

**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: 25th ,26th &29thAugust 2025
4th & 5thSeptember2025

Time: 10am to 12am

Day: Monday, Tuesday,

Venue: Sport Department

Induction Coordinator: Dr. Rajendra Dhake & Prof. R.D. Rajkuvar

Activity Coordinator: Prof. B. N. Shirsath

Event Coordinator:
Prof. Rahul Patil
Prof. Shilpa Shinde
Mr. M. P. Somvanshi

Resource Person: Mrs. Sunita Sonawane

No. of Participants: 170

Objective of the Session-

1. To promote physical fitness, mental peace, and emotional balance among students.
2. To help students manage academic pressure and improve concentration.
3. To create awareness about the ancient Indian tradition of yoga and its relevance in modern life.
4. To instill healthy lifestyle habits for overall well-being.

The session was conducted by **Mrs. Sunita Sonawane** a certified yoga instructor from Department of **First Year METs Institute of Engineering Nashik**. It was held at the IOTP Seminar hall .The event began with a short introduction by Student coordinator Mr. Rishi Jagtap, highlighting the significance of yoga and meditation for engineering students. The trainer then guided the students through a series of basic yoga postures (asanas), breathing exercises (pranayama), and a short meditation session focusing on mindfulness and relaxation.

Activities Conducted

The session was divided into three main parts:

1. **Warm-up and Stretching Exercises:**
Students were guided through light stretching and breathing exercises to prepare the body for yoga postures.
2. **Yoga Asanas (Postures):**
The instructor demonstrated and guided students in performing basic yoga postures such as:

1. Tadasana (Mountain Pose) – for posture correction and balance.
2. Trikonasana (Triangle Pose) – to improve flexibility.
3. Bhujangasana (Cobra Pose) – to strengthen the spine.
4. Padmasana (Lotus Pose) – for meditation.
5. Vrikshasana (Tree Pose) – to develop concentration and stability.

3. **Pranayama and Meditation:**

Students practiced breathing techniques like Anulom-Vilom and Bhramari Pranayama, followed by a 10-minute guided meditation session focusing on mindfulness and relaxation. Soft instrumental music and positive affirmations were used to create a calm environment.

Student Participation-The session saw enthusiastic participation from more than 150 students of all branches. Students actively performed the asanas and expressed keen interest in learning the correct techniques. The interactive nature of the session kept everyone engaged and motivated.

Outcomes and Feedback



The session helped students:

- Experience calmness and relaxation.
- Learn simple exercises to reduce stress and improve focus.
- Understand the importance of daily physical and mental discipline.

Feedback collected from students was overwhelmingly positive. Many students requested that such wellness sessions be conducted regularly throughout the academic year.

Conclusion-The Yoga and Meditation Session was a successful and refreshing start to the induction program. It not only rejuvenated the students but also emphasized the importance of maintaining a balanced lifestyle amid the demanding academic schedule. The event concluded with a vote of thanks to the instructor and participants.

DEPARTMENT OF FIRST YEAR ENGINEERING
INDUCTION PROGRAM 2025

YOGA & MEDITATION



Mrs. Sunita Sonawane

- 📅 29th August 2025, Friday
- 🕒 10:00AM to 12:00 NOON
- 📍 Sports Department above canteen



Institute of Engineering

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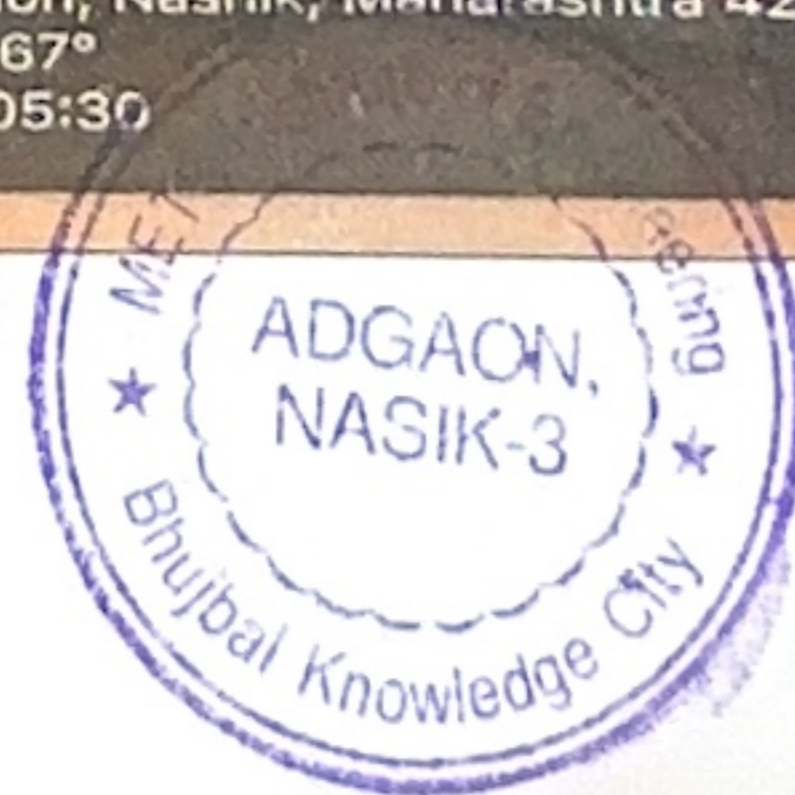


