



14/8/17

**CIRCULAR**

**Yoga and Meditation**

AIET is organizing an orientation on Yoga and Meditation by Swami NamanistaDasa ISKON centre, Mangalore on 17-08-2017 at 11:00 AM in AIET Auditorium. All students are informed to attend the same.

**Coordinator**

**Dr.Basavaraj**

**Principal**

Copy to

- Principal's Table
- Dean Academics
- HODs of all Departments
- Notice Board
- Class circulation



20-8-18

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

An orientation on Yoga and Meditation was organized by AIET on 17-08-2017 in AIET auditorium. Swami NamanishtaDasa, devotee ISKON Mangalore was the resource person. He has given information regarding the benefits of Yoga and Meditation in daily life. Yoga harmonizes the mind with the body and these results in real quantum benefits. It is now an open secret that the will of the mind has enabled people to achieve extraordinary physical feats, which proves beyond doubt the mind and body connection. Yoga through meditation works remarkably to achieve this harmony and helps the mind work in sync with the body.

How often do we find that we are unable to perform our activities properly and in a satisfying manner because of the confusions and conflicts in our mind weigh down heavily upon us .Moreover, stress which in reality is the number1 killer affecting all parts of our physical, endocrinal and emotional systems can be corrected through the wonderful yoga practice of meditation. By practicing yoga the students learnt the right art of living, patience, forgiveness and the value of gentleness.



Figure 1: orientation on yoga and meditation

**Coordinator**

**Dr.Basavaraj**