



**20-08-2018**

## **Report on Orientation of Yoga Meditation and Fitness**

An orientation on Yoga Meditation and Fitness was organized on 17-08-2017 in AIET auditorium by 11AM. Swami Namanishta Dasa, devotee ISKON Mangalore was the resource person. The objective of the talk is to educate students on the benefits of practicing yoga and meditation regularly.

The expert began the talk saying that - Yoga is a great way to work on your flexibility and strength and mentioned – “Yoga is for everyone of any age”.

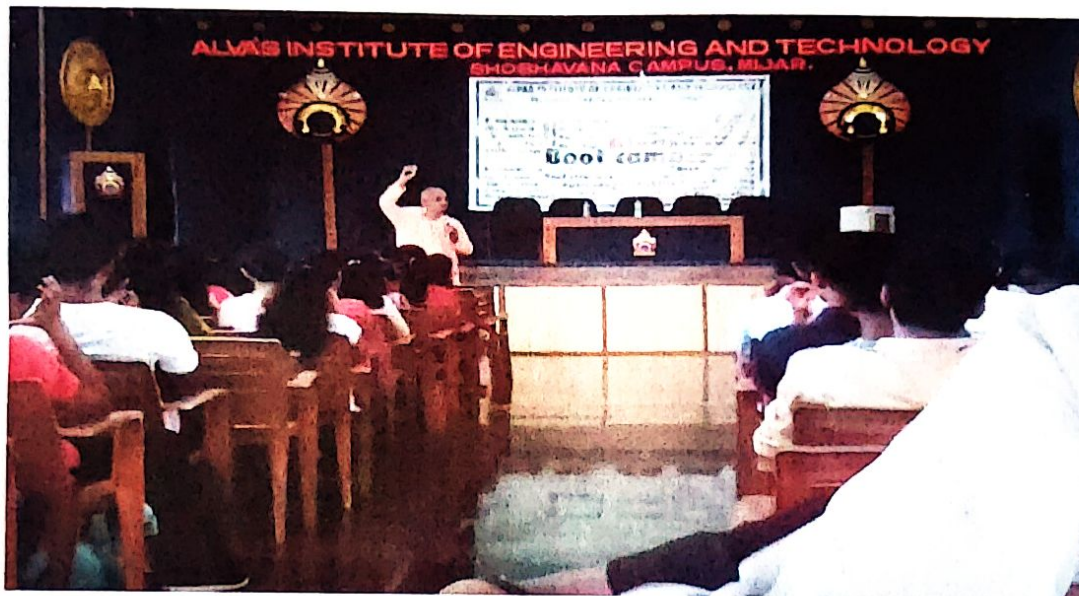


Figure 1: orientation on yoga and meditation

The talk primarily focused on the benefits of practicing yoga and meditation for students such as,

- Increase focus and learning concentration
- Reduce stress, anxiety, and depression
- Improve memory and attention span
- Build stronger immune system and greater physical activities.
- Power of sound sleep for enhanced performance in students life.



## **Report on “Yoga & Meditation Training Program”**

### **Academic Year 2017-18**

Learning and practising Yoga postures and meditation rejuvenates one's body and mind. With this aim, Alva's Institute of Engineering & Technology promotes health benefits among students through Yoga & Meditation by conducting a training program from 4/9/2017 to 23/9/2017 and 8/3/2018 to 24/3/2018 during odd and even semesters. A total of 162 students have participated in this yoga and meditation training program for the academic year 2017-18.

The training was conducted at Engg. Seminar hall, Main block between 5:30 to 6:30 PM evening batch and Yoga Hall at Alva's Naturopathy and Yogic Science between 6:15 to 7:15 AM morning batch. The yoga instructor, Dr. Swathi and her team of interns, took yoga and meditation sessions with great dedication and the students participated with full interest and enthusiasm.



**Fig. Training glimpses**

The daily session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujangasana and others by ending with Shavasana. Pranayama and meditation techniques were also practised regularly as per the schedule.

