 35<sup>th</sup> RANCHI DISTRICT YOGA SPORTS CHAMPIONSHIP 2019

Sl. No	Name	Age Group	Position	Student ID
1.	Uttam Kumar Sah	18-21	II	BA20177672
2	Sunil Kumar	18-21	II	BA2015738
3	Anand Kachchap	25-35	III	BA2019536



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4	Ranjan Kumar	18-21	I	MC2017055
5	Kundan Kumar	18-21	VI	BA2017794
6	Shailesh Kumar	18-21	V	BA2018505
7	Amit Kumar	18-25	II	BA2018450
8	Sarita Kumari	18-25	IV	BA2017124
9	Ravi Ranjan Kumar	18-21	III	BS2017051

## **36<sup>th</sup> RANCHI DISTRICT YOGA SPORTS CHAMPIONSHIP 2020**

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	II	BA2019381
02	Sarita Kumari	21-25	Participation	BA2017124
03	Kundan Kumar	21-25	Participation	BA2017794

## **37<sup>th</sup> RANCHI DISTRICT YOGA SPORTS CHAMPIONSHIP 2021**

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	I	BA2019381
02	Amit Kumar	21-25	I	BA2018450
03	Ravi Ranjan Kumar	21-25	II	BS2017051
04	Sakshi Raj	18-21	III	BCOM2021COM122
05	Sarita Kumari	21-25	III	BA2017124
06	Shailesh Kumar	18-21	III	BA2018505
07	Ritika Kumari	18-21	III & IV in two events	BA2018050



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Amit Kumar, B.A (Political Science Hons.) (left) and Ravi Ranjan Kumar, B.Sc (Zoology Hons)(right) won a total of three and four prizes respectively in the District Yoga Championship.



Prize winners in District Yoga Championship.



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## 38<sup>th</sup> RANCHI DISTRICT YOGA SPORTS CHAMPIONSHIP 2022

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	I & Participation	BA2019381
02	Sakshi Raj	18-21	III & Participation	BCOM2021COM122
03	Suraj Kumar	18-21	III & Participation	BA2022ECO009



Winners of 38<sup>th</sup> Ranchi District Yoga Championship.



## **39<sup>th</sup> RANCHI DISTRICT YOGASANA SPORTS CHAMPIONSHIP 2023**

Sl. No	Name	Age Group	Position	Student ID
01	Suraj Kumar	18-21	II & Participation	BA2022ECO009
02	Sakshi Raj	18-21	II & Participation	BCOM2021COM122

## **(B) STATE LEVEL EVENTS (2018-23)**

### **17<sup>th</sup> JHARKHAND STATE YOGA SPORTS CHAMPIONSHIP 2018**

Sl. No	Name	Age Group	Position	Student ID
01	Ravi Ranjan Kumar	17-21	III in Yogasana III in Free Flow Yoga III in Artistic Pair Yoga	BS2017051

### **18<sup>th</sup> JHARKHAND STATE YOGA SPORTS CHAMPIONSHIP 2019**

Sl. No	Name	Age Group	Position	Student ID
01	Sarita Kumari	21-25	III	BA2017124
02	Ravi Ranjan Kumar	21-25	III in Yogasana II in Rhythmic Yoga I in Free Flow Yoga	BS2017051
03	Ranjan Kumar	21-25	V in Yogasana	MC2017055
05.	Manisha Kumari	18-35	Participant	BC2018193



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Exuberant performance of the students of our Mahavidyalaya in the 18th Jharkhand State Yoga Championship, 2019 organized by the Koderma District Yoga Association. Our students won prizes in various categories and brought laurels to the college (as listed in the table above)

## 19th JHARKHAND STATE YOGA SPORTS CHAMPIONSHIP 2020

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	III	BA2019381
02	Sarita Kumari	21-25	III	BA2017124
03	Kundan Kumar	21-25	IV	BA2017794
04	Sakshi Raj	18-21	IV	BCOM2021COM122





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## 21<sup>st</sup> JHARKHAND STATE SPORTS YOGA CHAMPIONSHIP 2021

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	II	BA2019381
02	Amit Kumar	21-25	III	BA2018450
03	Sarita Kumari	21-25	IV	BA2017124
04	Ravi Ranjan Kumar	21-25	IV	BS2017051

## 22<sup>nd</sup> JHARKHAND STATE SPORTS YOGA CHAMPIONSHIP 2022

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	IV	BA2019381
02	Shakshi Raj	18-21	Participation	BCOM2021COM122
03	Suraj Kumar	18-21	Participation	BA2022ECO009

## 23<sup>rd</sup> JHARKHAND STATE SPORTS YOGA CHAMPIONSHIP 2023

Sl. No	Name	Age Group	Position	Student ID
01	Suraj Kumar	18-21	VI	BA2022ECO009
02	Sakshi Raj	18-21	III	BCOM2021COM122
Alumni	Sarita Kumari	18-21	I	BA2017124
Alumni	Shailesh Kumar	21-25	IV	BA2018505



Participants and Winners of the Championship were felicitated at the college.



Winners of the Championship with the Yoga Instructor of the College Sri Govardhan Kumar.

