

Shri Shivaji Education Society Amravati's
SCIENCE COLLEGE, CONGRESS NAGAR, NAGPUR

Department of Chemistry

Organized activity "Meditation for Well-being"

Session 2022-2023

Report

A few minutes of Meditation during the day can be a great way to get rid of stress that accumulates daily, in both, the body and the mind. Meditation is an effective technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a special session was organized on "**Meditation for Well-being**" under the aegis of IQAC in collaboration with the *Art of Living organization* on 11th March 2023 for the teaching staff. The program started with the lightening of the lamp and the floral welcome of the guests by the Hon. Principal. Dr. M.P.Dhore A Total of 60 teachers participated with full interest, enthusiasm, and eagerness. The expert for the session was Adv. Swapnil Jadhav from Art of Living Foundation. Dr. Reshal Deshmukh gave the introductory remarks. The session was then conducted by Adv. Swapnil Jadhav explained what is meditation and the different techniques the meditation. He started his talk with some question and answer session, continued with some practical experience of meditation, and answered the queries of the teachers. He refreshed the participants with some sitting warm-up exercises in between the sessions. He also talked about the benefits of doing meditation and also informed about the best time to do the meditation. The session provided a deep state of relaxation and a tranquil mind to the teaching faculty. Mr.Swapnil Jadhav motivated the staff and conveyed that Meditation should not be seen as a luxury but a daily necessity. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The program ended with a positive disposition towards the whole event. Dr. Seema Kadu proposed a vote of thanks.



Latitude: 21.128124
Longitude: 79.08224
Elevation: 333.36±2 m
Accuracy: 38.2 m
Time: 11-03-2023 12:13
Note: NSS CAMP 2023

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S. S.E. S. Amravati's Science College, Congress Nagar, Nagpur

NOTICE

All the Teaching staff members are hereby informed that our college is going to organize a session on "**Meditation for Well-being**" under the aegis of IQAC in collaboration with *Art of living organization* on 11th March Saturday 2023 at 10.30 am in Conference Hall. All should attend the programme positively.



M.Dhore

Dr.M.P.Dhore

Principal

Science College Nagpur