

Priyadarshini College of Engineering

Health and Happiness Cell

Event: Meditation Session on “World Meditation Day”

Date: 21/12/24

Venue: IT Seminar Room
Wing-E, Third Floor (IT Building)

Participants: Staff (Teaching and Non-teaching) and Students of PCE, Nagpur (IT Dept.)

Time: 11:30 am to 12:30 pm

Resource Person: Mrs. Nikita R. Hatwar
AOL Faculty and Assist Prof,
PCE, Nagpur.

Event Coordinator: Prof. N. R. Hatwar and Team Health and Happiness.

Purpose/ Objective: 1) To motivate the staff and students to practice Yoga and Meditation for maintaining good physical and mental health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness. All these objectives could be dealt with in an integrated manner.



Remark: Event was successfully conducted. The Teaching, Non-teaching Staff and students of PCE enthusiastically participated for Meditation session.

Incharge
(Prof. N. R. Hatwar)
Health and Happiness Cell