



AMET
(ACADEMY OF MARITIME EDUCATION AND TRAINING)
(A *de novo* Category DEEMED TO BE UNIVERSITY Under Section 3 of UGC Act 1956)



CENTRE FOR YOGA AND HUMAN EXCLLENCE



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CENTRE FOR YOGA AND HUMAN EXCELLENCE

VISION

- To bring world peace through individual peace

Logo



MISSION

- To achieve peace, prosperity, health, happiness, harmony and wisdom to one and all.
- To empower the mind and body of every person through yoga practice.
- To promote equal opportunities to women students and prepare them to be equal partners in physical, mental, spiritual and social aspects.

FEATURES OF THE YOGA FOR YOUTH EMPOWERMENT PROGRAM

Benefits to the Students

- Yoga for youth empowerment offers the following benefits to the students:
- Trains the students to develop their body for leading a healthy life.
- Rejuvenates the life energy to retard the ageing process and to achieve spiritual development.
- Follow meditation practices to strengthen their mind, increase their will power, concentration, creativity and receptivity and ultimately to transform the mind to achieve self-realization.
- Practice introspection techniques to purify the mind.



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- Helps every individual to realize the enduring values of peace, no-violence and harmony to revitalize human society for restoring its sanity and strength.

Students learn about

- Physical health.
- Strengthening the life force.
- Wellness of mind.
- Virtues
- Morals
- Philosophy of life
- Analysis of thoughts
- Moralization of desires.
- Neutralization of anger.
- Eradication of worries.
- Yoga practice.



YOGA CENTRE FOR HUMANITIES:

AMET has Yoga Centre for Humanities in order to enhance the physical and psychological state of the students and faculty. A separate hall with an area of 93sq.m. has been provided for the Centre. Yoga certified faculty member is in charge of the Yoga Centre. AMET has signed an MoU with **Vethathiri Maharishi Institute for Spiritual and Intuitional Education (VISION)**. Yoga is offered as Value added course. AMET has been celebrating International Yoga day every year since 2015. Yoga was included in the three-week induction program organized for first-year students



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COLLABORATIVE ORGANISATION

The center for yoga and human excellence carries out its program in collaboration with VISION for Wisdom – **Vethathiri Maharishi Institute for Spiritual and Intuitional Education (VISION)**

The Vethathiri Maharishi Institute for Spiritual and Intuitional Education (popularly known as VISION for Wisdom) was established in 2004 at Aliyar by Thathuvagnani Vethathiri Maharishi. This Institute is the Education wing of The World Community Service Centre which was established by him in 1958 in Chennai.

The purpose of education is not merely to provide the future citizen with means for earning his livelihood but to train him physically and mentally to bring out his full potential and help him to understand the whole process of life. The training will enable him to take his proper place in the society – Thathuvagnani Vethathiri Maharishi.

Major Activities Conducted during the Academic Year : 2019-2020

1. Faculty development program
2. Non-teaching Staff yoga orientation program
3. International yoga day celebrations 2020



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C block, Kanathur Reddykuppam, Tamil Nadu 603103, India

Latitude
12.8543548°

Local 12:30:05 PM
GMT 07:00:05 AM

Longitude
80.2384608°

Altitude -89.2 meters
Monday, 31-08-2020

Yoga Centre



C block, Kanathur Reddykuppam, Tamil Nadu 603103, India

Latitude
12.8543542°

Local 12:28:53 PM
GMT 06:58:53 AM

Longitude
80.2384638°

Altitude -60.6 meters
Monday, 31-08-2020

Meditation Hall



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Yoga Special Programme for School Students



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Induction Program Conducted for Budding Engineers





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Student Induction Programme





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Yoga for Faculty members (1st October 2019)



Yoga for Life Enrichment