

- **Yoga & Meditation Club:** - Yoga and meditation club helps in understanding the physical and psychical controls whose aim is to make practitioner aware of the identity of Atma (soul) and Brahman (supreme soul). Yoga and meditation club not only provides health, vigour, brightness and alertness to the body and mind, it also fills the life with satisfaction, happiness and pleasure. The Main objective of the club is to reduces tension, stress, anxiety, weakness, helplessness, fear, negative thoughts etc. which are increased day by day in this mechanical human life. Organized 1 program in 2016-17, 2 programs in 2017-18, 2 programs in 2018-19.

Activities

1. Conducts yoga and meditation training classes
2. Organizes guest lectures on spiritual education and ethical values
3. Conducts competitions related yoga and meditation
4. Renders services such as yoga classes, donations and awareness programs to needy people



Yoga Day 2018



Yoga Day 2018

#YogaForAll



Students perform 'asanas' as part of the two-day yoga celebrations being organised by MITS in association with The New Indian Express at Madanapalle on Thursday | EXPRESS

MITS STUDENTS PERFORM 'ASANAS'

Tirupati: Students performed 'asanas' on Thursday as part of the two-day yoga celebrations organised by the Madanapalle Institute of Technology and Science (MITS) in association with The New Indian Express, on the premises of the institute, at Madanapalle. Yoga and Meditation Club coordinator, Dr V Shankernath gave a brief introduction on yoga to the participants. NCC coordinator, Dr KVV Raju monitored the event.



Fri, 21 June 2019

epaper.newindianexpress.com/c/40/



Yoga Day 2019

Madanapalle Institute of Technology & Science
in association with “Art of Living” organizes a
Webinar on



e-YOUTH !



“Finding Inner Youthful Energy”

Are U Ready

Date: 29th July 2020

Time : 10.30 – 11.45 AM

Attributes of E-Youth
“educated,
emotional,
environmental,
energetic,
entrepreneurial,
emphatic etc

Join Priya & Sripriya for exciting online session

- Experience the power of meditation.
- Tips on the science of Breath & its effects in day to day life.
- How to stay energetic, healthy & happy.



Mrs. Priya Menon
MHRM, Specialized in Behavioral
science & career counseling



Mrs. Sripriya Arun,
Graduate in Pharmaceutical
science



Student's Practice 1



Students practice 2



Student's practice 3



Student's practice 4



Student's practice 5



Student's practice 6



Student's practice 7



MITS student's participation in National Yogasana Competitions 2019 – 1



MITS student's participation in National Yogasana Competitions 2019 – 2



MITS student's participation in National Yogasana Competitions 2019 – 3