

## Activity Report

<b>Academic year 2023-24 (July 2023 to June 2024)</b>	
Name of the Activity	Har Ghar Dhyam - Meditation sessions
Date	4 <sup>th</sup> November 2023
Time and Venue	11.45am to 12.45 pm, in respective classrooms (34 classes)
Mode (Online/Offline)	offline
Please provide the you tube link	Nil
Organized by: Name of the Department /Activity Centre	Universal Human Values Cell
Event Coordinator/Faculty In-charge	Ms Deepika L, Assistant Professor, Dept of Commerce
Nature: Academic /Co- curricular/ extracurricular/others	Extracurricular
Topic/Activity	Har Ghar Dhyam - Meditation session
Resource Person Details (Name, Designation and Organization / Institution)	28 Trainers from Art of Living
No of Participants	2000 students from all departments
Objectives of the activity	To reach out and educate the students in different walks of life about mental health and empower them with the tool of meditation for better health and to stay still with nothing to concentrate and enter the meditative state by simply being in the present.
Methodology	28 Trainers from Art of Living trained students in breathing sessions, warm-up exercises and to meditate
Outcome of activity	Students found the session very helpful in calming and relaxing their mind. They were able to focus and concentrate while meditating. Students understood the importance of mental health & how meditation helps in maintaining good health.
<p>A brief write-up of the event – Universal Human Values Cell organized Har Ghar Dhyam - Meditation session, for students of all the departments &amp; semesters, 28 trainers from Art of Living came to train students in the college campus. The session took place in the respective classrooms from 11.45 to 12.45pm. students were trained in breathing sessions, warm-up exercises and to meditate.</p> <p>The session ended at 12.45pm with a photo session with Principal, Trainers &amp; Convenor. Feedback was taken from the students; the rating was 4.5 / 5.</p>	

Ms Deepika L

Dr. Geetha R

Convenor

Principal



# **UNIVERSAL HUMAN VALUES CELL**

**Cordially invites you to  
Student Development program on**

**"HAR GHAR DHYAN – MEDITATION SESSION"**

**Trainers from Art of living**



**4TH NOVEMBER 2023**

**TIME : 11.45 TO 12.45**

**VENUE : CLASSROOMS**

**Ms Deepika L**  

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**Convenor**

**Dr Geetha R**  

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**Principal**

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