

**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: 11,12,&13Sept 2024**

**Time: 10am to 12am**

**Day: Wednesday Thursday ,Friday**

**Venue: Sport Department**

**Induction Coordinator: Dr. R.S. Dhake**

**Activity Coordinator-Prof Rahul Patil  
Prof.B.N.Shrsath**

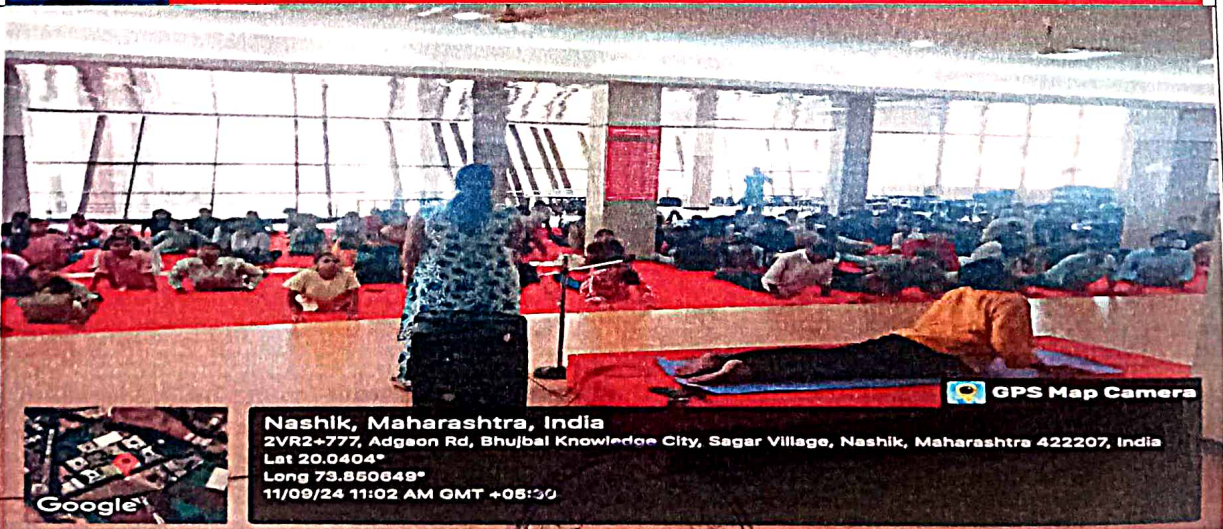
**Resource Person -Mrs. Sangita Kokate& Mr .Akshay Naik**

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.

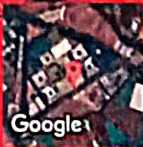
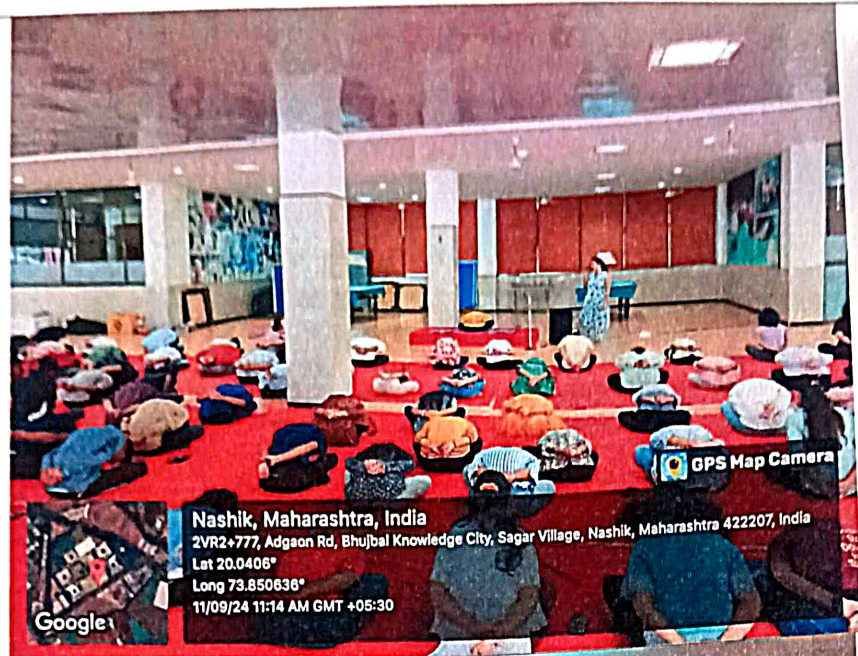
The each day of induction is started with yoga and meditation which is conducted by **Mrs. Sangita Kokate& Mr .Akshay Naik** well known Yoga teacher in Nashik

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







**Nashik, Maharashtra, India**  
 2VR2+777, Adgaon Rd, Bhujbal Knowledge City, Sagar Village, Nashik, Maharashtra 422207, India  
 Lat 20.0406°  
 Long 73.850836°  
 11/09/24 11:14 AM GMT +05:30

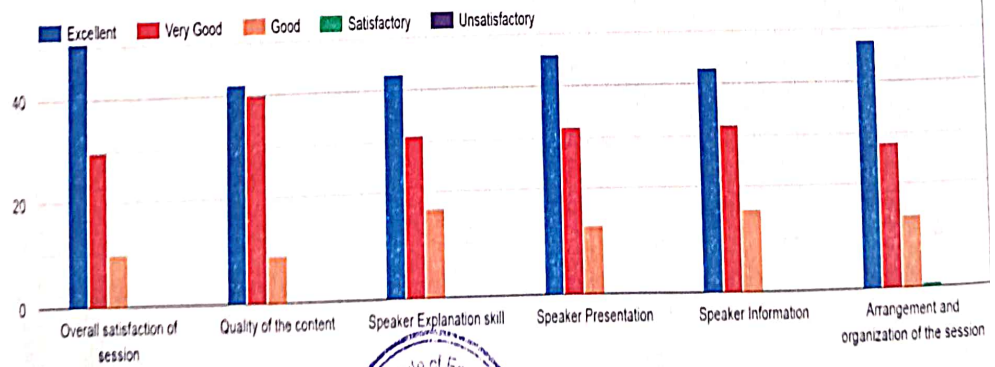
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**Nashik, Maharashtra, India**  
 2VR2+777, Adgaon Rd, Bhujbal Knowledge City, Sagar Village, Nashik, Maharashtra 422207, India  
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 11/09/24 11:26 AM GMT +05:30

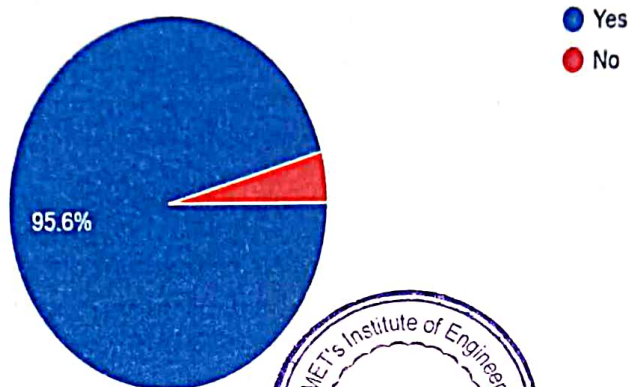
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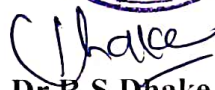



Would you like to attend a similar session in the future?

91 responses



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

  
**Dr. R. S. Dhake**  
(Coordinator)

  
**Dr. Vijaykumar P. Wani**  
(Principal-IOE)