



People's Education Trust (R), Mandya
P.E.S. College of Science, Arts & Commerce, Mandya.
M.C. Road, Mandya, Karnataka - 571 401
Affiliated to University of Mysore
Accredited by NAAC with 'A' Grade with CGPA 3.03


Dr.J.Mahadeva
Principal

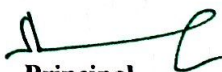
No.

Date: 23-11-2021

REPORT ON MEDITATION PROGRAMME

Name of the Committee	IQAC
Title of the Program	Meditation Programme for Mental Health
Date	23-11-2021
Venue	Swami Vivekananda Auditorium
Objective	To improve mental health To motivate youth of our college in meditation
Number of participation	400 people attended this program from both students and staff community.
Resource Person	Chandra Pulamarasetti from Quantum Foundation
Outcome	<p>Youths of our college are highly benefitted from this program. They conducted Anapanasati Meditation</p> <p>In "Anapanasati Meditation", the attention of the mind should constantly be on the normal, natural breath. The task on hand is effortful, joyful oneness with the breath. No "MANTRA" to be chanted... No form of any 'DEITY' to be entertained in the mind... No hathayogic pranayama like 'kumbhaka' ..holding the breath.. should be attempted.</p> <p>Procedure followed:</p> <ul style="list-style-type: none">• Hands should be clasped and all fingers should go into all fingers• The feet should be crossed• The eyes should be closed• Observe the normal natural breath


Coordinator
IQAC


Principal
Dr. J. Mahadeva
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P.E.S. College of Science
& Commerce, MANDYA.

Photos of Mediation programme – Dignitaries on the dais



Dr.J.Mahadeva, Principal, addressing the gathering



Youths following instructions regarding meditation



Youths performing meditation



Youths performing meditation

