



Atharva College of Engineering 2022-23

FE Induction Program

Date: 10/11/2022, 11/11/2022

Time: -12PM to 1PM

Objective of the Session: Induction Session on Yoga (Human Values)

Faculty Name: Snehal Bhelkar

Activity Conducted by: Snehal Bhelkar

Report on Topic of YOGA for the induction of First year students

Induction was held for first year students of ELEX, EXTC, ECS, CMPN branch on topic of YOGA on the date 10th of November and 11th November. Presented a ppt for students in which importance of yoga, definitions of yoga, kinds of Yoga, Eightfold paths of Yoga, Aspects of yoga were mentioned. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana. Some Asanas done by students.

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. Yoga is more than just a workout. It's actually a combination of 4 components,

1) Postures 2) Deep relaxation 3) Breathing Practices 4) Meditation that can transform your health on many different levels. It is an art which connects the mind and body.

Definitions of Yoga according to Yajurveda and bhagvad Gita were explained. Kinds of yoga that is karma yoga, Bhakti yoga, Gyana yoga, raja yoga, Hatha yoga has been taught. Eightfold path that is Yama,Niyama,Asanas,Pranayama,Dhyana,Pratyahara,dharana,Samadhi were explained. Aspects of yoga has been taught. In this way students understood all the importance of yoga and learned all the asanas.



