

MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering

Name of the program: "Expert Session Yoga and Meditation "

Date: 3,4,5 &6 Sept 2024

Time: 10am to 12am

Day: Tuesday, Wednesday Thursday
Friday

Venue: Sport Department

Coordinator: Dr. Rajendra Dhake

Resource Person: Dr. Shailesh Pawar

No. of Participants: 120

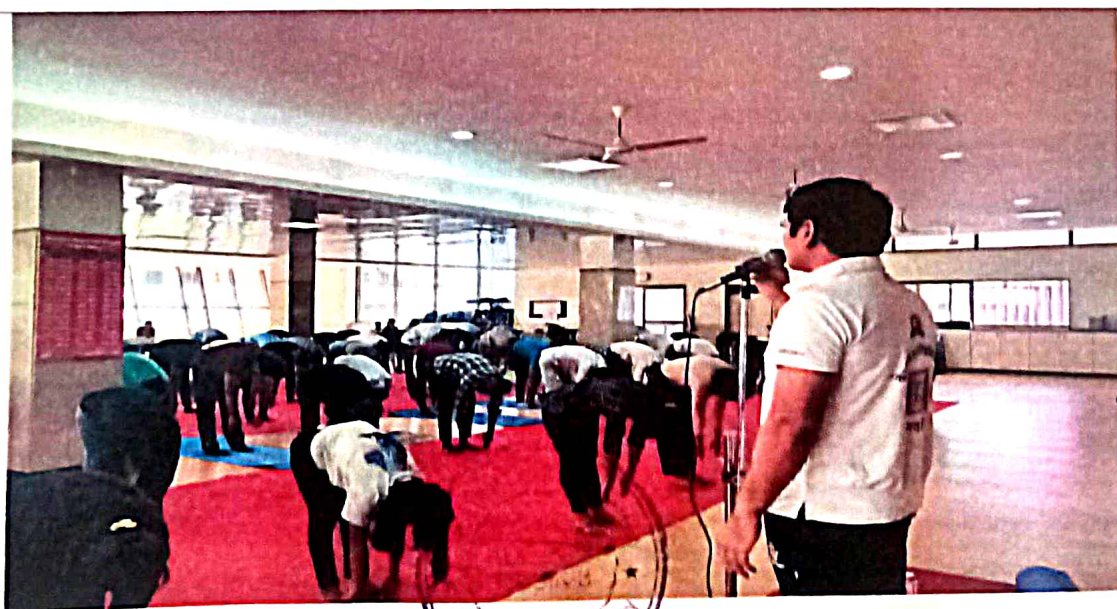
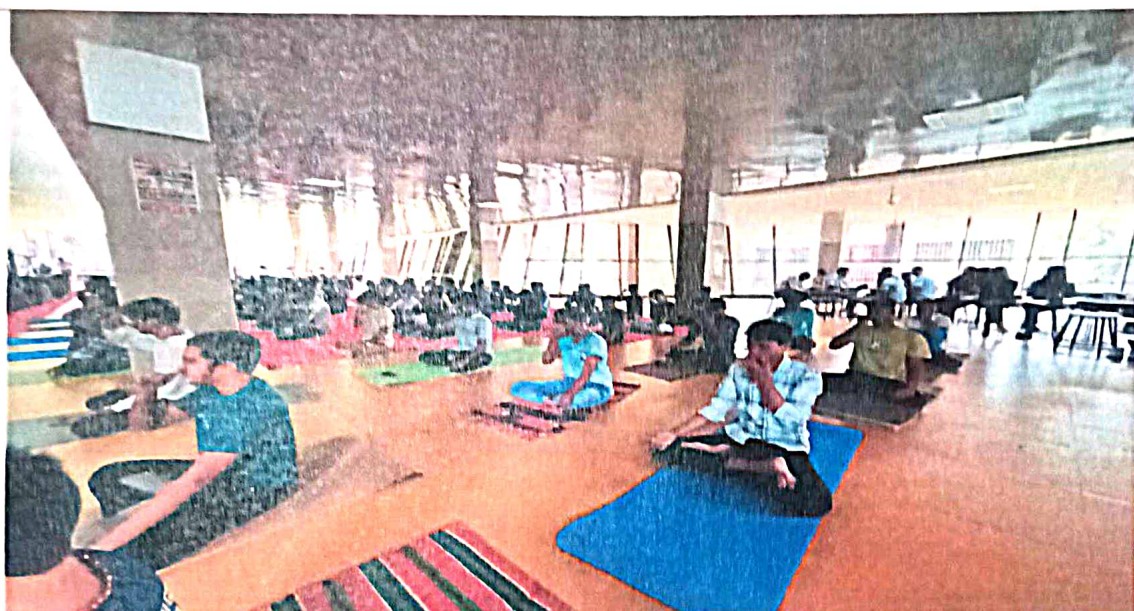
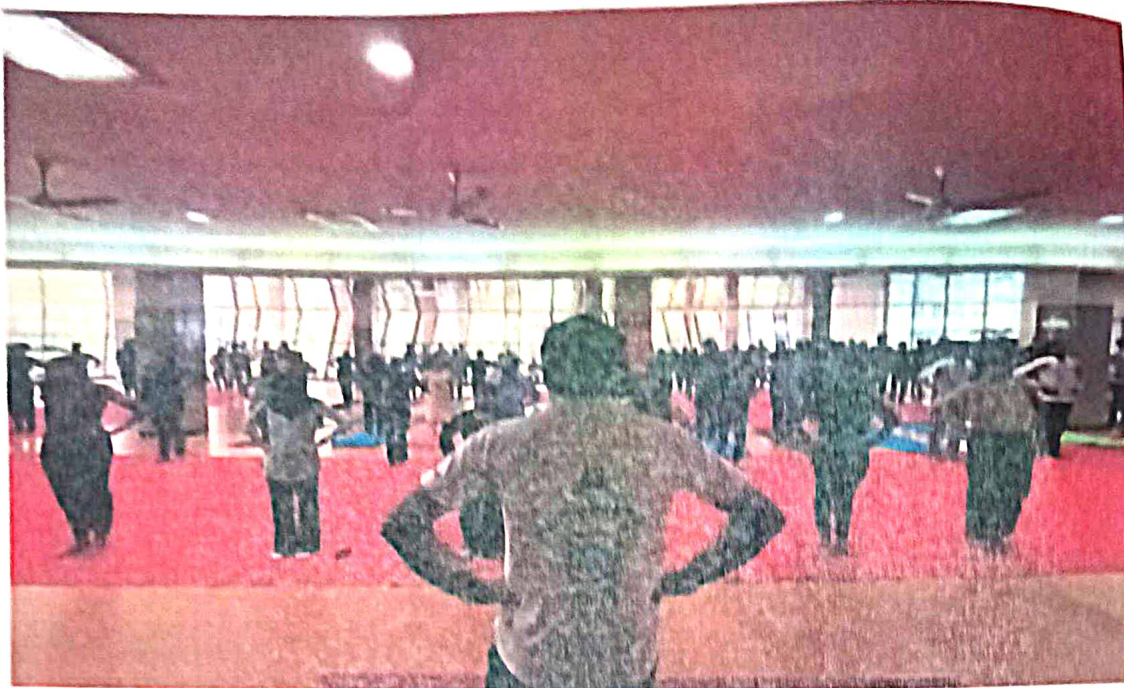
On behalf of MET's IOE, Bhujbal Knowledge City today we started the "Induction Program-24" of First Year Engineering students for the academic year 2024-25. The purpose of the program is to make a bridge from their junior college to engineering college. It gives help to students for good connection of curriculum, subjects, practicals and get the knowledge to design their goals in different fields of engineering and technology

