



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.**

ACTIVITY REPORT

Title : KAYAKALPA YOGA COURSE
Date / Time : 06-08-2022 /9.30am
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 organized one day “**Kayakalpa Course**” Yoga Certificate Course Programme on 06.08.2022 at our ACET Seminar hall with the **Association of Walajabad Manavalakalai Mandram Trust (WCSC)**. **168 students participated** enthusiastically. Kayakalpa practice is a great special yogic practice that restructuring the body in a natural way, Kaya Kalpa helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging. Kayakalpa Yoga is an ancient wonderful technique of the Siddhas(saints) of South India for the enhancement of life energy. In Sanskrit, the term "Kaya" means "body and "Kalpa" means "immortal". The Science of Kayakalpa delineates the manner in which the human body can be immortalised.





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Students attended the kayakalpa yoga course programme on 06.08.2022