



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

**Three Day Heartfulness Meditation Program**

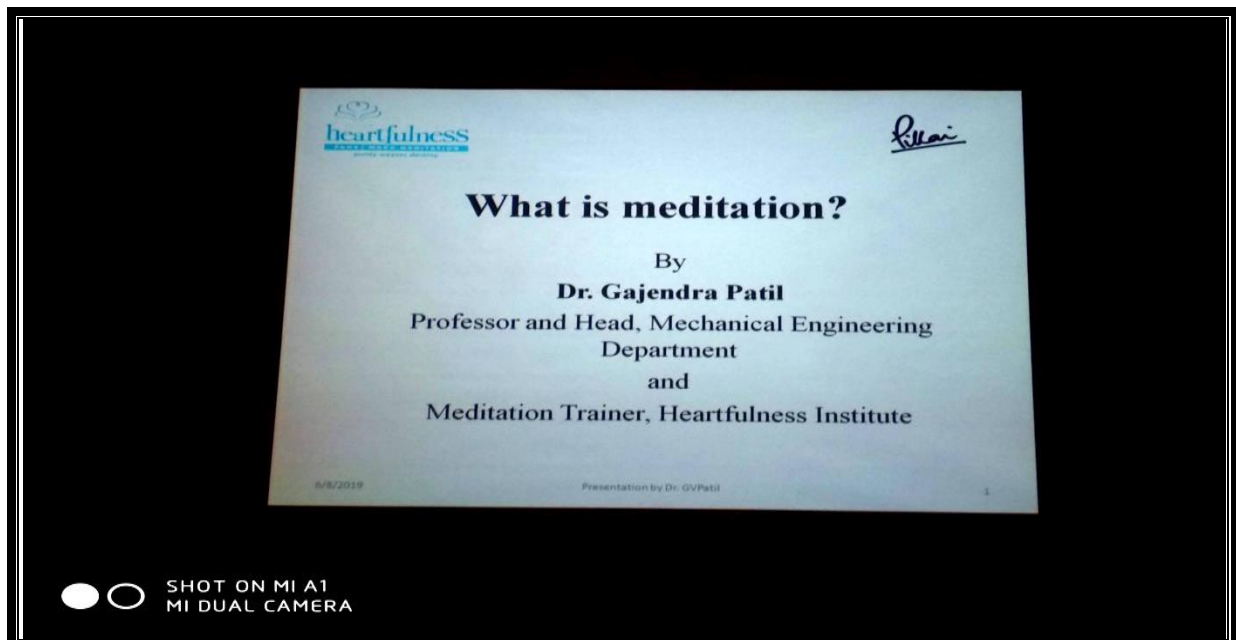
**Thursday, 8.8.19**

Time slot : 9.30- 1.00

Venue : 09th floor Seminar Hall

**Heartfulness Meditation**

The three day meditation program was started with wakeup call on Health Management ,Meditation and Yoga sessions demonstrated by Heartfulness meditation trainer Dr. Nivedita Shreyans ,Director-Relation, Mahatma Education Society's and Heartfulness meditation trainer Dr. Gajendra Patil ,Head of Mechanical Department , PHCET in association with 'Heartfulness' Organization .The session began with light exercise and students were informed about the role of meditation and yoga in our education , stress and health management. Dr. Nivedita Shreyans guided students to practice different postures and breathing technique to relax mind. Her engagement with the students was thrilling and power-packed. At the end of the session, students were given certificate of participation.





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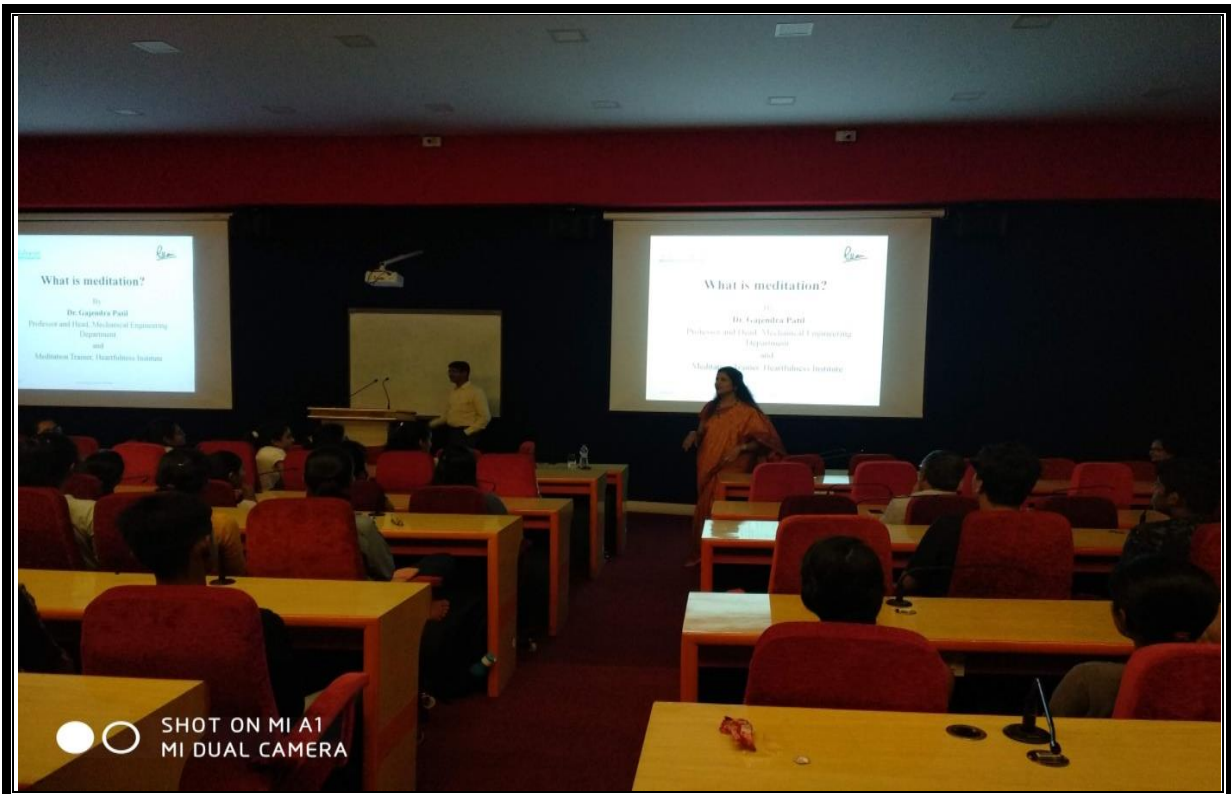


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**Session on 'Meditation' under the supervision of Dr. Nivedita Shreyans and  
Dr. G.V.Patil**