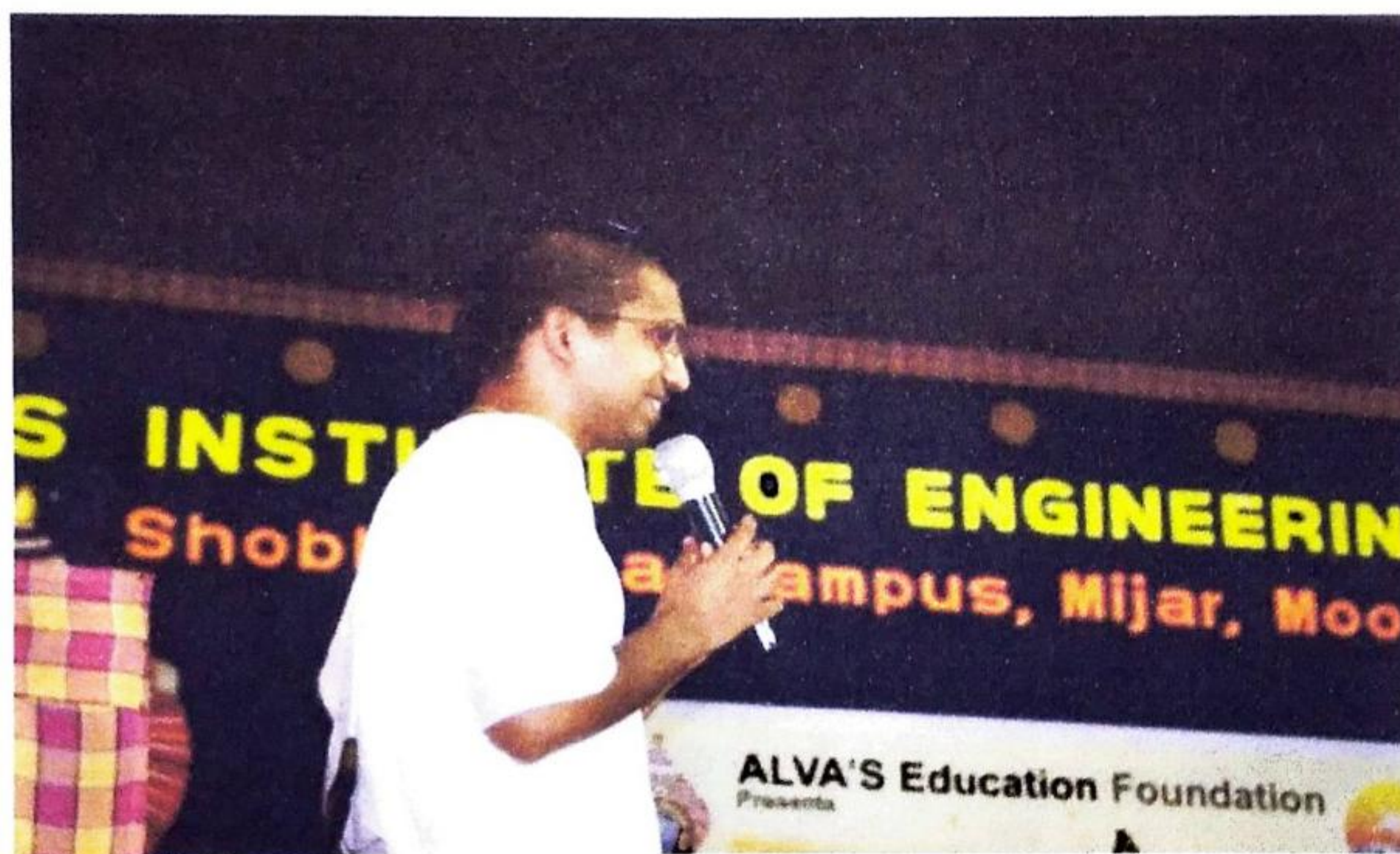


26-08-2016

### **Yoga and Meditation Orientation Session**

An orientation program on yoga and meditation was organized by AIET on 23<sup>rd</sup> August 2016 and Swami Sharad Vihari Dasa, BACCE, Mangalore was the resource person.

During the interaction with students, Swami Sharad Vihari discussed regarding benefits of yoga & meditation in daily life. Swami mentioned that – how today's youth are victims of stress, anxiety, insomnia due to highly competitive environment and work culture.



**Fig. Orientation on yoga and meditation**

He said that peer pressure, examination pressure, long working hours, irregular eating habits are other causes of stressful life style. Thus Yoga is a great way to overcome stress. Students found it very beneficiary. He oriented about the importance of spirituality in modern life and how the spirituality increases the inner strength and supports mental health of an individual.





**Fig2 Audience of Orientation on yoga and meditation**

Swamiji addressed around 320+ students from various branches and insisted students to take part and get maximum benefit from the upcoming yoga and meditation institutional training. Also, he recommended them to practice it regularly for good physical and mental health.

  
**Coordinator**

  
**PRINCIPAL**  
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## **Report on “Yoga & Meditation Course”**

**ACADEMIC YEAR 2016-17**

Alva's Institute of Engg. and Technology organized Yoga and Meditation training program from 30<sup>th</sup> Aug – 17<sup>th</sup> Sep, 2016 (batch-1) and 1<sup>st</sup> March – 18<sup>th</sup> March, 2017 (batch-2) in the morning between 6.10AM to 7.15AM at Yoga Hall, Alva's College of Naturopathy and Yogic Science, Mijar. Students from various departments actively participated in the yoga training program and Dr. Swathi an experienced and skilled yoga trainer, has made the participants aware of many yoga techniques and asnaas required for maintaining good health. Every day the class began with the prayer followed by practicing of asanas, pranayama & meditation and ends with the prayer.

