



RISE KRISHNA SAI PRAKASAM GROUP OF INSTITUTIONS

Affiliated to JNTU Kakinada; Approved by AICTE, New Delhi
Valluru, Prakasam-523272

RAGA

Report on Meditation for Women Faculty

Dt : 7th Feb 2020

Organizer of the program: Mrs.N.Surekha, Associate professor, EEE Dept

Mediator: Mr.M.Kanaka Rao , Meditation Trainer

Program objectives:

- To calm the mind and attain a form of enlightenment that would lead to a peace full life.
- To create awareness on meditation .

Outcomes of the Program:

- All female faculty members actively participated and utilized the session and got refreshment.

The program was started on the forenoon of 5th March 2020 at 10.30 AM .It was started with the welcome note by Mrs.Sidda Pravallika Garu. The principal of RISE Krishna sai prakasam group of Institution started the program with his speech on meditation .

The resource person Mr.M.Kanakarao garu brought awareness about meditation including tips on meditation ,importance of meditation etc.

A Q&A session was arranged where Mr.M.Kanka Rao addressed queries on related issues.

At the end of the program as a token of love Mr.M.Kanaka Rao was felicitated by the college management and the program was ended with vote of thanks