The trainers conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga regularly atleast for few minutes a day.



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Fig. Training glimpses

**OUTCOME:** By this training, students realized better strength, mental relaxation, higher concentration and improved academic performance.

  
Coordinator



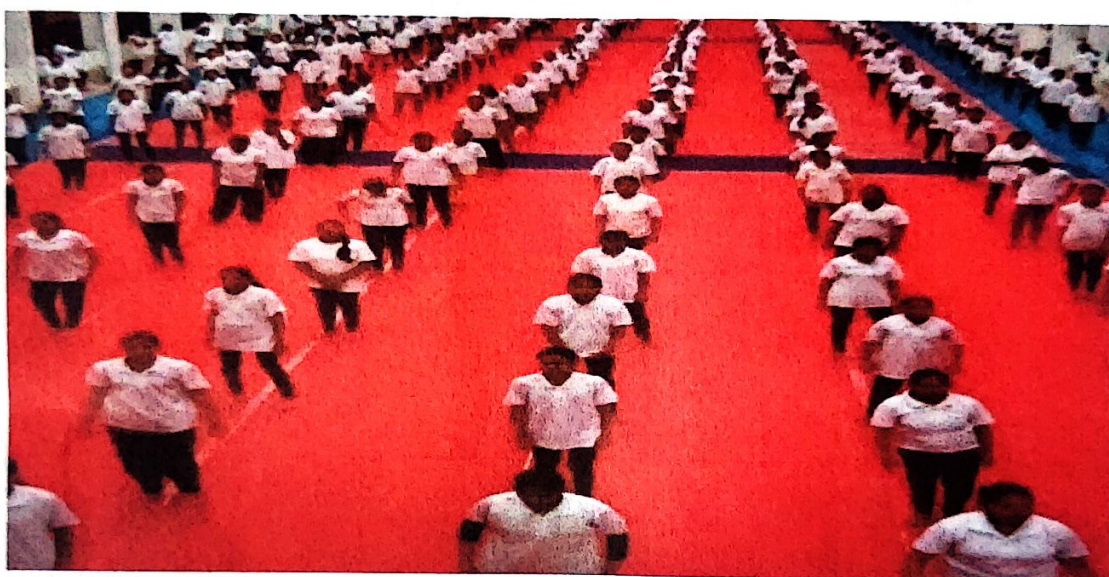
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22-06-2018

### **World Yoga Day Celebration at Alva's**

Alva's Education Foundation witnessed A mass yoga performance by its students on celebrate world yoga day 21<sup>st</sup> June 2018 from 7:00 AM at Main block Quadrangle, Vidyagiri, Moodbidri. The theme was "Yoga for Peace" and about 115 students of AIET took active participation in this event.



**Fig. Participation of students in YOGA DAY**

  
**Coordinator**

  
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## **Report on Zumba Fitness Program**

Zumba is an exercise fitness program that uses music and choreographed steps to form a fitness party atmosphere. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.

As a part of pre-placement training program, our students were included in various physical activities in morning for their physical fitness and motivation.



**Fig. Zumba Training Program**

Zumba was one among those physical activities. Training program was conducted from 4th Aug 2017 to 19th Aug 2017 at AIET auditorium for the duration of one month everyday from 6.30am to 7.45am by Zumba trainer and ZIN member Mr. Sumanth Bernard Roche from Mangalore. Since Zumba is a group activity it made our students to work as a team with co- ordination. About 81 students have participated in this Zumba Training program.

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**Fig. Zumba Training for students**

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## **Report on Activities for Physical Fitness-GYM**

Multi gym Facility is provided for the students of ALET for physical exercises that enhances or maintains physical fitness . As a part of health and wellness initiatives, students of ALET were included in various physical activities for their physical fitness and motivation. The ALET Gym facility was made available for students every day in the morning from 6.30AM to 7.30AM and evening 5PM to 7.30 PM under the guidance and training of fitness trainer Mr. Ashith Shetty. The daily session starts with free/warm up exercises continued with workouts at different stages.



