

Teaching Meditation and Yoga to Young Refugees in Nakivale Camp

Background

Young refugees in Nakivale Camp have often experienced traumatic and stressful experiences, which can negatively impact their mental and emotional well-being. Teaching meditation and yoga can be a beneficial approach to help them manage stress and improve their mental health.

Benefits of Meditation and Yoga

1. Reduces Stress and Anxiety: Meditation and yoga can help young refugees manage stress and anxiety, which can improve their overall well-being.
2. Improves Concentration and Memory: Regular meditation and yoga practice can improve young refugees' concentration and memory, which can help them perform better in school.
3. Developing Self-Esteem: Meditation and yoga can help young refugees develop greater self-esteem and self-confidence, which can help them overcome the challenges they face.
4. Promoting Peace and Tolerance: Meditation and yoga can help young refugees develop greater understanding and tolerance of others, which can help promote peace and social cohesion.

Impact

Teaching meditation and yoga to young refugees in Nakivale Camp can have a significant positive impact on their mental and emotional well-being, as well as their ability to overcome the challenges they face. It can also help promote peace and social cohesion in the community. Initiated by Arsene Kibukila, this practice has come to life here in Nakivale Refugee Camp.