

Adhyathma Forum – Brief Report : 2015-2016

Faculties of Alva's naturopathy college conducted classes on Yoga and Meditation for the students of Adhyathma Forum. Benefited students opined that Yoga energized, relaxed and promoted correct breathing. After the Physical postures one feels benefited by a more positive outlook, enthusiasm and general sense of self awareness.



Adhyathma Forum organized orientation programme for all the students of Alva's College by Swami Namanistadasa, Devotee, ISKCON Mangaluru. He oriented about the importance of spirituality in modern life and how spirituality increases the inner strength and supports the mental health of an individual.



Swamiji conducted spiritual classes for the Adhyathma Forum students every Saturday. In the class he made students to chant some mantras and there by to develop concentration. In the class he explained importance and purpose of spirituality. It helped them to develop inner peace and strength and improvement in their studies. Students also actively participated by giving talk on spiritual matters.

The number of students benefited by the programmes of Adhyathma Forum :
330.

