



Alva's Institute of Engineering & Technology
Shobhavana Campus, Mijar, Moodbidri, D.K - 574225
NAAC Internal Auditing Report

Certificate

This is to certify that the following programs are selected for the capacity building and life skills initiatives from the institution during the year 2016-17.

Yoga and meditation orientation session

- Importance of yoga for mankind
- Stress management skill by yoga

Yoga and Meditation training session

- Origin and history of Yoga in India
- Concept and importance of yoga in India
- Integrating the practice of yoga for health
- Concept of yogic diet
- Yoga for mental health

Personal holistic competence and Foundation course

- Mind controlling skill
- Problem solving ability
- Art of emotional well being
- Yoga for academic achievement


Principal

PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K