



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

Three Day Heartfulness Meditation Program

Meditation Session AY 2022-23

Day 1: Relaxation and Meditation

Date: Date: Nov 04, 2023

Dr. G.V.Patil Certified heartfulness yoga trainer and Head of Mechanical Engineering Department guided students on meditation and yogic techniques, simple rejuvenating method to detox mind and heart. Students learned the role of various techniques and asana that predominately help our mind to be control of all the emotions. He further asked student to sit in meditative position with closed eyes and let go of stress and complex emotions and feeling light and refreshed.



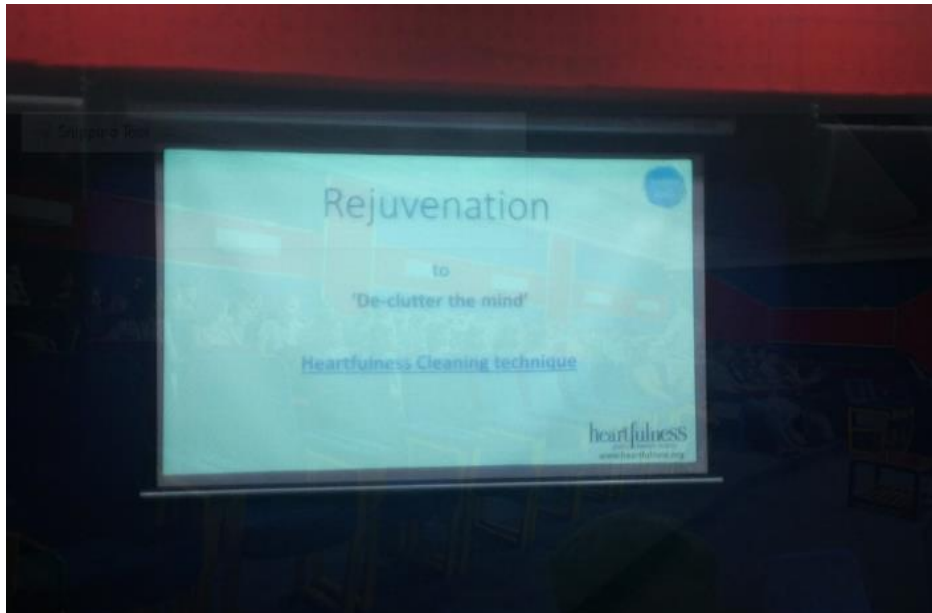
Day 2: De-clutter the Mind

Date: Nov 05, 2023

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



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Day 3, Prayer

Date: Nov 04, 2023

Time slot: 11am -1pm

Meditation session

Dr. G. V. Patil commenced the day with an expert 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



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were made to practice few meditation techniques to improve their mental health and finding their inner selves.

