



SSR INSTITUTE OF MANAGEMENT & RESEARCH,

Empower Yourself @ IMR

NAAC Accreditation with Grade "B+"

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Approved by AICTE & Permanently Affiliated to Savitribai Phule Pune University, Pune

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A Session on Meditation

4th December 2021

Coordinator – Mr. Somnath Bava, Librarian

*“When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place”
— Shrimad Bhagavad Gita*

SSR IMR Knowledge Resource Cell under the aegis of IQAC organised the Meditation Session on 4th December 2021. The Librarian Mr. Somnath Bava shared primary information of Meditation with the MBA 2nd Year students in the classroom through PPT. He explained the history and meaning of meditation, benefits of meditation, different types & techniques of the meditation. The students witnessed the process of meditation and its significance through an audio video arrangement. The best part of the developmental programme was the 15 minutes meditation experienced by the students during the session. The session was well appreciated by the participants.



Meditation session in Progress