



## Alva's Institute of Engineering & Technology

Shobhavana Campus, Mijar, Moodbidri, D.K - 574225

Phone: 08258-262725, Fax: 08258-262726

### Report on Orientation Session of Yoga and Meditation

An orientation program on yoga and meditation was organized on 28-8-2018 by 11.10AM and Swami Sri. Sharad Vihari Dasa from Bhakthivedantha Academy for Cultural and Character Education (BACCCE), Mangalore was the resource person. He has given information regarding benefits of yoga and meditation in daily life. Yoga helps students to increase their immunity and energy level. Yoga helps students to stay calm and fight mental health issues.



Orientation by Swami Sharad Vihari Dasa at AIET Auditorium

Yoga helps to provide clarity and see get rid of unnecessary thoughts. Yoga help students to stay organized and help them to perform better. Swami explained the causes of stress among students and practicing yoga is a better way to overcome stress. About 320+ students attended the session.

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### **Report on "Yoga & Meditation Training Program"**

Alva's Institute of Engineering & Technology has conducted a 3-week training on yoga & Meditation. The program was conducted from 20<sup>th</sup> September to 10<sup>th</sup> October 2018 (odd semester batch) and 8<sup>th</sup> April to 27<sup>th</sup> April 2019 (even semester batch) at Engg. Seminar hall, Main block for boys by 5:30 to 6:45 PM and Yoga Hall at Alva's Naturopathy and Yogic Science for girls by 6:15 to 7:15 AM. The participants were benefited by learning different asanas, meditation & concentration techniques. There was a good response from students during practices & learning sessions. The classes were interactive & also the problems of students were addressed. A total of 171 students have participated in this training program for the academic year 2018-19.

#### **Instruction passed for students**

- Practise yoga after 1 hour of liquid diet, 3 hours after refreshments or 5 hours after meals.
- Wear loose T-shirts and track pants during practise.
- Yoga should be practiced on a levelled floor in a room where doors and windows are kept open for air and light.
- One should not practice yoga directly on the floor, instead use yoga mat/carpet and practice by facing east or north in the morning, west or south in the evening.



Yoga training sessions

  
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Yoga training sessions



Training for boys

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01-07-2019

### Report on World Yoga Day Celebration


World Yoga Day or Antarashtriya Yog Divas is an annual event celebrated all over the world on June 21 since its inception in 2015. The idea of Yoga Day was first proposed by Indian Prime Minister during his speech at the UNGA, on September 27, 2014.

With this motive AIET Moodbidri organizes yoga day celebrations by a Mass Yoga Performance by students of AIET and Alva's CNYS on 21<sup>st</sup> June 2019 at AIET Auditorium. 53 students of AIET took active participation and made this event successful.



Celebration of world yoga day

  
Coordinator

  
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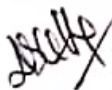
### Report on Zumba Fitness Program

Zumba is an exercise fitness program and also a cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. As a part of pre-placement training program, our students were included in various physical activities in morning for their physical fitness and motivation. A total of 60 students had participated in this joyful fitness training program - Zumba



Zumba Training

Zumba was one among those physical activities. Training Program was conducted from 16<sup>th</sup> July 2018 to 16<sup>th</sup> Aug 2018 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.

  
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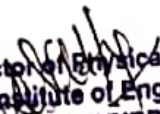
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Students gained awareness that Zumba is by far one of the best ways to get into exercise routine because of following benefits.

- ❖ It helps in improving coordination
- ❖ It involves full body workout
- ❖ It helps in increasing confidence and mood boosting
- ❖ It helps to improve a person's balance, flexibility and energy levels.

  
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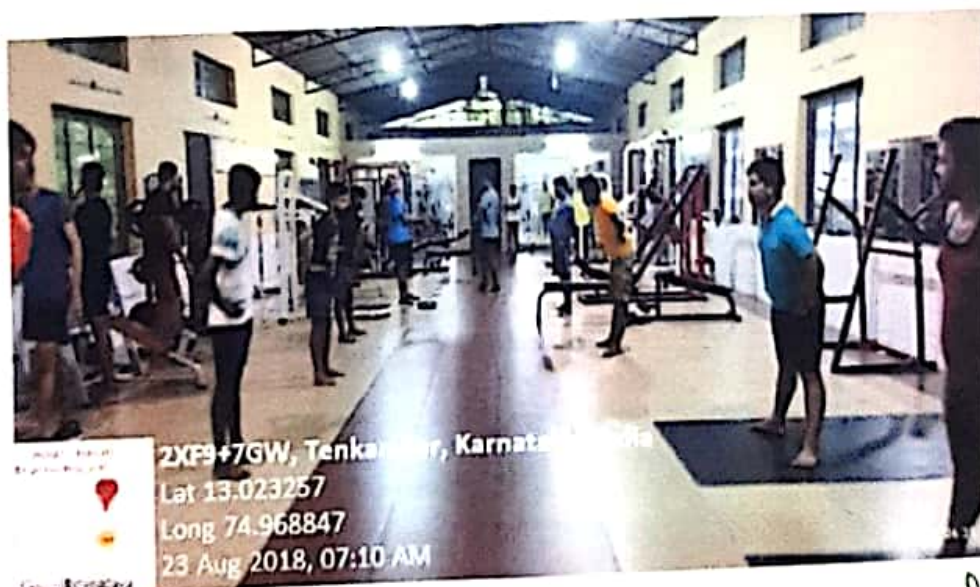
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### Physical Fitness Initiative -GYM

