



# IPS ACADEMY

## INSTITUTE OF ENGINEERING & SCIENCE


Knowledge Village, Rajendra Nagar, A.B. Road, Indore (M.P.), 452012  
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[ies.ipsacademy.org](http://ies.ipsacademy.org)

GE/IES/IPSA/2019/55

Date: 12/08/2019

### NOTICE

All the students of BE I year are hereby informed that IPS Academy, Institute of Engineering & Science is going to organize a Session on "Yoga & Meditation" from 22 August -27 August 2019. It is mandatory for all the First year students to attend the scheduled program.

  
HOD  
First Year Incharge

**IPS Academy, Indore**  
**Institute of Engineering & Science**  
**Department of First Year**

**Workshop on "Yoga and Meditation" for**  
**First Year Students**

**By**

**Dr. Shobha Prajapati**

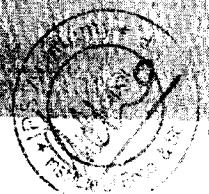
**State Level Sanskrit Teaching Program and**  
**Mahatma Yog Vidhyapeeth**

**22 August - 27 August 2019**

**Time: 8.00 AM - 9.30 AM**

**Venue: Students Section, V Floor, B-Block**

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**IPS Academy, Indore**  
**Institute of Engineering & Science**  
**Department of First Year**

**Sessions on “Yoga and Meditation”**  
**For First year Students**

**22 – 27 August, 2019**

**Schedule**

**Time: 8.00 AM – 9.30 AM**

**Venue: Students Section, V Floor, B – Block**

Name of Event	Date	Branch	Name of Expert
Yoga Session	22/08/2019	CSE	Dr. Shobha Prajapati
Yoga Session	24/08/2019	FT	Dr. Shobha Prajapati
Yoga Session	26/08/2019	CSIT	Dr. Shobha Prajapati
Yoga Session	27/08/2019	CE, ME, EX, EC, CM	Dr. Shobha Prajapati





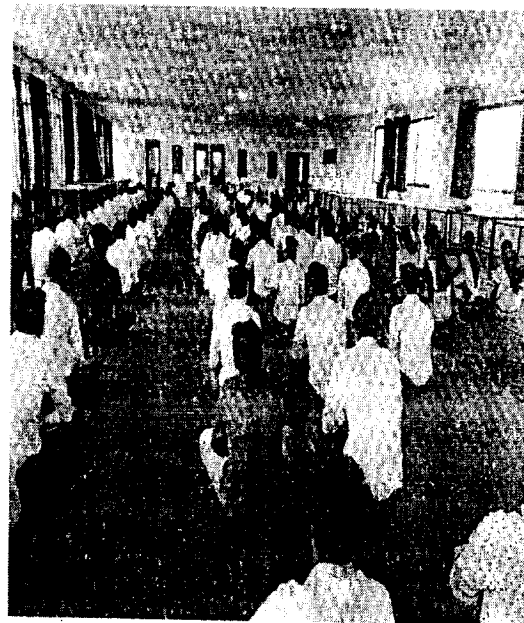
**IPS Academy, Indore**  
**Institute of Engineering & Science**  
**Department of First Year**

**Sessions on “Yoga and Meditation”**  
**For First Year Students**

**22 – 27 August, 2019**



22/08/2019



24/08/2019







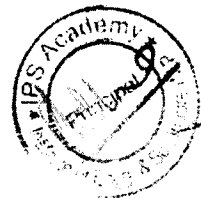
26/08/2019

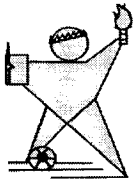
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27/08/2019

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Ph.0731-4014601, Telefax 0731-4014602 E-mail: director.ies@ipsacademy.org, Visit us :  
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GE/IES/IPSA/2018/08

Date: 27/07/2018

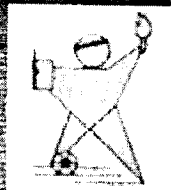
### NOTICE

All the students of BE I year are hereby informed that IPS Academy, Institute of Engineering & Science is going to organize a Session on “Yoga & Meditation” from 08 August -14 August 2018. It is mandatory for all the First year students to attend the scheduled program.

  
dev First Year Incharge

# Sessions on "Yoga and Meditation" For First Year Students

Organized By



IPS Academy, Indore  
Institute of Engineering & Science  
Department of First Year

10 August - 11 August, 2018

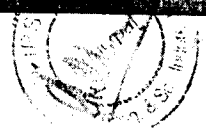
Time: 8.00 AM - 9.30 AM

Venue: Sports Ground, IPS Block

Yoga Instructor:  
Dr. Shobha Prajapati,  
State Level Sanskrit Teaching Program and  
Patanjali Yog Vidhyapeeth

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**IPS Academy, Indore**  
**Institute of Engineering & Science**  
**Department of First Year**

