



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)

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| NAME OF THE EVENT: | YOGA FOR HEALTH |
| ORGANISING DEPARMENT / COMMITTEE : | NATIONAL SERVICE SCHEME UNIT /RED CROSS UNIT |
| DATE : | 24.10.2019 (10:00 PM – 12:30 PM) |
| NAME OF THE RESOURCE PERSON : | DR. SADANANADA K N, NSS COORDINATOR , AJIET |
| NO OF PARTICIPANTS : | 56 |

NSS Unit of A J Institute of Engineering & Technology conducted “Yoga for health” on 24.10.2019 from 10:00 AM To 12.30 PM in the college campus. Starting with informing the importance of Yoga , all the asanas that can help the day to day life were done. Various staff members and students participated in the event.

Objectives:

- To improve overall physical fitness, flexibility, and strength through regular yoga practice.
- To reduce stress, anxiety, and mental fatigue, and promote mental clarity and emotional stability.
- To foster a holistic approach to health that integrates physical, mental, and emotional well-being.

Outcomes:




Principal
A.J. Institute of Engineering & Technology
Mangaluru - 575 006

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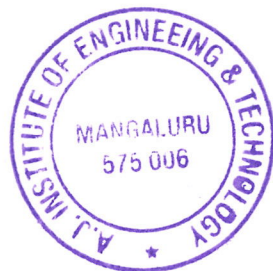
- Participants experience enhanced flexibility, strength, and overall fitness as a result of consistent yoga practice.
- Noticeable decrease in stress levels and anxiety, leading to better mental health and emotional well-being.
- Adoption of a more balanced and healthy lifestyle that incorporates yoga and mindfulness practices.



A session on “Yoga for Health” by Dr.Sadananda Kumar

NS Kumar

NSS COORDINATOR



M

PRINCIPAL

Principal

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