



**Mahatma Education Society's
Pillai HOC College of Engineering and Technology,
Rasayani**

Three Day Heartfulness Meditation Program

Meditation Session AY 2018-19

Day 1: Relaxation and Meditation

Date: Jan 02, 2018

Mrs. Geetanjali Sayani, heartfulness yoga trainer & Dr. G.V.Patil Certified heartfulness yoga trainer guided students on meditation and yogic techniques, simple rejuvenating method to detox mind and heart.



Day 2: De-clutter the Mind

Date: Jan 03, 2018

Day 2 started with relaxation and discussed doubts related with previous day meditation. The second day of meditation started through cleaning animation video. After discussion actual practice guided session conducted for students by Mrs. Geetanjali Sayani, heartfulness yoga trainer



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Day 3, Prayer

Date: Jan 04, 2018

Time slot: 11am -1pm

Meditation session

Third day started with meditation and Prayer by Dr. G. V. Patil. He strived to impart Rejuvenation and meditation training among students. He further explained how meditation is an excellent technique to strengthen core and improve concentration. He presented wonderful technique to practice meditation in day –to-day life. Students and faculty were made to practice few meditation techniques to improve their mental health and finding their inner selves.

