



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in


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Date:- 28/02/2023

## Notice

This is to notify that Mugberia Gangadhar Mahavidyalaya will organize Life Skill Orientation Programme on "Meditation and Mindfulness" by the department of Mathematics on 04.03.23. Interested students, faculty members are cordially invited to attend the said program.



  
Signature of The Principal  
Dr Swapan Kumar Misra  
Principal  
Mugberia Gangadhar Mahavidyalaya



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## Report of Life Skill Orientation Programme on "Meditation and Mindfulness", 2023

Mugberia Gangadhar Mahavidyalaya successfully organized a Life Skill Orientation Programme on "Meditation and Mindfulness" on 04.03.23, under the guidance of the Department of Mathematics. The event witnessed enthusiastic participation from interested students and faculty members, creating an atmosphere of tranquility and self-awareness.

The program commenced with an introduction to the importance of meditation and mindfulness in enhancing mental well-being and fostering a holistic approach to life. Faculty members from the Department of Mathematics led engaging sessions, providing insights into various meditation techniques and the practical applications of mindfulness in everyday life.

A highlight of the orientation was the active participation of students in the meditation sessions. Guided by experienced instructors, students embraced the opportunity to explore and experience the benefits of meditation firsthand. The serene atmosphere and focused engagement reflected a collective commitment to nurturing not only academic excellence but also the overall well-being of the college community.

Interactive discussions allowed participants to share their experiences and insights gained from the sessions, fostering a sense of community and understanding. The Life Skill Orientation Programme served as a platform for students and faculty members to integrate mindfulness practices into their daily routines, promoting a positive and balanced approach to academic and personal life.


The Department of Mathematics extends its appreciation to all attendees for their active involvement and commitment to personal development. The success of the program highlights the college's dedication to holistic education and the well-being of its academic community.

Twitter link: <https://twitter.com/Swapank26545954/status/1632026712564432898/photo/2>



  
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