**Figure: Physical exercises in the gym**

With regular exercises, students feel less stress, more energised, have improved memory and cognitive performance, plus you'll stay fit and toned.



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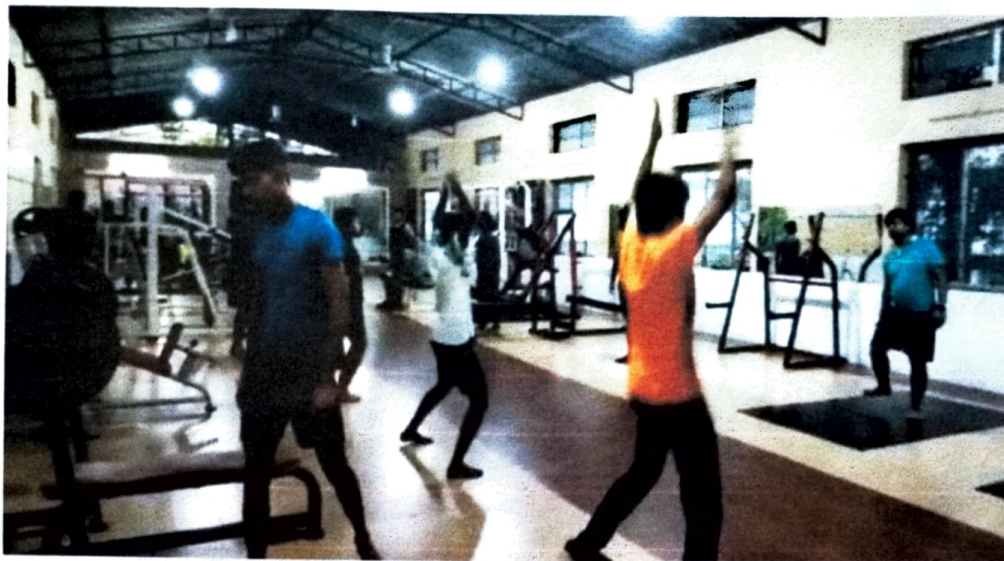


Figure: Physical warm-up and workout exercises in the gym

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## **Report on Jogging Fitness Initiative**

Jogging is a complete workout and helps to build endurance and stamina in the body without being too harsh. It strengthens the muscles and bones and also keeps the heart and mind healthy. As a part of fitness and wellness initiatives, our students were encouraged to involve in various physical activities in morning for their physical fitness and motivation. Jogging was one among those physical activities. Jogging activity is conducted at AIET and Shobhavana premises from 10<sup>th</sup> September 2017 between 6.10AM to 7.15AM.



**Figure:1 Jogging by students for physical fitness**

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



*[Signature]*  
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30-08-2017

**Guest talk on “Health, Environment and We ”**

A clean environment is essential for human health and well-being. With this note, Dr. K. M. Prabhu, Prabhu hospital, Moodabidri begun the guest talk on “Health, Environment and We” for students of 1<sup>st</sup> year B.E on 28<sup>th</sup> Aug 2017 at A.I.E.T Auditorium.

Dr. Prabhu mentioned on how Climate change is impacting human lives and health in a variety of ways. It threatens the essential ingredients of good health - clean air, safe drinking water, nutritious food supply, and safe shelter - and has the potential to undermine decades of progress in global health. He also explained how people are being exposed to a wide range of chemicals in their daily lives, via polluted air and water, consumer products and diet. The session was attended by around 450 students of 1<sup>st</sup> year B.E. classes.

Dr. K. M. Prabhu focused on developing a safer, healthier and more productive work environment. He detailed about Environment, Health & Safety, and the strategies for health safety management and process.



**Fig. 1: Guest talk on Health, Environment and We by Dr. K. M. Prabhu**

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