

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

Date: 20/01/2025, Monday

Day: 1 Session- 1.Yoga And Meditation

Time-10.00 to 11.30 am

Venue: Sports Department

Induction Coordinator: Dr. R.S .Dhake

Session Coordinator- Prof. Shilpa Mugde

Resource Person: Prof. B. N. Shirsath, Mr. M. P. Somvanshi,

No. of Participants: 120

Objective of Programme-

- **Stress Management:** Teach students how to manage stress effectively using breathing exercises, mindfulness, and meditation techniques, which are particularly beneficial as they adjust to new academic pressures.
- **Promoting Mental Clarity:** Help students develop focus and concentration, which will support them in their studies and daily activities, allowing for better academic performance.
- **Building Emotional Resilience:** Introduce practices that help students deal with emotions such as anxiety, fear, or loneliness that they may face in the early stages of their college life.
- **Improving Physical Health:** Encourage physical postures (asana) that improve flexibility, strength, and overall health, combating the effects of sedentary behavior or stress.
- **Developing a Mindful Approach:** Foster mindfulness to help students become more present and aware in their daily lives, allowing them to manage distractions and cultivate a balanced approach to work and life.
- **Enhancing Self-awareness:** Help students develop a deeper understanding of their thoughts, emotions, and behaviors, promoting self-reflection and self-improvement.
- **Creating a Sense of Community:** Create a bonding experience that brings students together in a shared practice of yoga and meditation, fostering a sense of community and mutual support.
- **Promoting Positive Habits:** Encourage students to adopt healthy lifestyle practices, including yoga and meditation, as long-term habits for personal well-being.
- **Fostering a Balanced Lifestyle:** Help students understand the importance of balancing academic, social, and personal life for overall well-being, preventing burnout or overload.
- **Encouraging Holistic Growth:** Support the development of the student's body, mind, and spirit, helping them create a foundation for personal growth and success both in and out of the classroom.

The each day of induction is started with yoga and meditation which is conducted by **Prof. B. N. Shirsath, & Mr. M. P. Somvanshi** 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



