



URAN EDUCATION SOCIETY'S COLLEGE OF MANAGEMENT AND TECHNOLOGY

[Affiliated to Mumbai University]

(Recognised by Maharashtra Government)

Palak Maidan, Bori, Uran, Navi Mumbai - 400702. Tel No. (022)2722 2228/ 2722 4659

Email : uesscollege@gmail.com / uessschool@yahoo.com

Date: 19th December, 2022

NOTICE

Awareness Program on Indian Knowledge System (IKS)

Yoga and Meditation

All the students of B. Sc. IT and B. Com. Are hereby informed that an Awareness Program on IKS will be held to spread awareness about Yoga and Meditation. Students are advised to attend the above said program on **Thursday, Dtd. 22nd December, 2022 at Umesh Pradhan Auditorium at 12.00 noon.**

Note: Attendance is compulsory



Sonali
I/C Principal
Uran Education Society's College of
Management and Technology



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CURRICULUM RELATED INDIAN KNOWLEDGE SYSTEM (IKS)

Guest Lecture on Yoga and Meditation for students and staff

Date: 22/12/2022

No. Of Participants: 76

Name of the Resource Person: **Dr. Vrasha Vasant Kudav**

Yoga can be a terrific technique to relieve stress that builds up during the day in both the body and the mind for a few minutes at a time. Yoga poses, pranayama, and meditation are powerful stress-relieving techniques. The body and mind are refreshed through meditation. On Thursday, Dtd. 22nd December 2022, the students were treated to a unique program by IKS Cell Uran Education Society's College of Management and Technology. There were 147 students who participated in the protocols for FY, SY, and TY of the B.Sc. IT and B.Com. programs. Dr. Vrasha Vasant Kudav, a yoga instructor (BAMS - Ayurved), attended the lecture on yoga and the meditation session with remarkable dedication. The participants also took part in exercises that improved back flexibility, decreased joint pain, and relieved tension. By taking yoga off the mat, Dr. Vrasha Vasant Kudav inspired the team and made it clear how important it is to include it into our daily lives. An interactive session between the lecturer and the teachers marked the program's conclusion, during which the teachers' concerns were satisfactorily addressed. Simple 'asanas' can aid students today who are experiencing stress, tension, fear, etc., to overcome these. The program ended with dedication for the teachers by the messages and have a positive disposition towards the whole event.



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