

Mindfulness of Breathing

Meditation session for Students, Teachers, and Non Teaching Staff of Maheshtala College.

Date : 27-08-2019. Tuesday.

Timing: 12.45 - 1.55 pm (Students and Teachers)

2.10 - 3.20 pm (Students and Non Teaching)

Maheshtala college is going to organise a meditation session for its students, teachers and non teaching staff for up-gradation, stress management and mindfulness.

Mindfulness is a simple meditation technique in which one is to simply notice and be aware of one's own breath.

Benefits

Highlights

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1	Improves concentration.	The technique is taught by audio-visual sessions spread over 70 minutes approx.
2	Increase alertness.	Age group : Above 18 years
3	Develops control over the mind.	This meditation technique is an age old technique spread worldwide
4	Memory becomes clearer.	There is no charge for the course.
5	Improves decision making ability.	
6	Increases self confidence.	
7	Agitation, fear, tension, nervousness and stress decrease.	
8	Capacity to work and study increases.	
9	Increases ability to understand others and to express oneself.	
10	Mind become healthy, wholesome and strong.	
12	Mind becomes happy, full of good wishes and peaceful.	

Students of Semester I (Hons) , Semester III (Hons), 3rd Yr (Hons) are instructed to enrol their names by 24.08.2019 (Saturday) to the Departmental Teachers. Concern Departmental Teachers are requested to inform students and motivate them to participate for this meditation session so that they can learn and apply this valued technique in their daily life. Registration forms will be provided to the Departmental Teachers for the purpose of enrolment of students.

Date : 6/8/19

Place : Maheshtala College



R. Das

Principal

Maheshtala College.

Principal
Maheshtala College