



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)

NAME OF THE EVENT:	YOGA FOR LIFE
ORGANISING DEPARTMENT / COMMITTEE :	NATIONAL SERVICE SCHEME UNIT /RED CROSS UNIT
DATE :	21.06.2022 (10:00 PM – 12:30PM)
NAME OF THE RESOURCE PERSON :	DR. SADANANDA K N, NSS COORDINATOR , AJIET
NO OF PARTICIPANTS :	105

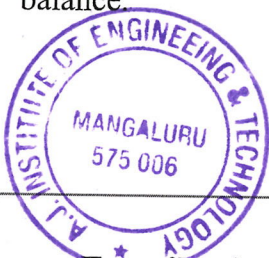
NSS Unit of AJ Institute of Engineering & Technology conducted “Yoga for Life” on 21.06.2022 from 10:00 AM To 12.30 PM in the college campus. Yoga for Life emphasizes the holistic integration of mind, body, and spirit through practices that include postures, breath control, and meditation. It aims to enhance physical health, mental clarity, and overall well-being, fostering a balanced and fulfilling lifestyle. Starting with informing the importance of Yoga , all the asanas that can help the day to day life was done. Various staff members and students participated in the event.

Objectives:

- To enhance physical fitness and flexibility through regular yoga practice.
- To reduce stress, anxiety, and promote mental clarity and relaxation.
- To encourage a balanced lifestyle that integrates body, mind, and spirit.

Outcomes:

- Participants experience improved strength, flexibility, and overall physical health.
- Noticeable reduction in stress and anxiety, leading to better mental health and emotional balance.



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

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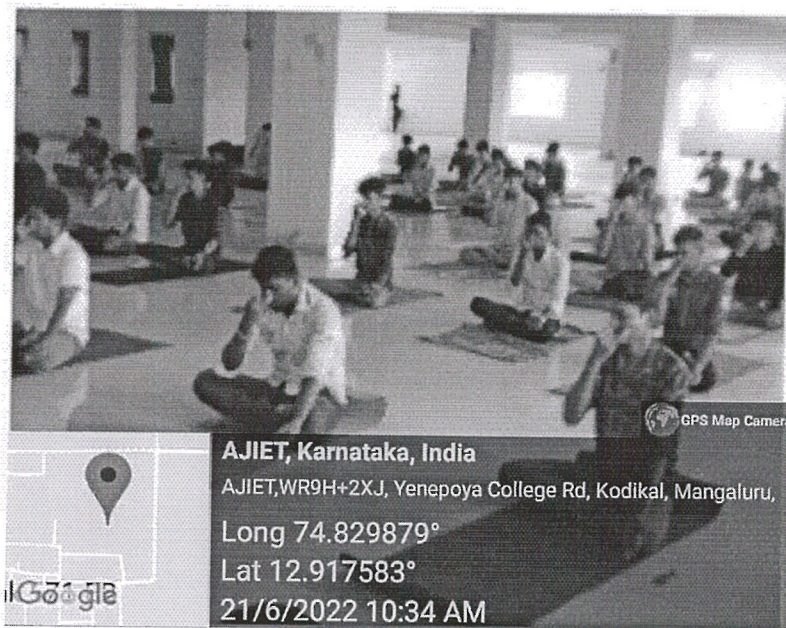
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- Participants adopt a more balanced and mindful approach to life, benefiting their overall well-being.



Yoga session conducted in the AJIET campus

NS Rany

NSS COORDINATOR

[Handwritten Signature]
PRINCIPAL



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