

Pedagogy Report

Topic: Meditation Techniques

Date: 31-12-2022

Timing: 2:30 PM onwards

Venue: 2119

Speaker: Prof. K. B. Pathak

Brief about pedagogy session: Meditation is widely recommended as a health-boosting practice—and for good reason. It provides many positive benefits, from reducing symptoms of stress to relieving physical complaints like headaches and even enhancing immunity to illness.

Between the health benefits and the fact that it's free and requires as few as five minutes, it's easy to see why meditation has become a popular complement to conventional medicine.

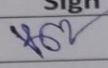

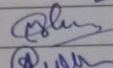
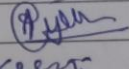
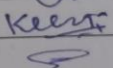

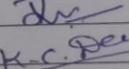
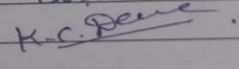
This session has covered different meditation techniques:

Basic Meditation

Focused Meditation

Mindfulness Meditation

Attendee:

Pedagogy Session		
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Speaker:		
Sr. No	Name of Faculty	Sign
1.	Prof. (Dr.) K.B.Pathak	
Attendees Present:		
Sr. No	Name of Faculty	Sign
1.	Dr. Shalini A. Pantawat	
2.	Mukesh B. Tanga	
3.	A.N. Bolcade	
4.	H. S. Vashishtha	
5.	Rajesh Zedfiya	
6.	I. U. AJMERI	
7.	K. C. Dave	
8.		
9.		
10.		
11.		

