



08-08-2018

CIRCULAR

Yoga and Meditation

AIET is conducting an orientation program on Yoga & Meditation by Swami Namanishtadasa, **ISKON** center, Mangalore, on 17-08-2018 for 1st and 2nd year B.E students and 18-08-2018 for 3rd and 4th year B.E students in AIET AUDITORIUM. All students are informed to attend the same.

Coordinator

Dr.Basavaraj

Principal

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Report on orientation of yoga and meditation

Date	Class	Topic	Resource person
17-8-2018	1 st and 2 nd year BE	Orientation program on yoga and meditation	Swami Namanishtadasa, Iskon Mangalore.
18-8-2018	3 rd and 4 th year BE	Orientation program on yoga and meditation	Swami Namanishtadasa, Iskon Mangalore.



Figure: 1 orientation program on yoga and meditation

An orientation program on yoga and meditation was organized on 17-8-2018 and 18-8-2018. Swami Namanishtadasa, devotee Iskon Mangalore was the resource person. He has given information regarding benefits of yoga 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. Yoga helps to provide clearance 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. He explained the various spiritual classes like prayer, meditation. The experience of the previous students revealed that yoga energized, relaxed and promoted correct breathing.

Coordinator

Dr.Basavaraj