

**MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE**  
(UGC - AUTONOMOUS)

**Report on**  
**Three day session on “Relaxation & Meditation“**  
**05-07 September 2016**



**Submitted by: Dr. K. V. V. Raaju – NSS Programme Officer & Asst. Professor, Dept. of Management Studies & Mr. Abhinay Irala, Training Officer, Training and Placement Dept.**

A Three-Day program on Relaxation and Meditation by HEARTFULNESS Organization, Madanapalle for all interested B. Tech / MCA / MBA students was organized by NSS Cell at Madanapalle Institute of Technology & Science from 5 Oct 2016 to 8 Oct 2016 (Wednesday, Thursday, Friday).

The program was commenced at 04.10 PM on 5 Oct 2016 with the welcome address by Dr. YuvaRaj, Principal Sir. He stressed the need of balancing the professional and personal life by practicing Meditation at least for 20 minutes every day to get rid of the stress due to day to day hectic life activities.

Trainers taught the faculty and students the Relaxation Techniques and Meditation Process for three days and also clarified the doubts raised during these practice sessions.

**LEARNING OBJECTIVES:**

These sessions enabled participants to gain understanding on:

1. Importance of Relaxation and Meditation
2. Relaxation methods
3. Process of Meditation
4. Participants realized the below benefits after this Three Days session on Meditation

1. Better Concentration
2. Enhancing the creative thinking
3. Positive Attitude
4. Focusing on the career
5. Reducing the stress levels
6. Better Sleep
7. Improved Productivity

**RESOURCE PERSONS:**

Mr. Bayya Reddy , Spiritual Trainer, Heartfulness Organization , Madanapalle.

Mrs. Suneetha Raj, Spiritual Trainer, Heartfulness Organization , Madanapalle.

**TARGET AUDIENCE:** Around 250 interested B. Tech / MCA / MBA Students attended this three days session. On the third day, the Trainers were felicitated by Dr. N. Kumara Swamy, Professor & Dean Research Center, and the session ended with the vote of thanks by Abhinay Irala, Training Officer.