Dr. Swathi has taken classes with high level of dedication and interest. The classes were interactive and also the problems of students were addressed by the trainers. A total of 88 students from both the batches participated in this training program.

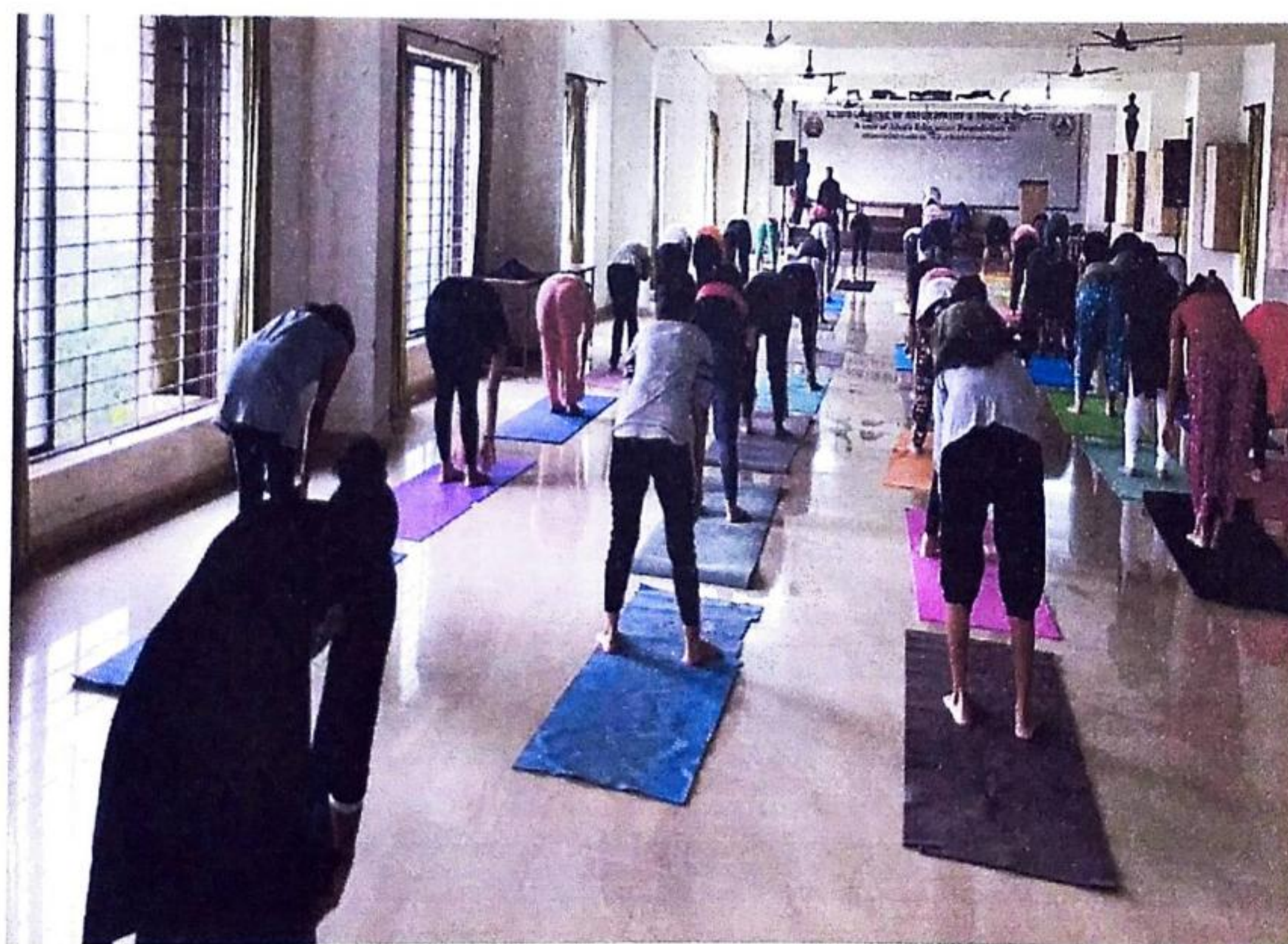


Fig. Yoga training sessions





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Training sessions at Yoga Hall, Alva's CNYS

  
**Coordinator**

  
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## **Personal Holistic Competence Foundation Course (PHCFC)**

*in association with*



### ***About the PHCF Course:***

Holistic development means developing a one's intellectual, mental, physical, emotional, and social skills intended to help meet daily life's demands and challenges. These skills are critical to success in the career arena of everyone.

With this objective, AIET organized a course on developing Holistic Competence for the students of first year B.E Physics Group for the academic year 2016-17, though it was not included in the university prescribed curriculum. A total of 498 students have attended this Holistic Competence course.

The course was planned and conducted in association with Bhakti Vedanta Academy for Cultural & Character Education (BACCE), Mangalore and its team.

Students are empowered to improve their educational outcomes and gain the life skills necessary to take on a successful professional career.

### **Benefits of Holistic Education:**

1. Improved Academic Achievement
2. Enhanced Mental and Emotional Well-Being
3. Increased Problem-Solving Ability
4. Improved control on mind and thoughts

The plan of action, images of session, time-table and student attendance are attached below.





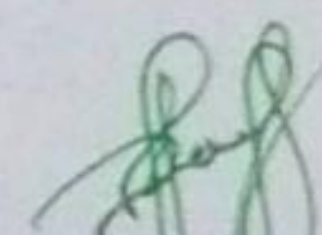
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Sample images of Holistic Competence sessions by BACCE Foundation and team.



Session by Sri. Sarad Vihari Das, BACCE Foundation



  
PRINCIPAL

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