

## EXTENSION LECTURE ON MEDITATION AND YOGA

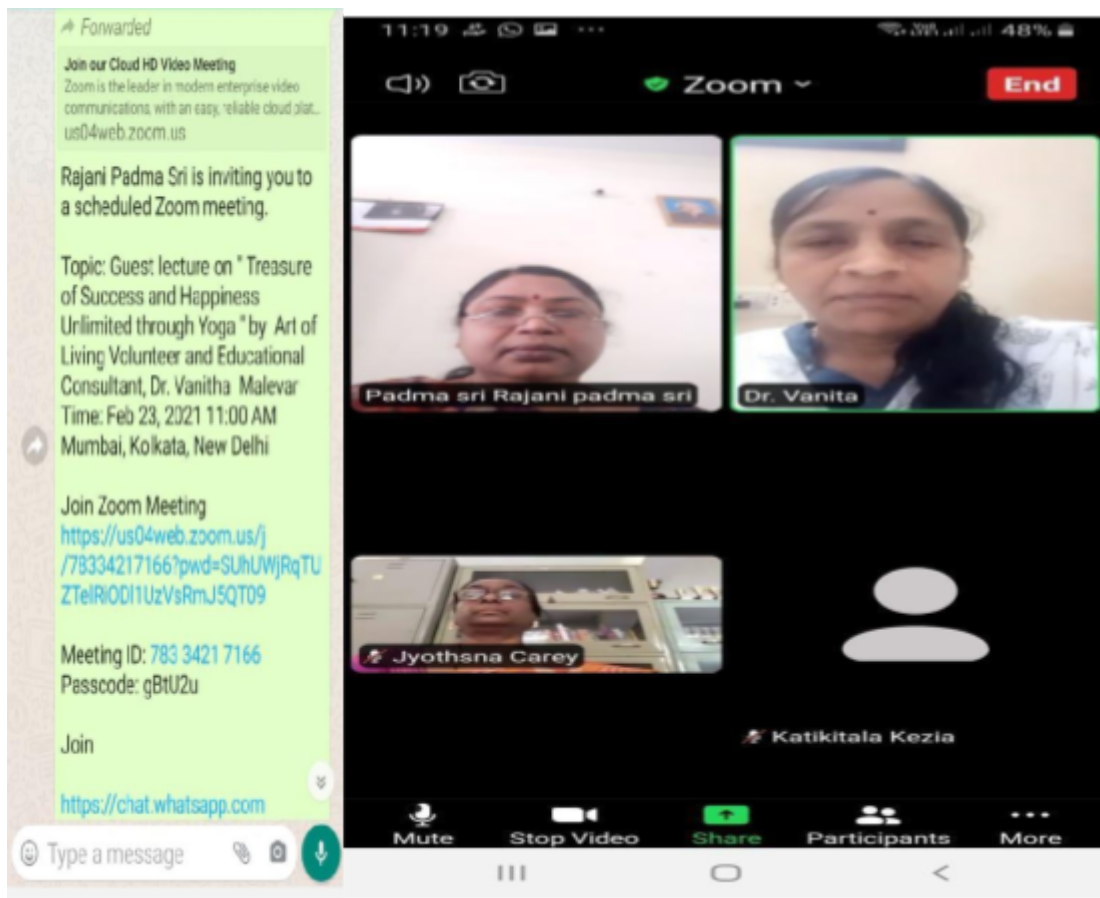
**Activity:** Extension lecture on Meditation and Yoga

**Date:** 23.02.2021 @ 11.00am

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

**Organizing committee:** Women Empowerment Cell, Health Committee and Zoology dept The Art of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri Sri Ravishanker. All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Behalf of Women Empowerment Cell and Zoology dept , we organized a special program through online with Dr. Vanitha Malevar, a volunteer in Art Of Living organization on“Meditation and breath work shop” on dt:23-02-2021. Dr. Vanitha explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. Madam also presented different types of exercises for better breathing.



In this programme Dr. Vanitha Malevar explained to the students about the various risk factors like stress and lifestyle and their implications on the health of the students. Dr. Malevar gave several tips to the students on how to face stressful situations with the help of meditation and Yoga. The students of I year Degree course in Govt. College for Women (A), Begumpet, Hyderabad enthusiastically participated and interacted with the speaker at the end of the lecture and clarified their doubts.

### **The Programme was conducted on Online mode.**

