



YOGA SANGAMA

EMPOWERING MINDS, ENERGIZING LIVES



22nd to 26th June, 2026 | 3:30 PM to 5:00 PM

Venue: ECE Block Seminar Hall, Acharya Campus

About the Program

Yoga is a mind and body practice that combines movement, meditation, and breathing, 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. It also supports cardiovascular function, lowers blood pressure, and helps alleviate chronic pain

2) Mental Equanimity

Yoga aims to create mental equilibrium, allowing practitioners to achieve mental clarity and calmness. Techniques such as meditation (dhyana) and mindfulness help individuals reduce stress, anxiety, and achieve a state of tranquility. This mental balance leads to better decision-making and emotional stability. Practicing yoga regularly can improve sleep quality and help alleviate insomnia and sleep-related issues.

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. Yoga encourages self-awareness and self-realization; it is a systematic science of inner transformation designed to unite individual consciousness with universal consciousness.

Objectives of the Program

- To create awareness about the importance of yoga for physical, mental, and emotional well-being.
- To encourage faculty and students to adopt yoga as a part of their daily lifestyle.
- To promote stress management, concentration, and mindfulness through yoga practices.
- To foster a healthy and positive campus environment.
- To celebrate international yoga day by emphasizing the role of yoga in holistic development.

Expected Outcomes of the Program

- Participants will understand the benefits of yoga for overall health and wellness.
- Participants will learn basic yoga postures, breathing techniques, and relaxation practices.
- Participants will develop greater awareness of stress reduction and mental balance techniques.
- Increased motivation among participants to practice yoga regularly.
- Enhanced physical fitness, focus and emotional resilience within the campus community. Encourages a positive lifestyle, improves flexibility, strength, and balance, and supports stress management and mindfulness.

Target Audience: Faculty members and students of Acharya Institute of Technology

REGISTER NOW

Committee Members

ADVISORY COMMITTEE

- Dr. C. K. Marigowda, Principal, AIT
- Dr. Rajanna K R, Professor & Dean-Student Affairs, AIT
- Dr. Satish K, HoD- Chemistry & First year Coordinator, AIT
- Dr. Mahesh S S, First year Coordinator, AIT

CONVENER

- Dr. T Rami Reddy, HOD - Mathematics, AIT.

COORDINATOR

- Mrs. Anitha R , Asst. Professor, Dept. of Mathematics, AIT
- Dr. Riyaz Ur Rehman. A , Asst Professor, Dept. of Mathematics, AIT

Resource Person



Dr. Rajanna K R,
Designation: Professor and Dean
 Students Affairs,
 Department of Mathematics, AIT



Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O
 Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Mrs. Anitha R ,
 Asst. Professor,
 Dept. of Mathematics, AIT ☎ +91 9164077561,
 ✉ anitharsomashekar@acharya.ac.in