

## E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



**CELL** : WOMEN'S CELL

**ACTIVITY** : SEMINAR

**YEAR** : 2022-2023

### WOMEN CELL

DATE	TIME	VENUE	MODE
08.03.2023	10.30 a.m. to 12:00 noon	E.S.R. Alamelu Ammal Hall EMG Yadava Women's College	Offline
Theme	Unlocking Inner Peace through Meditation		
Nature of the Activity	Meditation		
Title	Healing your mind through meditation		
Organisers	Women Cell Coordinators: Mrs. C. Kanthimathi Nachiyar Assistant Professor of English Mrs.D.Sharmila Assistant Professor of English EMGYWC		
Resource Person	B.K.Vijayalakshmi Bramah Kumarihal Samajam, Madurai		
No. of Participants	Student: III Year UG		

**HEALING YOUR MIND THROUGH MEDITATION**

**Objectives:**

1. To promote a deep state of relaxation and enhance a healthy, positive mindset through regular meditation practice.
2. Help to eliminate the constant stream of confusing and distracting thoughts, allowing for mental clarity and peace.
3. To enhance concentration and focus, enabling students to align their thoughts and actions toward achieving their personal and professional goals.

**Programme Outcome:**

1. Students will be able to approach, practice, and achieve emotional balance, experiencing a significant reduction in stress, negativity, and anxiousness.
2. Meditation will activate the mind, unlocking sources of inner inspiration and creativity.
3. Students will develop a strong sense of well-being and fulfilment, feeling motivated and centred in every action they undertake.
4. Through regular meditation, students will experience heightened mental clarity, leading to improved decision-making and focus.

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**Photographs:**



**Meditation - Healing your mind through meditation - 08.03.2023**



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Enclosures:

a. Circular:

**E.M.G. Yadava Women's College, Madurai – 14**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
Re-accredited (3<sup>rd</sup> cycle) with Grade A' & CGPA 3.51 by NAAC

## WOMEN'S CELL CIRCULAR

We are glad to inform you that the Women's cell in our college is going to be conduct a meeting on 08 .03.2023 at E.S.R Alamelu ammal memorial hall regarding Healing your mind through meditation. The meeting is going to be conduct by Bramah Kumarihal Samajam.

  
Principal

SI NO	DEPARTMENT	HOD SIGNATURE
1	History	P. Subramanian
2	English	P. Subramanian
3	BBA	Thiruthiruvallur
4	N&D	P. Sankar
5	Zoology	G. Indira Kani
6	Physics	T. Jayashree
7	Chemistry	S. Jayashree
8	Computer Science	N. K. S. S. S.
9	BCA & MCA	S. Vijayar
10	IT	B. B. B.
11	TAMIL	B. Panthalar
12	COMMERCE	K. Padmaravathy
13	Maths	P. S. S.
14		