



Alva's Institute of Engineering & Technology

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

Phone: 08258-262725, Fax: 08258-262726

23-08-2016

Circular

Yoga and Meditation

AIET is conducting an orientation program on yoga and meditation by Swami Sri. Sharad Vihari Dasa, Bhakthivedantha Academy for Cultural and Character Education (BACCE), Mangalore on 30-08-2016 for 1st and 2nd year B.E and on 31-8-2016 for 3rd and 4th year BE students in AIET AUDITORIUM. Students are informed to attend the same.

Coordinator

Dr.Basavaraj

Principal

Copy to

- Principal's Table
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- Notice Board
- Class circulation

Report

Orientation on Yoga and Meditation

Date	Class	Program	Resource person
30-8-2016	1 st and 2 nd year BE	Orientation on yoga and meditation	Swami Sharad Vihari Dasa, BACCE, Mangalore
31-8-2016	3 rd and 4 th year BE		



Figure:1 orientation on yoga and meditation

An orientation program on yoga and meditation was organized by AIET on 30-8- 2016 and 31-8- 2016. Swami Sharad Vihari Dasa. BACCE, Mangalore was the resource person. He has given information regarding benefits of yoga meditation in daily life. Today youth are victims of stress, anxiety, insomnia due to highly competitive environment and work culture Peer pressure, examination pressure, long working hours, irregular eating habits is other causes of stressful life style. Yoga is great way to overcome stress. Students found it very beneficiary. He oriented about the importance of spirituality in modern life and how the spirituality increases the inner strength and supports mental health of an individual.



Figure2: orientation on yoga and meditation

**Coordinator
Dr. Basavaraj**