

## **Adhyathma Forum - Brief Report – 2017-2018**

The students and faculties of Alva's Naturopathy College conducted classes on daily Yoga for the students of Adhyathma Forum and made them practice regularly. They stressed on the goals of yoga in daily life such as :

- Physical health
- Mental health
- Spiritual health

They taught students that goals are attained by :

- Love and help for all living beings.
- Respect for life.
- A peaceful state of mind.





Adhyathma Forum organized orientation programme by Swami Namanistadasa , Devotee, ISKCON Mangaluru for all the students of the college. In the programme he explained how spirituality helps to develop self- discipline and self – control, leading to immense amount of awareness concentration and higher level of consciousness.

Swamiji conducted regular Forum classes every Saturday regarding the benefits of Yoga like :

- Concentration : if one can concentrate on the work he does the same task can be completed efficiently and in shorter time.
- Focussing : it helps to keep focused on goals.
- Relaxation : it helps to keep body and mind relaxed.

The students also expressed their opinion regarding the classes and gave their suggestions. They gave talk on spiritual matters and uttered some Shlokas of Geetha.





The number of students benefited by the programmes of Adhyathma Forum : 319