

File. 7, 2020-21

| S.No | Date of the programme | Name of the programme | No. of participants | No.of Faculty involved |
|-------------|------------------------------|---------------------------------------|----------------------------|-------------------------------|
| 7 | 23.02.2021 | Meditation and breath Workshop | 26 | 02 |

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Date: 23.02.2021 @ 11.00 am

Resource Person: Dr. Vanitha Malevar, a Volunteer in Art of Living organization

An Online Workshop on Meditation and Breath Management was conducted on 23 February, 2021. The Resource Person invited was Dr. Vanitha Malevar, a Volunteer from Art of Living organization. Dr. Vanitha highlighted on the impact of meditation and how it builds a harmony in between the health and studies. She also taught different types of breathing exercises for better health. She emphasized that a stress-free mind and a violence free society will help us to achieve world peace.



