



## **ACTIVITY REPORT**

- Title** : “Foundation Course in Yoga for Youth Empowerment
- Date / Time** : 13-08-2022 to 17-08-2022 /9.30 am
- Venue** : Adhi College of Engineering and Technology, Sankarapuram,  
Kanchipuram – 631605.
- No Of Participants** : 168
- Yoga Coordinator** : Mr.A.Siva Kumar

### **Description:**

Department of Science and Humanities organizes a five day programme “**Foundation Course in Yoga for Youth Empowerment**” Programme 2022 from 13.08.2022 to 17.08.2022 at ACET Seminar hall with the association of **Association of Adhi Sankarapuram Manavalakalai Thava Maiyam and Vethathri Maharishi Institute for Spiritual and Intuitional Education (WCSC)** with a **mission to Transform our students’ life with Health, Peace, Happiness & Prosperity** and to impart knowledge about culture, ethics, values and spiritual principles in a modern idiom to the youth by employing a scientific and rational approach. It helps the youth to unfold their hidden potentialities and achieve excellence in every field of life. In short, it is an effective human resource development program which can lead to total human fulfillment. **168 students participated** enthusiastically.Human excellence is indeed the right prescription for the Indian youth today who wish to succeed in a modern, competitive and global environment without losing inner poise and the intrinsic joy of life.



**ADHI COLLEGE OF ENGINEERING & TECHNOLOGY**  
(Approved by AICTE, New Delhi, Permanent Affiliation Status by Anna University  
Chennai. Accredited By NAAC, New Delhi, Recognized U/S12 (B) &2(F) of UGC Act 1956).

No.6, Munu Adhi Nagar, Sankarapuram, Pulliambakkam Post,  
Kanchipuram Dist. Tamil Nadu – 631 605.



Students attended the yoga for youth empowerment programme from 13.08.2022 to 17.08.2022