



K. S. School of Engineering and Management

Kanakapura Road, Bengaluru – 560109

Department of Management Studies and Research Centre (MBA)

Session: 2022-23 (Even)

Report on

HAR GHAR DHYAN

Event name: Yoga activity

Topic: Club activity

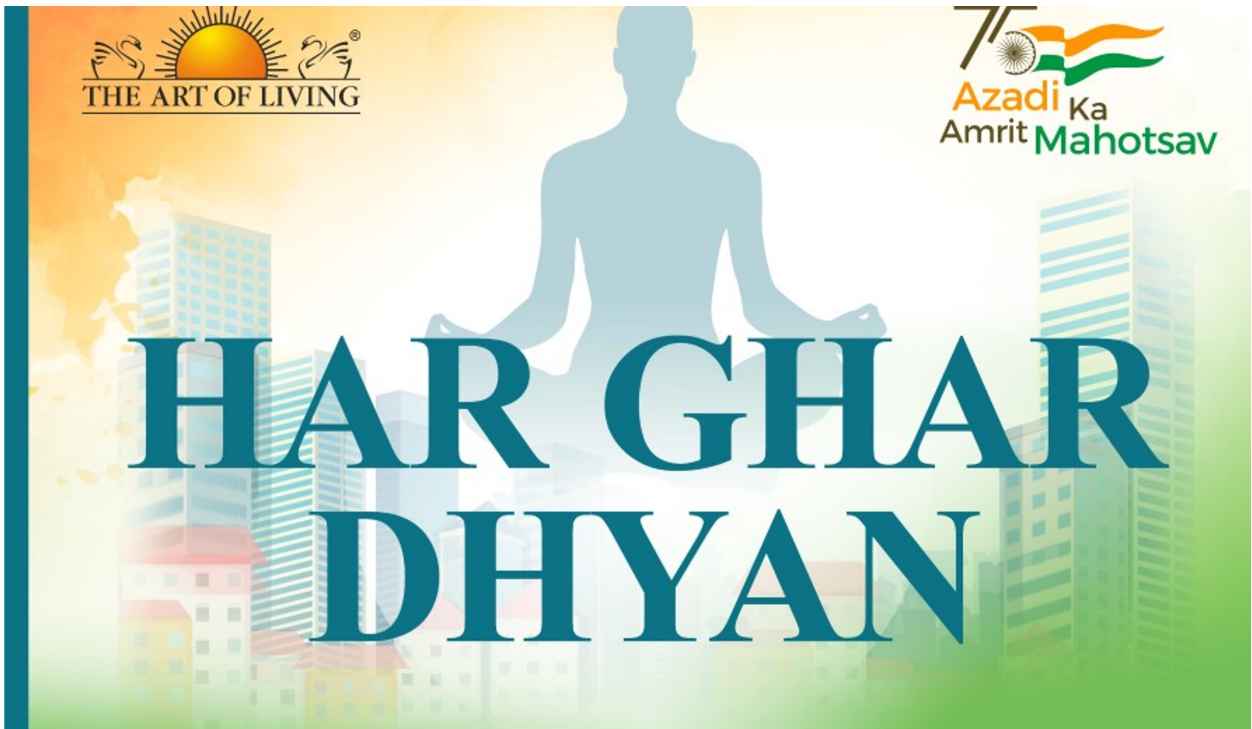
Date: Saturday, 08 July, 2023

Time: 10:45 am

Participants: IV Semester MBA Students , Batch – 2021-23

Venue: MBA 4th Semester classroom– 513A, A- Block, KSSEM

Event Co-ordinator: Arundathi.K.L and Fitness and Yoga Club Co-ordinators



Students from final year of the MBA department attended the session.

The Har Ghar Dhyaan session organized by Art of Living aimed to provide participants with relaxation techniques and tools to handle pressure effectively. The session included a guided meditation practice for 15 minutes. The following points the key highlights and activities conducted during the session.

Relaxation Techniques: The session commenced with a brief introduction to the importance of relaxation techniques in managing stress and promoting overall well-being. Participants were taught various relaxation techniques, including deep breathing exercises, progressive muscle relaxation, and visualization. These techniques were designed to help individuals release tension, calm the mind, and rejuvenate their energy.