The each day of induction is started with yoga and meditation which is conducted by Dr. Shailesh Pawar well known Yoga teacher in Nashik

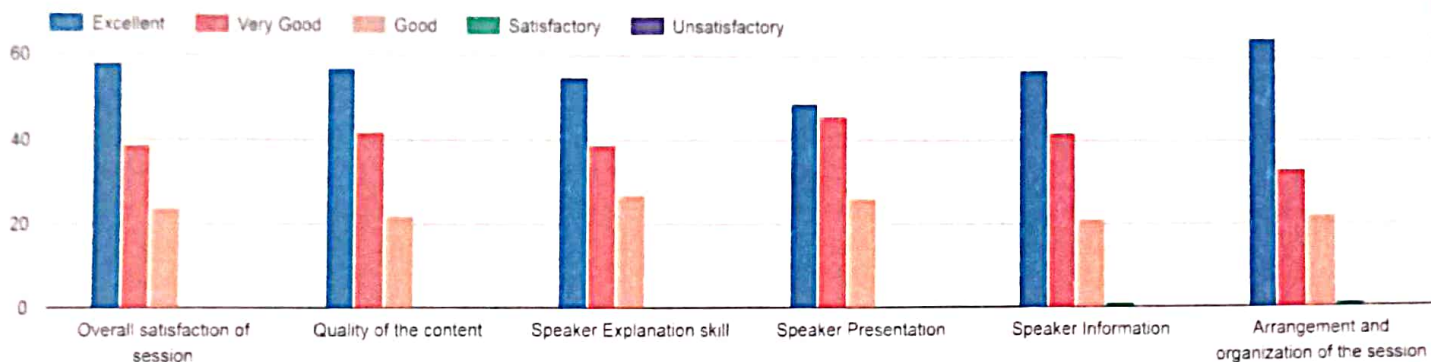
In the introduction of session sir elaborate the importance of Yoga and Meditation the art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

This session was continued with same time for all days of Induction Program



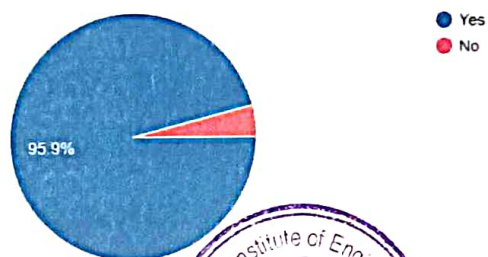


Please rate the quality of the following



Would you like to attend a similar session in the future?

121 responses



Dr. V. S. Khairnar
(FE-Coordinator)

Dr. R. S. Dhake
(Coordinator)

Dr. Vijaykumar P. Wani
(Principal-IOE)