



SRINIVAS UNIVERSITY

Mangalore-575001, Karnataka, India

College of Management and Commerce

YOGA AND MEDITATION CLUB



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Yoga and Meditation is a path of spiritual enquiry directed to an objective understanding of life and living. Over the years, yoga has also evolved into a science of Health and Healing. In our College, the Yoga and Meditation Club was started in the year 2020. Yoga and meditation club conducts programmes to staff and students to understand the importance of maintaining good health both physically and mentally. In the beginning of every academic year an awareness programme is conducted to first year students. The trained teachers teach simple exercises, Kayakalpa and meditation. Exercises to maintain physical health, Kayakalpa 15 prolong life activities meditation to make them fit mentally and to understand the inner life.

Aims and Objectives

- To train young, intelligent and educated students into basics of Yoga with all its pure and pristine form.
- To acquaint them with prominent features of all cultures so as to enable them to perceive broader horizons of Yoga encompassing all world cultures.
- To enable them to discover Yogic tenets in their own cultures.
- To get them well grounded in a cultural synthesis so that they may strive not only to lead a well-integrated life themselves but also to teach others to attain the same to establish brotherhood of man on the face of the earth.

YOGA FOR HUMAN EXCELLENCE AND MEDITATION CLUB

ACTIVITIES

- In the year 2020, Yoga demonstration will be conducted on 04.04.2020 by Dr. Radhakrishna Shetty.
- Lecture is planned on “The Importance of Yoga and Meditation for Students”.
- Yoga and Meditation club will organise ‘Personality development’ course for 12 days on yoga for Human excellence consist of meditation, Kayakalpa and yoga for staff and students. The resource persons are Professors, Assistant Professors .