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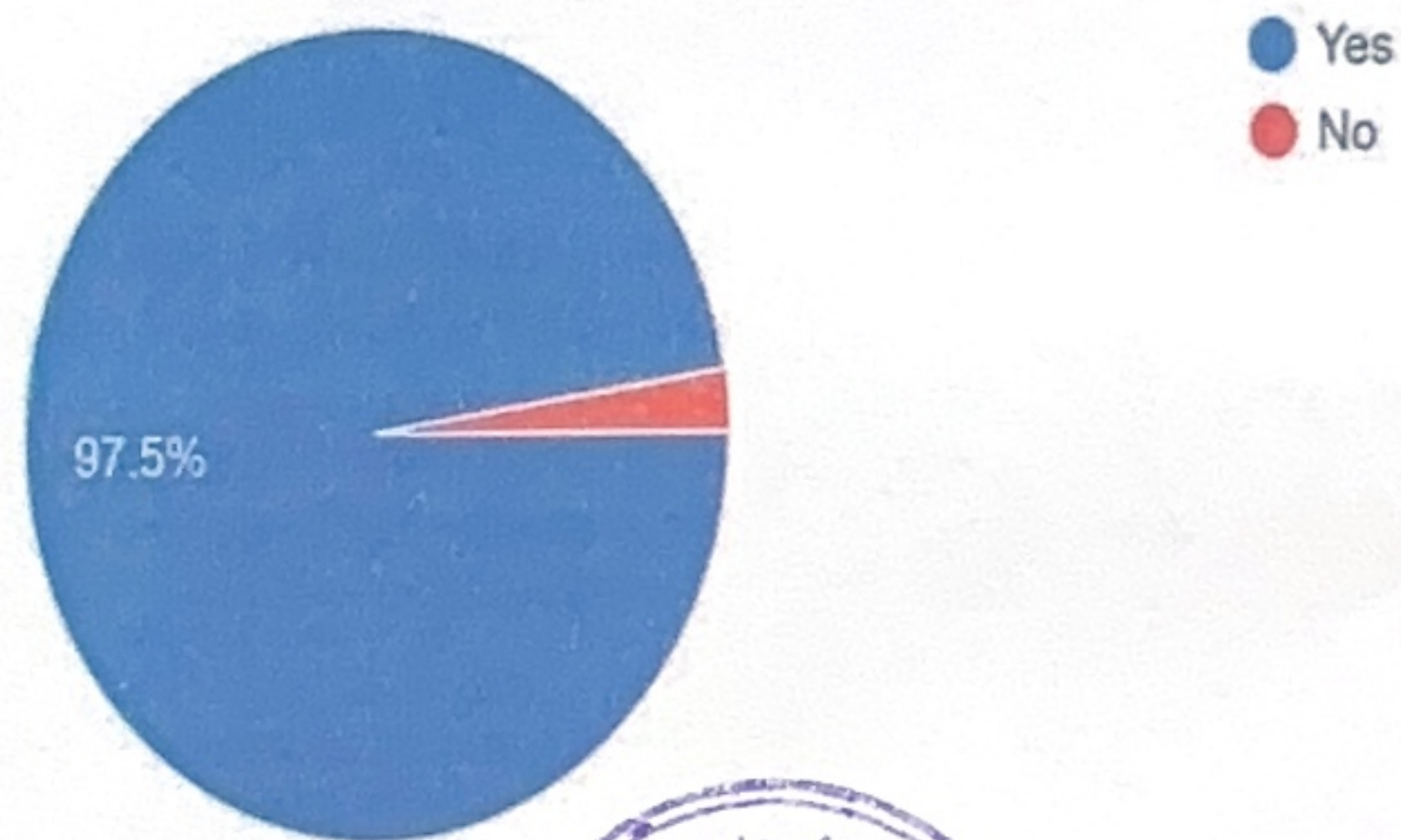


Please rate the quality of the following



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

121 responses



[Signature]
Dr. V. S. Khairnar
 (FE-Coordinator)

[Signature]
Dr. R. S. Dhake & Prof. R. D. Rajkuvar
 (Induction Coordinator)

[Signature]
Dr. Vijaykumar P. Wani
 (Principal-IOE)