



## **SYMBIOSIS SCHOOL OF PLANNING ARCHITECTURE & DESIGN, NAGPUR**

Symbiosis International (Deemed University)

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### **Mindfull Meditation**

**(2023-24)**

**28/07/2023**

The Symbiosis School of Planning, Architecture and Design, Nagpur organized a Mindful Meditation session at the Institute for the staff and students. The event aimed to generate the awareness and provide guided meditation sessions that will help students and staff to reduce stress and enhance thought processes, and further influence the productivity in work and life too. Meditation practices have proven as a useful and skillful method to improve health on physical and mental level. The SSPAD introduced the students the method of meditation that are not just academically apt but would assist in shaping the students to being responsible citizens.

The session had a demonstration by the well trained practitioners on how to meditate & maintain our body posture while working, performing various activities. It also included various techniques of maintaining the body posture, and meditational positions were practiced. After the session, a speech on the importance of health was elaborated by Yogic practitioners Mrs. Dolly Shah and Mrs. Rajni Meshram and the session concluded with vote of thanks by the Dy. Director of SSPAD Dr. Nandini Kulkarni who also briefly explained the necessity of good health, especially for the students life to perform better in their career. The institute conducts many events concerning the health care domain under the guidance of SIU to grow the staff and students into their career.



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Dr. Nandini Kulkarni  
Dy. Director  
SSPAD, Nagpur

