

Department of Zoology

Name of the Activity- Experiential Learning

Title of the event: Meditation for Beginners- ISHA Foundation

Day & Date: Tuesday 27th June 2023

Time: 7.30 am to 9.00 am

Mode: Offline

Venue: KNV Shasthri Auditorium

Resource Persons:

1. P. Ramadevi

2. Ujjwala

No. of Participants/ Beneficiaries: 86

Brief summary of the activity:

Department of Zoology, mLAC in association with ISHA Foundation organised a session on Meditation for beginners on 27th June 2023 from 7.30 am to 9.00 am in the KNV Shasthri Auditorium. The session started with a brief introduction about ISHA foundation and Ms. Ranjitha H R, Assistant Professor, Department of Zoology welcomed the resource persons P Ramadevi and Ujjwala from ISHA foundation. Around 86 PUC and UG students took part in the session.

Volunteers from ISHA foundation addressed the gathering about importance of meditation and yoga in daily life and a video of Sadhguru was played which elaborated the various forms of meditation and correct way to attain concentration. The session was mainly oriented towards lessening the stress among students that was created due to various circumstances. It guided everyone to inculcate meditation in daily life to bring in positive aspects in all forms of work. The volunteers also guided students to practise meditation every day they also highlighted about the Online and offline courses offered by ISHA foundation- ISHAKRIYA and to take part in it.

Students gave positive feedback about the session and referred it as stress bursting session.

Feedback analysis: Attached

Attachments:

- i. Registration Data
- ii. Invitation
- iii. Attendance
- iv. Participants Feedback
- v. **Geotagged Photos:**





Organising secretary

Head of Department

Principal