

SMET Attended by Leading Corporate

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- State Bank of India ■ Bharat Earth Movers Ltd.,(BEML)
- Bharat Heavy Electronics Ltd. (BHEL) ■ Steel Authority of India (SAIL)
- Indian Oil Corporation (IOC) ■ Oil and Natural Gas Commission (ONGC)
- Indian Aluminium Co. Ltd. ■ Century Mills ■ Hero Honda
- Kirloskar Electric Co. Ltd. ■ TVS-Suzuki Co. Ltd.

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Secretary, Sarvodaya Kelavani Samaj - Rajkot

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Convener

Dr. Vikas Arora
Dean M.B.A. - M.C.A. - M.A.M.

Organizing Committee

Dr. Abhay Raja Mob. : 99258 80791	Dr. K. D. Ladva Mob. : 98248 03333
Prof. Parag Shukla Mob. : 90990 94296	Prof. Pinaki Ghosh Mob. : 75675 19784
Prof. Kuldeep Mehta Mob. : 97266 00441	Prof. Darshit Parikh Mob. : 73833 81037

Registrations Fee : Rs.:2000/- only (Include Certificate, Workshop Kit, Lunch, Hi-Tea)

About RAJKOT

Rajkot (Saurashtra) Gujarat, is famous for its imitation jewelry and also has famous spots like Alfred High School, Watson Museum, Kaba Gandhi No Delo, Race Course, Rotary Doll's Museum etc. Famous tourist place from Rajkot is Somnath-200 Kms and Dwarka - 230 Kms. The trip to Rajkot will be a memorable experience for the participants.

ATMIYA[®] GROUP OF INSTITUTIONS

Organizes
One Day National Training Workshop
on

Self Management of Excessive Tension (S M E T)

In Collaboration with

S-VYASA

(Swami Vivekananda Yoga University, Bangalore)

3rd February, 2013 (Sunday) Time:8:45 am to 5:00 pm



Venue: Central Auditorium, 3rd Floor, AITS

ATMIYA INSTITUTE OF TECHNOLOGY & SCIENCE

Yogidham Gurukul, Kalawad Road, Rajkot - 360005
Tel. : 0281 - 2563445 | Fax : 0281 - 2563952 | admin@aits.edu.in | www.aits.edu.in

About ATMIYA

Sarvodaya Kelavani Samaj is an academic area of Yogi Divine Society, Haridham Sokhada near Vadodara. It has been essentially engaged in imbibing cultural, religious and moral values among youth through education and social activities. As a prelude to achieve this aim, H.D.H Hariprasad Swamiji, who is the mentor of this organization stresses on high moral character and preservation of divine culture that we have inherited.

Atmiya Institute of Technology and Science (AITS) is engaged in imparting the best scientific and technical higher education in the region. The institute endeavors to meet the diverse needs of the community by providing innovative learning opportunities. This is along with inculcation of cultural values, morality and spirituality to enable the emerging students to build a fruitful career.

Infrastructure @ ATMIYA

- Total 23 acre lavish land with 42,000 sq. mt. built-up area
- State of the Art Audio Visual Step Class Rooms
- 24 x 7 Wi-Fi Internet facilities
- A Library with an elegant ambience with Web-OPACE-Library facility
- Air Conditioned Reading Hall with the capacity of 400+ students
- Air Conditioned, State of the Art Computer Labs with 1000+ systems
- Incredible 5 Fully AC Auditoriums
- Cafeteria & Dining Facility with Hygienic Food
- Separate Girls' & Boys' Hostel facility

About S-VYASA:

S-VYASA is a unique Yoga (Deemed to be) University declared by University Grants Commission under Section 3 of the UGC Act 1956. It is also the First ISO 2001:2008 Certified Yoga University. Vivekananda Yoga Anusandhana Samsthana or VYASA is a registered charitable institution working for the educational,

spiritual, moral and cultural advancement of our Mother land through imparting Yoga from 1986.

Dr H. R. Nagendra, Ph.D. (Mechanical Engineering):

Dr. Nagendra, a former space scientist at NASA, returned to his native India. Dr. Nagendra is the President of VYASA, Bangalore, VYASA International, VYERTI Melbourne and Chancellor of SVYASA – Deemed University.

He has authored nearly 35 books on yoga and penned down nearly 35 research papers in engineering and 60 in yoga. His incessant learning zeal made him to be accolade with awards from the Ministry of Health, a Yoga Sri award from BKS Iyengar and a senior Citizens award from New Delhi.

After studying in India Dr. Nagendra did research at University of British Columbia, Canada, NASA Marshall Space Flight Center, Huntsville, as Post Doctoral Research Associate. He has worked as a Consultant at Harvard University Engineering Sciences laboratory between 1969 and 72 and Imperial College of S and T, London. After that he returned to IISc. Prashanti Kutiram to translate the vision of Swami Vivekananda to combine the best of the East and the West through YOGA to solve the challenges of the modern era.

About Self Management of Excessive Tension (SMET):

Eminent doctors, researches and yoga experts at VYASA have developed a unique programme called **Self Management of Excessive Tension(SMET)** based on yogic science and Vedic ideology for combating stress and ensuring all round health of the body –mind combine. The SMET technique is user friendly and easy to learn and practice at home and work place.

The SMET formula is conducive to all sections of the society from corporate executives to house wives; it provides sample relaxation to the body mind combine.

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on

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(S M E T)

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S-VYASA

(Swami Vivekananda Yoga University, Bangalore)

REGISTRATION FORM

Name | _____

Designation | _____

Organization / College | _____

Address | _____

Contact No | _____

E-mail Address | _____

Place : _____

Date : _____

Signature

Registration Fees is Rs. 2000 per participant. It includes kit, tea, lunch and certification. It can be paid in cash or DD drawn in favor of "Atmiya Institute of Technology & Science", Rajkot

Please send in the duly filled in Registration Form to

Dr. Vikas Arora (Convener)

Mob. : 98795-12128 / 99259 12128

MBA Department

Atmiya Institute of Technology & Science

Yogidham, Kalawad Road

Rajkot.