### Name of activity: Pranayama & Meditation Workshop

**Category:** IKS

**Organising Unit:** RKSMVV IQAC

**Date:** 28 April 2023

**Time:** 1-3 pm

**Venue:** Muktiprana Sabhagriha

**Name of resource person:** Sm Tiyasha Paul.

**Number of participants:** 26 Teaching and Non-teaching Staff

**Brief description of the event:** The Teaching & Non-teaching staff (26 participants) of RKSMVV attended a Pranayama & Meditation Workshop on 28 April 2023 from 1 pm to 3 pm organized by IQAC, RKSMVV. Different techniques of pranayama and meditation for beginners were taught and shared. It was also instructed where, while and how to inhale and exhale during pranayama and meditation. Knowledge regarding proper posture and breathing patterns for Surya Mukhi and Chandra Mukhi pranayama was also shared.

**Program outcome:** After the completion of the session there was an aura of mental peace. All realized the importance of pranayama and meditation in daily life. All enjoyed the session and gladly expressed their satisfaction. All were also eager to know about the next session.

**Flyer:**



 