Handling Pressure: The facilitators emphasized the significance of handling pressure in daily life. They discussed the adverse effects of stress and shared practical strategies for managing pressure effectively. Participants were encouraged to identify their personal stress triggers and explore healthy coping mechanisms. The session focused on fostering resilience and maintaining a balanced mindset in challenging situations.

Guided Meditation: The discussion on relaxation and stress management, participants engaged in a 15-minute guided meditation session. The facilitators led the group through a calming meditation practice, focusing on breath awareness, mindfulness, and cultivating inner peace. The meditation

aimed to enhance participants' concentration, reduce mental clutter, and promote a sense of inner calm and clarity.

Q&A and Sharing: After the meditation, participants were invited to share their experiences and ask questions regarding the relaxation techniques and meditation practice. The facilitators provided valuable insights and addressed queries, ensuring a comprehensive understanding of the session's concepts.

The Har Ghar Dhyan session by Art of Living successfully provided participants with practical tools to manage stress, promote relaxation, and handle pressure effectively. The relaxation techniques introduced during the session can be easily incorporated into daily routines, helping individuals find balance amidst the demands of modern life. The guided meditation practice offered a valuable opportunity for participants to experience a state of deep relaxation and inner tranquillity.

The Har Ghar Dhyan session was a valuable opportunity to learn about the benefits of meditation and relaxation techniques. The relaxation techniques were helpful in reducing stress and anxiety, and the guided meditation was a peaceful and calming experience. The session also provided some helpful tips for handling pressure.

Overall, the session empowered participants to take charge of their mental and emotional well-being by incorporating these techniques into their daily lives. It served as a reminder of the importance of self-care and provided a solid foundation for individuals to navigate stress and pressure with greater ease.

PHOTOS OF TODAY SESSION:





Bengaluru, Karnataka, India

K S School Of Engineering And Management Engineering Block, off, Kanakapura Rd, Bengaluru, Karnataka 560109, India

Lat 12.85924°

Long 77.542589°

07/07/23 12:05 PM GMT +05:30

CO-ORDINATOR
Mrs. Arundathi K L

HOD-MBA
Dr. Shekar H S

PRINCIPAL/DIRECTOR
Dr. K Rama Narasimha



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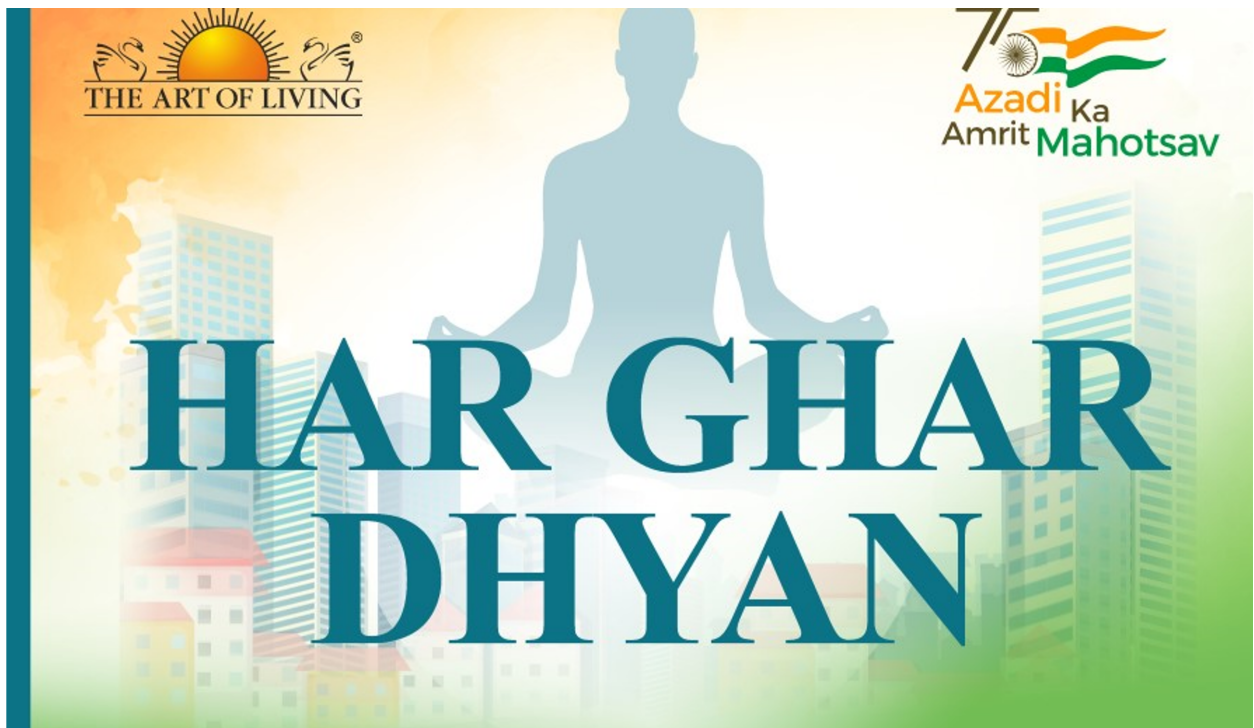
Date: Saturday, 08 July 2023