**Sessions on “Yoga and Meditation”**  
**For First Year Students**

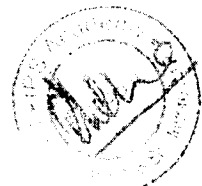
**10 – 11 August, 2018.**

**Schedule**

**Time: 8.00 AM – 9.30 AM**

**Venue: Students Section, V Floor, B – Block**

Name of Event	Date	Branch	Name of Expert
Yoga Session	10/08/2018	CS, CSIT, CO, CST, EX	Dr. Shobha Prajapati
Yoga Session	11/08/2018	CE, EC, FT, SFE, ME, CM	Dr. Shobha Prajapati





**IPS Academy, Indore**  
**Institute of Engineering & Science**  
**Department of First Year**

**Sessions on “Yoga and Meditation”**  
**For First Year Students**

**10 – 11 August, 2018.**



**10-08-2018**



**11-08-2018**



## REPORT ON YOGA AND MEDITATION

**Yoga and Meditation:** Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga and Meditation helps in sharpening our mind and improving our intelligence. Students can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

**Objective of Yoga and Meditation:** The main objective of Yoga and Meditation is to help in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

### Advantages of Yoga and Meditation:

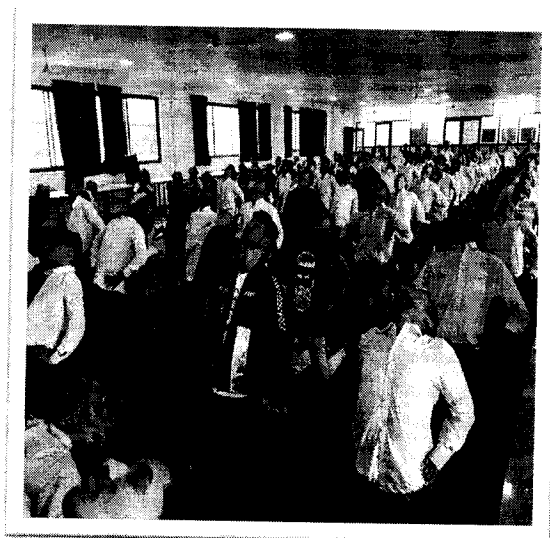
- To enable the students to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

### Organized Programs:

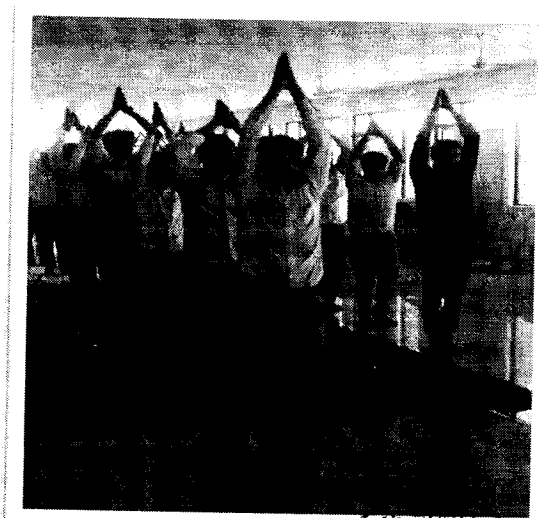
Sessions	2018-19	2019-20
No. of events	01	01

### Activities:

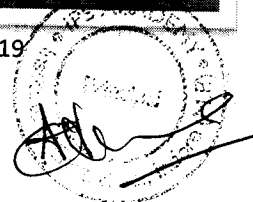
- Interactive Workshop on Yoga and Meditation for the students.
- Conduct competitions on Yoga and Meditation.



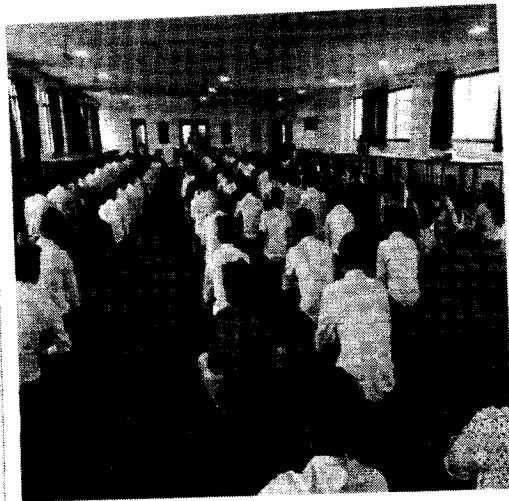
24/08/2019



22/08/2019



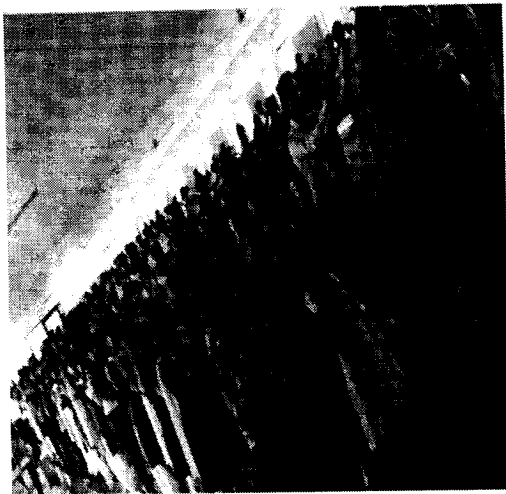




24/08/2019



27/08/2019



12/08/2018



12/08/2018

