

**Department of Computer Science and Engineering**

Event Name	Health Wellness with Yoga and Meditation
Date	September 9 th 2023
Venue	Auditorium, RVITM
Audience	Faculties (Teaching and Non-Teaching)
Resource person	Ms.Deepika and Mr.Siddharth From Art of Living

Objective of the Program:

The primary objective of yoga and meditation workshop was to enhance overall well-being by promoting physical health, mental clarity, and emotional balance. Yoga aims to improve flexibility, strength, and body awareness through physical postures and breathing techniques. Meditation focuses on calming the mind, reducing stress, and increasing mindfulness and concentration. Together, these practices strive to harmonize the body, mind, and spirit, fostering a holistic sense of wellness and inner peace.

Topics Covered:

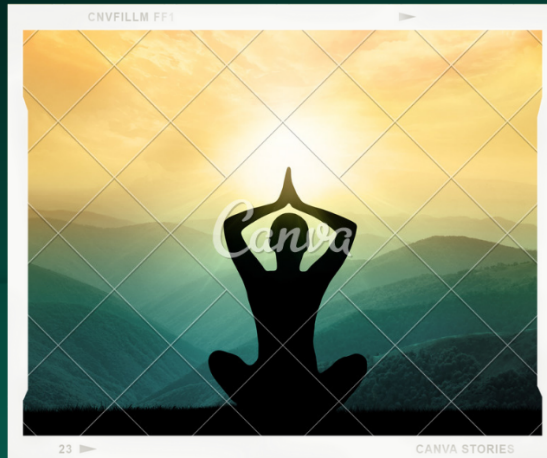
- Desktop Yoga
- Pranayama
- Stress Management
- Meditation

Dept. of Computer Science and Engineering had conducted a one-day workshop on “Health Wellness” in collaboration with Art of Living on 9th September 2023. All the staffs including teaching, nonteaching and administrative attended the workshop. Ms.Deepika and Mr.Siddharth was the resource person for the workshop. The session included Desktop yoga, meditation, pranayama, and an effective talk on “How to handle stress”.

RV INSTITUTE OF TECHNOLOGY & MANAGEMENT®



Department of Computer Science & Engineering



- Desktop yoga
- Pranayama
- Meditation
- Laws of the mind
- Stress management



Mr. Siddharth

Resource person



Ms. Deepika

Resource person

Venue

6th Floor Auditorium
RVITM, Bangalore
For all staffs of RVITM



Saturday, 9th
Sep 2023



10:00 to 11:15 AM

Chief Patron: Dr. Jayapal R, Principal, RVITM

Convener: Dr. Malini M Patil, Professor & Head, CSE

Faculty Coordinator: Prof. Nandita Bangera, Assistant Professor, CSE





Coordinator Signature

HOD's Signature