

S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the program: Meditation Workshop

2. Name of the Coordinator/s: Mrs. Viji M P

3. Organizing Department/Cell: Malayalam

4. Date: 18nth&19nth November 2021

5. Number of participants: 27

6. Venue: Seminar Hall

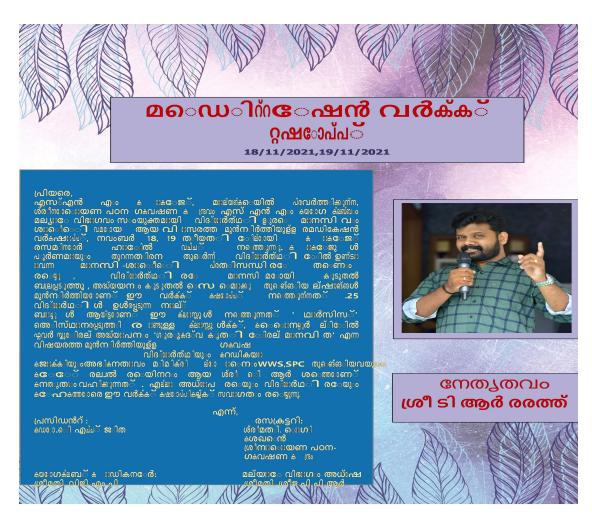
7. Resource Person/s: TR SARATH

8. Objective of the Program: To create awareness about Meditation and its application among students.

9. Detailed description of the event: SNM College, Malyankara, Sree Narayana Study and Research Centre, SNM Yoga Club and Malayalam Section jointly organized a meditation workshop for the students. This meditation workshop aimed at the mental and physical development of the students was conducted on 18th and 19th November (Thursday Friday) at the College Seminar Hall This workshop was conducted with the objectives of overcoming the mental and physical problems faced by the students after the opening of the colleges, making the students more mentally strong and making the study more interesting. It was decided to conduct these classes in four batches of 10 students Classes based on Katharsis' were conducted by Mr. TR Sarath, teaching at Cheranallur Little Flower School, research student on 'Humanity in Gurudeva's Works', radio jockey, actor, mime artist and state level trainer of

WWS, SPC etc.The classes started with an introductory speech by the college principal, Dr. TH Jita, and the secretary of Sree Narayana Study and Research Center, Smt. Ragi Sekharan welcomed. Selected students from various departments participated in these workshop sessions.

10. Outcome of the event/Evaluation by Program Coordinator: It has given a sense of calm , peace and balance that benefit overall health and emotional wellbeing of the students.



Photo



11.List of participants

meditation workshop - 2021-2022

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