## (C) NATIONAL LEVEL EVENTS (2018-23)

### 44<sup>th</sup> SENIOR NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2019

No	Name	Age Group	Position	Student ID
01	Ravi Ranjan Kumar	18-21	Participant	BS2017051
02	Sarita Kumari	18-21	Participant	BA2017124

### 46<sup>th</sup> SENIOR NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2022

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	Participation	BA2019381



## 47<sup>th</sup> SENIOR NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2023

Sl. No	Name	Age Group	Position	Student ID
01	Sakshi Raj	18-21	III	BCOM2021COM122
02	Puja Rani	18-25	III	BA2019381



Sakshi Raj, a student of **B.Com(2021-24)**, as a part of the Jharkhand Yoga Team, participated in the Free Flow Yoga Dance Competition(Female Group) at the **47<sup>th</sup> Sr. National Yoga Sports Championship** held in Pali Rajasthan from March 24 to March 27, 2023. The team put up an excellent performance and secured third place, making us proud of their accomplishment.



**Our esteemed alumna**, Sarita, participated in the Khelo India University Games 2023 held in Uttar Pradesh from 25th May to 3rd June 2023. they were securing the prestigious bronze medal.

Sarita's remarkable journey from our college, where she pursued her education in the Department of Hindi from 2017 to 2020, to her current pursuit of education at the School of Yoga at Ranchi University, exemplifies the holistic approach we embrace at Yogoda College. What makes her achievement even



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	more special is her continued dedication to Yoga, as <i>she still practices in the esteemed Paramhansa Yoga and Meditation Centre of our college</i> , even after passing out. Sarita's success serves as a shining inspiration to our current and future students, demonstrating the limitless possibilities within their reach.
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## 26<sup>th</sup> ALL INDIA INTER SCHOOL & CLUB YOGA CHAMPIONSHIP 2022

Sl. No	Name	Age Group	Position	Student ID
01	Puja Rani	18-21	I	BA2019381
03	Shakshi Raj	18-21	IV	BCOM2021COM122
05	Suraj Kumar	18-21	VIII	BA2022ECO009

### Representation of the students in the Ranchi University Team

Four yoga champions of Yogoda Satsanga Mahavidyalaya represented RU with other university students of Ranchi University in the All-India Inter-University Yoga Championship (Men and Women), 2019-20.



Students of YSM: Sarita (first from right), Manisha (third from right), Kundan (second from left) and Ravi (third from left)



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## Certificate Course in Yoga

Recognizing the timeless wisdom and transformative power of Yoga, in the Academic Years 2018-19 and 2019-20, the college offered a certificate course in Yoga, marking a significant stride towards holistic education and wellness of the students.

## NEP-Aligned Yoga Course

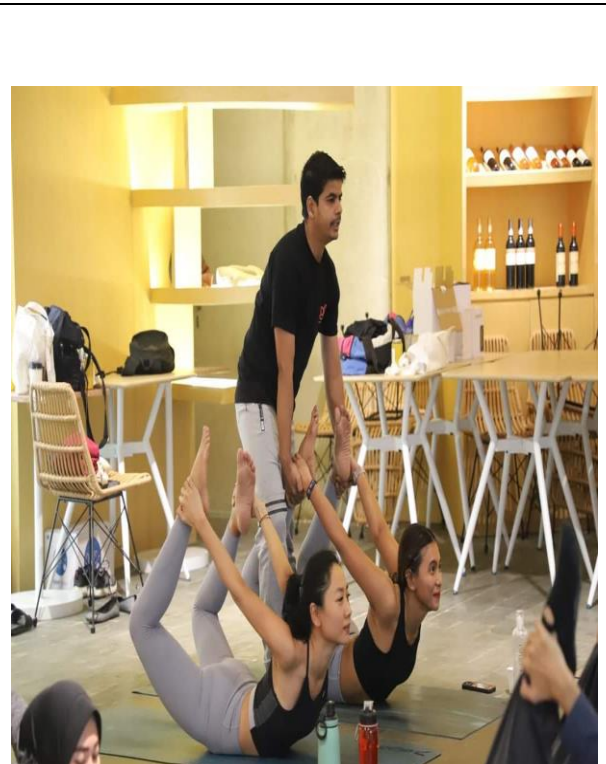
In alignment with the National Education Policy (NEP), the college has introduced a dedicated Yoga course. This course provides students with both theoretical insights and practical exposure, enhancing their understanding of yoga comprehensively.

## Global Impact

The institution has produced talented yoga instructors who have gone on to share their knowledge and expertise worldwide. This global impact underscores the effectiveness and quality of the yoga education provided by the college.



*Kumar Ranjan presently serving as a Yoga Instructor in Vietnam.*



*Amit Kumar presently serves as a Yoga Instructor in Jakarta, Indonesia.*



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## **Ragging-Free Campus**

The college takes pride in maintaining a ragging-free campus, fostering a safe and supportive environment for all students. This commitment aligns with the overall well-being and mental health of the student community.

In summary, Yogoda Satsanga Mahavidyalaya's commitment to yoga is evident through its infrastructure, practical sessions, celebrations, and competitions. The introduction of an NEP-aligned Yoga course further demonstrates the institution's adaptability to contemporary educational policies, and the global impact of its alumni speaks to the quality of education and training provided. The college's holistic approach to yoga education sets it apart for not only academic excellence but also the promotion of overall well-being.