

10-08-2019

CIRCULAR

It is hereby informed to all the students that an orientation on “Yoga and Meditation” by Dr. Vanitha Shetty, Principal, ACNYS, Moodbidri is organized on 13th August 2019 by health club at AIET Auditorium, Moodbidri. All the students are informed to attend the program.

Time: 11:00AM-1:00 PM

Venue: Auditorium, AIET

Coordinator

Dr.Basavaraj

PRINCIPAL

Copy to

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

20-08-2019

Report

Orientation on yoga and Meditation

An orientation programme on yoga and meditation was organized on 13-08-2019 for B.E students. The students of second and third year attended this orientation. Dr. Vanitha Shetty, Principal Alva's CNYS, Moodbidri was the resource person. She gave information regarding benefits of yoga and meditation in daily life.

The guest described the importance of yoga to students. In order for students to succeed at education and in life, it's crucial for them to develop self-regulation skills: the ability to monitor and adapt their behavior, attention, and emotions in response to internal cues, the environment, and feedback from others. She suggested that regular-based yoga may benefit students' self-regulation. Unfortunately, many students struggle to achieve or maintain adequate grades, which can lead them to disengage or drop out. yoga might improve attention and memory and alleviate academic stress, three factors that are important for academic success.



Figure: 1 Inauguration of orientation on Yoga and meditation



Figure: 2 Demonstration of Yogasana

OUTCOME: The students are given awareness on the importance of Yoga for studies and also academically managing stress.

Coordinator
Dr.Basavaraj