

Adhyathma Forum - Brief Report – 2016-2017

The faculties of Alva's Naturopathy College conducted classes on Yoga and Meditation for the students of Adhyathma Forum. Experience of the previous students revealed that Adhyathma Forum unlocked clear and one pointed thoughts, firm will power, improvement in once self confidence by transforming stress into piece. By practicing yoga students learnt the right art of living, patience forgiveness and value of gentleness.



Swami Namanistadasa of ISKCON Mangaluru oriented the students about the importance of morality and human values and how ourselves helps us to grow and develop and to create better future for all the students,



Swami Namanistadasa explained various spiritual practices in the forum classes such as :

- Meditation
- Prayer
- Belonging to a specific faith community.
- Any emphasis on spiritual values such as hope, kindness and honesty.

Students also expressed their views about spiritual matters and they uttered few shlokas of Geetha one by one.





The total number of students benefited by the programmes of Adhyathma Forum : 310