



KLE Society's  
**S. NIJALINGAPPA COLLEGE**

II-Block, Rajajinagar, Bengaluru-10  
Re-accredited by NAAC at A<sup>+</sup> grade with 3.53 CGPA  
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Date: 21-08-2019

**DEPARTMENT OF ZOOLOGY**

**THREE DAYS MEDITATION COURSE**

Department of zoology and psychology organized a meditation workshop on “**Mastering self**” through **heartfulness meditation**, from **19 to 21<sup>st</sup> August 2019** i.e, from Monday to Wednesday at **3.30 – 4.30 pm**, for I BSc CBZ and BA students. Mr. Guruprasad has explained about mind relaxation, how to distress, peaceful state of mind throughout the day. Including speaker, Prof. G Sathyanarayana R V College, Kodandaram retired AGM of Canara bank, Shridhar as a volunteer.

**Beneficiaries :** 125 CBZ & JPE students



Talk by Mr. Guruprasad



Participants gathering



Student's interaction

*Twandi*

Head of the Zoology Department  
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*[Signature]*

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