



THREE-DAY WORKSHOP OF "HEARTFULNESS MEDITATION"

UNDER THE AEGIS OF

SRI RAMACHANDRA MISSION, KANHA SHANTI VANAM, KANHA (V)

&

GOVT. DEGREE COLLEGE, SHADNAGAR,
RANGAREDDY

**REPORT
ON
COMMUNAL HARMONY**

REPORT

A Three-Day Workshop was organized entitled “Heartful Meditation ” in collaboration with Sri Rama Chandra Mission, Kanha Shantivanam, Kanha Village, Nandigam Mandal, Ranga Reddy district and Government Degree College, Shadnagar, Ranga Reddy during 14th to 16th of November, 2022. On day one, the workshop was inaugurated under the Presidentship of the College Principal, Sri G. Bhanu Prakash. The Resource Person to this workshop was Mrs. Uma Jalla, Trainer from Sri Rama Chandra Mission, Kanha Shantivanam. In this workshop, students of I, II & III Years of B.A., B.Com and B.Sc and Teaching Staff participated enthusiastically.

On the first day of the workshop, Introduction and Relaxation technique was explained by the Resource Person. It was followed by Cleaning and Meditation on day two. On the third and concluding day, she elaborated on Inner Connect through Prayer.

In this connection, an Essay Writing Competition was also organized on 18th October, 2022. The Winners of this Competition were:

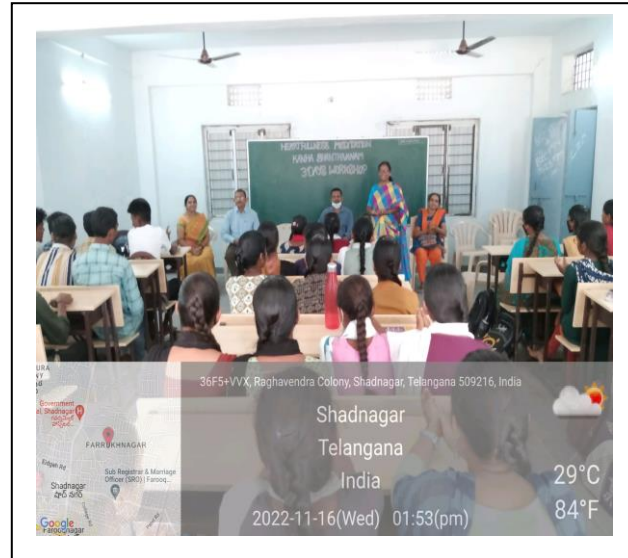
1. First Prize won by B. Sheelu of B.Sc BZS III Yr V Sem
2. Second Prize won by Dasharath Maharaj of B.Sc. BZC I Yr I Sem
3. Third Prize won by Neha of B.Sc MPCS of II Yr III Sem



DAY-ONE OF THE WORKSHOP
14-11-2022



DAY-TWO OF THE WORKSHOP
15-11-2022



**DAY-THREE OF THE WORKSHOP
16-11-2022**



**ESSAY WRITING COMPETITION
18-10-2022**

Outcomes of the Workshop:

1. The practice of heartfulness meditation, a set of yogic meditative practices has a positive impact on heart rate variability, blood pressure and heart rate.
2. Improves the quality of sleep.
3. Builds skills to manage stress and acts as a Stressbuster.
4. Boosts Immune System.
5. Enhances Self-awareness.
6. Mitigates negative emotions.
7. Increases Imagination and Creativity.
8. Improves Patience and Tolerance.