



NAAC Accredited

Tulsiramji Gaikwad - Patil college of Architecture

Wardha Road, Nagpur - 441 108

Online Meditation Session for all faculty and students

Tulsiramji Gaikwad-Patil college of Architecture has organised an Online Meditation Session for all faculty and students on 21/04/2020. During the Quarantine period each individual is going through lot of stress, fears, anxiety. Much like the rest of the world, everyone had to come to terms with this new normal as a result of this global pandemic. To deal with the situation need is to find new ways to channel energy and stay optimistic is through Meditation. Meditation is a Master key - for Healthy mind during the stressful time of Corona Pandemic.

Some benefits of **Annapana** Meditation in student life are:

- 1) Freedom from stress, fear, worry, anger
- 2) Increased concentration
- 3) Better decision making and Confidence
- 4) Peaceful and happy mind
- 5) Sharper memory
- 6) Better performance in studies, sports, and works
- 7) Better Health

Students of all semesters and faculties participated in the mediation session conducted through video call by Smt. Pramila Khante, Senior Assistant teacher. It created positive energy among all and also they shared their merits and positively so that all the corona affected people get healed. The session was Organised and coordinated by Prof. Vandana Khante, Principal TGPCA.

