

ALANDI (D).PUNE 412105

DEPARTMENT OF ARTS AND COMMERCE

ANUBHUTI

Name of the programme: Stress Management and Meditation **Date:** 6 July 2019

Resource person: Mr. Gaikwad, Mr. Suhas Kulkarni and Mr & Mrs. Jagtap
Trainer, Heartfulness Organization, Pune

Objectives: To create awareness about the importance of meditation.

The department has made available a platform for the development of inner strength of the students through the club Anubhuti. The trainers and volunteers of Heartfulness organization were invited to conduct a session on stress management and meditation. Mr. Suhas Kulkarni explained the concept of time and the ways to manage the available time and works to be performed. He also talked about the reasons which create stress in human life. He discussed the formula of factors responsible for stress and how we can reduce stress. He made his presentation effective with the use of videos, pictures, images and formulas.

Mr. Suhas Kulkarni explained the role of meditation in our life. He talked about the process of meditation. He interacted with students. Then practical session of meditation was conducted. Mr. Gaikwad gave order to the students about the body parts that should be sequentially concentrated. Mr. Jagtap helped students in practical session of meditation. Mrs. Jagtap talked about the human tendency to catch easy things which may create problems in future. Students found the session useful as the points discussed were close to them. Head of the department Prof. Manasi Atitkar felicitated the guests. Dr. Padmavati S. Undale coordinated the session.