Time: 10:45 am

Participants: II Semester MBA Students , Batch – 2022-23

Venue: MBA 2nd Semester classroom-512A, A- Block, KSSEM

Event Co-ordinator: Arundathi.K.L and Fitness and Yoga Club Co-ordinators



The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization (NGO). It was founded in 1981 by Ravi Shankar. The Art of Living Foundation has its centres in 180 countries.

PROGRAMMES AND COURSES:

It's stress-elimination and self-development programs are based on the breathing technique Sudarshan Kriya, meditation and yoga. This technique is a major part of Art of Living courses.

These courses have been conducted for students and faculty, government officials, firemen, ex-militants, and prisoners.

The Art of Living offers numerous, highly effective educational and self-development programs and tools that facilitate the elimination of stress. These tools also foster deep and profound inner peace, happiness, and well-being for all individuals.

These programs, which include breathing techniques, meditation, yoga, and practical wisdom for daily living, have helped millions around the world to completely transform their lives.

HAR GHAR DHYAN:

The Ministry of Culture has partnered with Art of Living under the aegis of Azadi Ka Amrit Mahotsav to engage the youth in mental health education and to equip them with meditation practices for improved health and wellness. On October 26, 2022, Gurudev Sri Ravishankar officially unveiled the project 'Har Ghar Dhyan' at the Art of Living's global headquarters in Bengaluru in the presence of the Chief Minister of Karnataka Shri Basavaraj Bommai. The launch was attended by more than 20,000 people.

Har Ghar Dhyan will act as a medium for guiding people toward a healthy lifestyle and will encourage them to take up meditation as a regular practice.



“HAR GHAR DHYAN” it means meditation in every house. This session was conducted by Neelanjan sir and Geetha madam. They started the session by giving brief introduction about meditation, its importance, and also how it will be helpful for every individual.

They have also educated with, how meditation will impact on enhancing the quality of life, relieve stress, anxiety and depression, ability to manage mind.

Also, they have stated the importance of hobbies, that everyone should engage in other activities apart from studies, and also communicated that to use the mobile for enhancing knowledge and not to waste precious time on unwanted things, and utilise such hours on meditations.

Trainers made all the students to meditate for a while, and asked us to experience how it feel and also shared information with regard to sense of calm, peace and balance that can benefit both emotional well-being and overall health.

Students have learnt about meditation and its positive impact on our daily life from this session, how to stay focused, how to concentrate, regulates mood, lower stress, reduce memory loss, improve self awareness. It was really a good learning opportunity and experience for every student.

Students want more session on this, to enrich their skills and knowledge about yoga and meditation.

Students expressed gratitude to principal Dr. K. Rama Narasimha Sir, Head of Department of MBA, Dr. Shekar.H. S. and Assistant Professor Arundathi K. L, Co-ordinator of Fitness and Yoga club for providing us with such a wonderful opportunity.

“A simple practice available for all, meditation takes us on a path of deeper self-realization, greater acceptance, and more heartfelt living”

Thank you for this learning session.

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