

Karpaga Vinayaga College of Engineering & Technology

Report on Yoga & Meditation - 2016-17

Date: **04.05.2017**

In our institution, the students are encouraged to practice yoga and to do meditation, as it will help them combat with different types of stress. The practice of Yoga stimulates the process of unity of mind, body and soul. Yoga is useful in maintaining physical and mental energy and meditation leads to spiritual peace.

The academic year began with the celebration of the INTERNATIONAL YOGA DAY on the **21st of June 2016**, in which around **140 students** and **50 staff members** attended the program. The External Trainers Mr. Venkatesan and Mrs. Vijayalakshmi, professional Trainers from Madhuranthagam regularly visit our campus to provide training on Yoga and Meditation for our students.

Day scholars are given Yoga classes once a month on a Saturday where they can learn and practice at home. The hostellers are insisted to practice yoga at the Edusat Hall in the college premises on a daily basis, in the morning hours for boys and in the evening hours for girls, under the supervision of the staff in-charges. Yoga mats are provided to them by the college. Students assemble with high spirit of participation and learn the Asanas.

Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit. Apart from regular in-house classes, external yoga trainers are invited every year to train our students.

Meditation gives students a peaceful mind to think, be creative and productive. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students.

Karpaga Vinayaga College of Engineering & Technology

Yoga & Meditation - 2015-16

Date: **10.05.2016**

KVCET, ensures student development physiologically and psychologically. The mental well being of the students is monitored and taken care of, and staff mentors counsel the students to practice yoga and meditate regularly.

The international Yoga Day was celebrated this year on the **21st of June 2015**, in which around **120 students** and around **40 staff members** took part in the activities conducted. The college organized a special Yoga Session on this day and the External Trainers Mr. Venkatesan and Mrs. Vijayalakshmi, professional Trainers from Madhuranthagam conducted the activities. The management, staff members and students benefitted from this session.

very morning at 6 am the hostel boys are taken to the college premises and they practice yoga for about an hour at the Edusat Hall with the supervision and guidance of hostel staff. The same is conducted for the girls in the evening hours at the same venue. Yoga mats are provided to them. Students find it very relaxing and take these classes seriously as it helps them in stress management and coping with peer pressure.

This year also trainers were invited to guide our students. Yoga practice has brought an effective change in their attitude and many weaker students have performed comparatively well in academic and non-academic activities. The students have gained control over anxiety and its causes.

Karpaga Vinayaga College of Engineering & Technology

Yoga & Meditation - 2014-15

Date: 08.05.2015

The College adapts and follows all schemes that are meant for the welfare of the students and the training on Yoga and meditation is one such student development scheme. The mental well being of the students is monitored and taken care of, and staff mentors counsel the students to practice yoga and meditate regularly.

The inception of the INTERNATIONAL YOGA DAY was celebrated this year on the **21st of June 2014**, in which around **150 students** and around **50 staff members** took part in the activities conducted. The college organized a special Event in this regard by inviting External Trainers Mr. Venkatesan and Mrs. Vijayalakshmi, professional Trainers from Madhuranthagam to conduct the activities. The management, staff members and students benefitted from this session.

This year there was an improved awareness on yoga and meditation among the students. Practice of Yoga and meditation is well appreciated and is being followed as a regular practice in our college. Both boys and girls are motivated to practice in the morning and evening respectively in the college premises under the supervision and guidance of hostel staff. Yoga mats are available in the venue hall. The purpose of this practice is to provide a platform for the students to learn and adopt yoga as a means to rejuvenate and maintain a good lifestyle which will keep them away from stress factors.



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