

TrackAct - Activity Tracker

Name of the event :-	Guidance Session on Concentration Improvement and Memory Management through Meditation
Conducted by:-	Student Counselling Cell
Date:-	February 24, 2020
Venue:-	Auditorium, 9 th floor
Report:-	<p>A few minutes of meditation during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. In view of this, IQAC of PHCASC in association with Student Counselling Cell organized a Guidance Session on Concentration Improvement and Memory Management through Meditation on February 24, 2020 for students of our college on 9th floor auditorium at 10.00 am. This guidance session was delivered by Dr. Dilip Nalage in association with Brahma Kumaris, Panvel. Dr. Dilip Nalage is a professor in Arihant Ayurved Medical College and Director of OM Ayurved Panchkarma Clinic. Dr. Dilip Nalage was felicitated by our Vice-Principal, Prof. Binit Kumar. He conducted a session on medication and explained the benefits of Raja Yoga meditation. He also explained to the students different ways to practise meditation daily.</p>
Photos:-	



Winners(if any):-	