



The South Indian Association's
The S.I.A. College of Higher Education
Affiliated to University of Mumbai
Accredited B+ by NAAC
P-88, MIDC Residential Area Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421203.

Report

Department of Management Studies

21st June 2022

On the eve of International Yoga Day, a meditation session was organised in collaboration with Yog Prabha Bharati (Seva Sanstha) Trust - Samarpan Meditation Foundation on 21st June 2022 at 10.30 am in the auditorium.

Mr. Amol Lanjekar was a Resource Person for the same. He had given idea about Samarpan Meditation with its benefits in detail. Also Meditation of 15 minutes was performed. At the end Question Answer Session was conducted where lot of doubts related with Meditation was ask by Students and Resource Person had given answers to their doubts. 5 Other members of Samarpan Trust and few Teaching faculty have also attended the session.

Session is attended by Students of BAF, BMS, BBI and BAMMC Department.

Number of Students Attended the Session:

Students	Number
Male	61
Female	86
Total	147

V. Booma
Convenor



P. Rajmanglik
Principal

PRINCIPAL
The S.I.A. College of Higher Education
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