



K S INSTITUTE OF TECHNOLOGY

DEPARTMENT OF COMPUTER SCIENCE & DESIGN

REPORT ON

“Peace & Wellbeing through meditation in Higher Education – A Holistic Approach”

Semester:	3 rd Semester
Event Type:	Seminar
Event Name:	Peace & Wellbeing through meditation in Higher Education – A Holistic Approach
Date/Duration:	19-10-2022
Associated Professional Bodies	AICTE-SPICES
No. of Students:	59
Speaker Details:	Mr. Guru Oracle (Heartfulness meditation)
Online link/Offline:	Offline

Event Objectives:

- Provide students an insight into meditation
- Provide students with the experience of meditation
- Knowing the benefits of meditation

Event description with pictures:

The program began with the speaker Mr. Guru, being welcomed by HoD of Computer Science & Design Dr. Deepa .S.R.

The speaker Mr. Guru, started the session by giving an insight into meditation. The benefits of meditation.



Fig. 1 Explaining the purpose of meditation

The session continued with the understanding of meditation process. The posture, concentration, controlling thoughts etc were thought.



Fig. 2 Explaining the benefits of meditation

Meditation is an exercise for the brain to control thoughts. The students were made to meditate and experience the mental peace obtained by meditating.

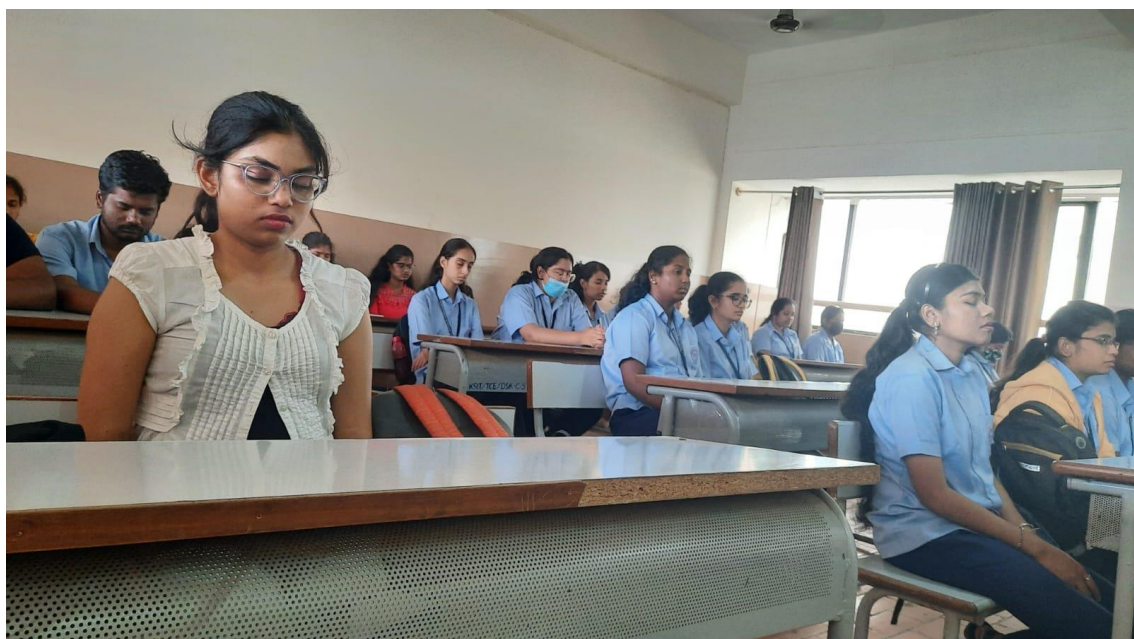


Fig. 3 The students practicing meditation

The seminar on Peace & well-being through meditation in Higher Education – A Holistic Approach made the students gain knowledge on meditation.

EO#	EVENT OUTCOMES
EO1	Understand the basics of meditation
EO2	Practicing meditation
EO3	Obtaining benefits out of meditation

Event Coordinator

HoD

Principal