



10 DAYS WORKSHOP ON YOGA EMBRACE THE FLOW 10 DAYS TO TOTAL RENEWAL

05th to 16th May 2025 | 04:00 pm to 05:30 pm
Seminar Hall, ECE Block, Acharya Campus

About the Program

Yoga helps us to improving physical health, increasing flexibility and strength, promoting mental clarity, fostering emotional balance, and enhancing spiritual connection.

- 1) **Physical Well-being and Health:** Primary aim of yoga is to foster physical health and well-being. Regular practice of yoga postures (asanas) helps to maintain flexibility, improve strength, and enhance overall physical fitness. Through controlled breathing (pranayama), yoga optimizes the functioning of vital organs, regulates blood pressure, and promotes overall health.
- 2) **Mental Equanimity:** Primary aim of yoga is to foster physical health and well-being. Regular practice of yoga postures (asanas) helps to maintain flexibility, improve strength, and enhance overall physical fitness. Through controlled breathing (pranayama), yoga optimizes the functioning of vital organs, regulates blood pressure, and promotes overall health.
- 3) **Spiritual Evolution:** Yoga is a path to spiritual awakening. The practice aims to facilitate a deeper connection with one's inner self and explore the profound dimensions of human consciousness. Through meditation and self-reflection, individuals embark on a spiritual journey to understand their purpose in life and their connection to the universe. Yoga encourages self-awareness and self-realization. By deepening your understanding of your physical, mental, and spiritual dimensions, you align with your true self. This knowledge fosters personal growth and self-acceptance.

Objectives of the Program

- To promote holistic well-being by uniting the individual with a higher consciousness, ultimately seeking self-realization and spiritual enlightenment.
- To improve physical health, including flexibility, strength, and balance, as well as reduce stress, anxiety, and depression.
- To improve emotional stability and resilience by connecting breath with movement and introspection.

Expected Outcomes of the Program

Upon completion of Program the participants will be able to

- To promote holistic well-being by uniting the individual with a higher consciousness, ultimately seeking self-realization and spiritual enlightenment.
- Encourages a positive lifestyle, improves flexibility, strength, and balance, and supports stress management and mindfulness.
- Regular practice can lead to increased energy, improved posture, and a deeper connection with oneself and the world around.

Target Audience: Faculty & Students of Acharya Institute of Technology

REGISTER NOW

Committee Members

ADVISORY COMMITTEE	+
<ul style="list-style-type: none">• Dr. C. K. Marigowda, Principal, AIT• Dr. Rajanna K R, Professor & Dean-Student Affairs• Dr. Satish K, First year Coordinator, AIT• Dr. Mahesh S S, First year Coordinator, AIT	
CONVENER	+
<ul style="list-style-type: none">• Dr. T Rami Reddy, HOD - Mathematics, AIT	
COORDINATORS	+
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Resource Person Details



Dr. Rajanna K R

Designation : Professor and Dean-Students Affairs, Acharya Institute of Technology



Acharya Institute of Technology

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LOCATE US

Event Coordinator

Mr. Karthik B S,
Assistant Professor,
Dept. of Civil Engineering, AIT