



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

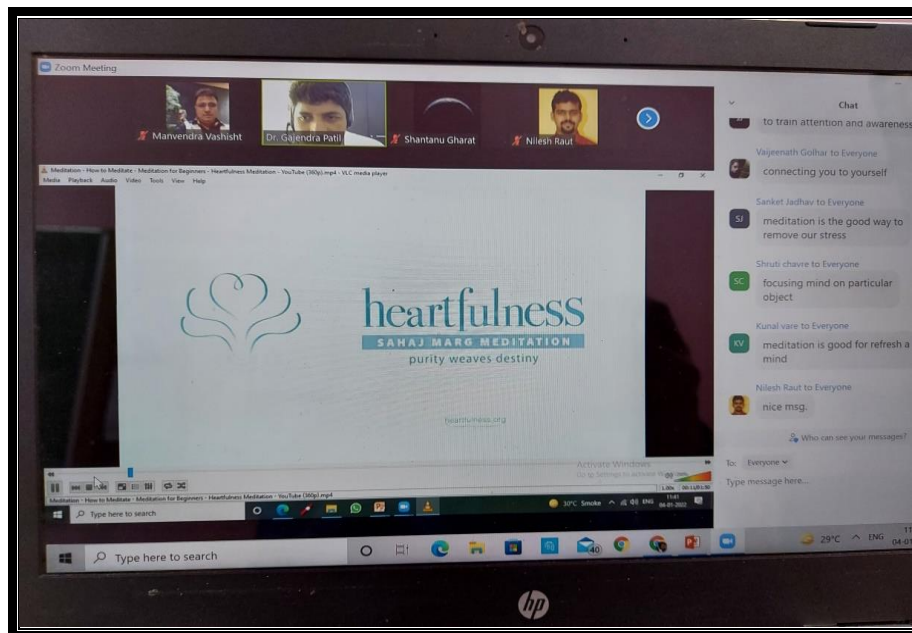
Three Day Heartfulness Meditation Program

Meditation Session AY 2021-22

Day 1: Relaxation and Meditation

Date: Jan 03, 2022

Dr. G.V.Patil Certified heartfulness yoga trainer and Head of Mechanical Engineering Department gave students insight on importance of Meditation . He conducted Heartfulness relaxation and gave brief on What is meditation and its importance. At the end of the session students asked few queries related to meditation and yoga to improve concentration that was promptly answered Dr. Patil.



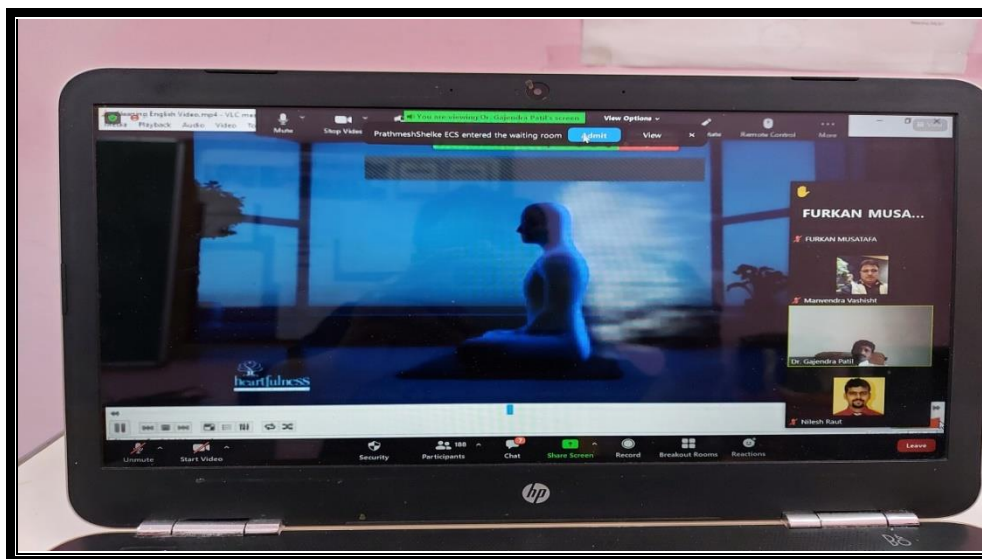
Day 2: Cleaning and Rejuvenation

Date: Jan 05, 2022

Day 2 started with relaxation and discussed doubts related with previous day meditation. The second part of meditation is introduced to students through animation video. After discussion actual practice guided session conducted for students.



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Day 3, Prayer

Date: Jan 05, 2022

Time slot: 11am -1pm

Meditation session

Dr. G. V. Patil commenced the day with an expect session on spiritual training. 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.



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