

2019-20 file : 2

<u>S.No</u>	<u>Date of the programme</u>	<u>Name of the programme</u>	<u>No.of participants</u>	<u>No.of Faculty involved</u>
2	02-06-2019	Workshop on Meditation	150	04

Workshop on Meditation by Prof. Kamruddin, MANUU

A workshop was organized by WEC on *Meditation Techniques* for students by inviting Prof. Kamruddin from MANUU as the Resource person. Around 150 students have attended the program and learnt various meditation techniques. Prof. Kamruddin has explained that practising meditation helps them to increase concentration in their studies and leads them to a stress- free life.