Physical fitness is a state of health and well-being and without a doubt, regular exercise can benefit the health, mind and body. The fitness exercises were practiced at AIET gym from morning 6.30AM to 7.30AM and evening 5PM to 7.30 PM under the guidance and supervision of fitness trainer Mr. Ashith Shetty.



Physical exercises in gym



*Ashith Shetty*  
Director of Physical Education  
Alva's Institute of Engg. & Technology  
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*[Signature]*  
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## Report on Jogging Fitness Initiative

Jogging is a popular form of physical activity. Jogging promotes not just physical but also mental well-being. Jogging is a form of running at a slow or leisurely pace. As a part of wellness and fitness initiatives, our students were included 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 12<sup>th</sup> September 2018 between 6.30AM to 7.30AM. A Total of 58 students have taken part in this regular jogging sessions.



Jogging session for physical fitness

Jogging can bring numerous benefits

- Jogging promotes not just physical but also mental well-being.
- Main intention is to increase physical fitness with less stress on body.
- Helps to burn calories and keep your heart healthy.
- The activity helped students to stay physically fit and to improve the confidence.

*ASGH*  
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Physical Director



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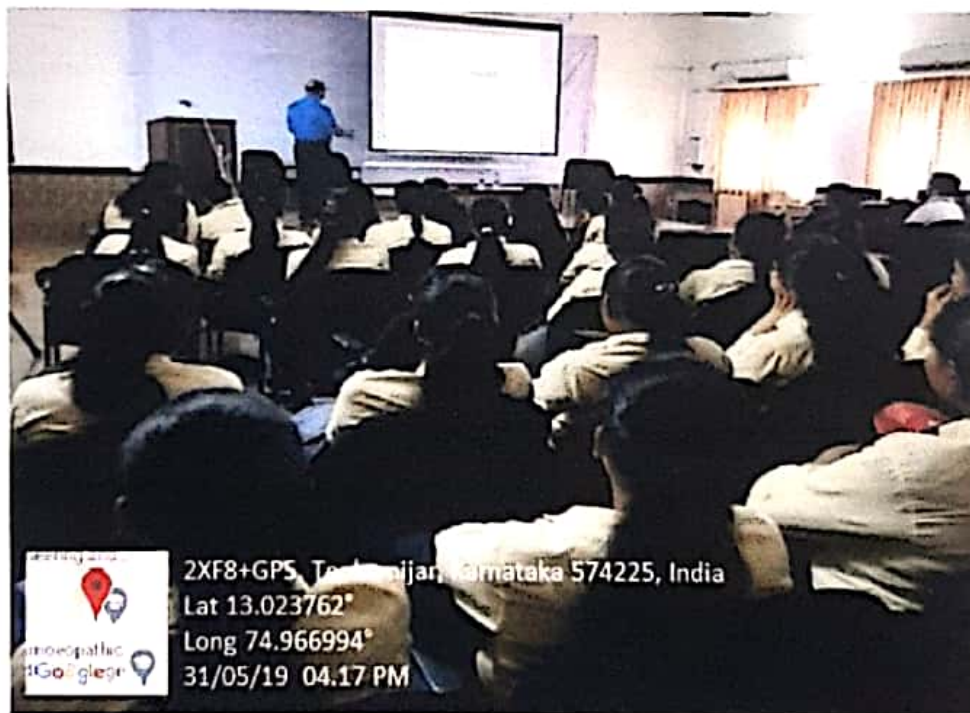
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### Guest Talk on "Health and Wellness"

02-06-2019

A guest talk was organized for MBA students of AIET on Health and Wellness by Dr Deepak Shedde, MD-PGIMER Chandigarh on 31-05-2019 by 4PM to 5PM at MBA Seminar hall.

Dr. Shedde spoke on health issues concerning women and the role of men in understanding and being supportive to women in their lives. It is necessary to understand and be aware of good hygiene practices to protect oneself from serious diseases.



Guest talk by Dr. Deepak Shedde

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**Audience for the talk by Dr. Deepak Shedde**

Students were able to understand the importance of waste management and developing good hygiene practices, so as to prevent diseases. A total of 175 students have attended this informative talk on Health and Wellness.