

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR

Institution Deemed to be University

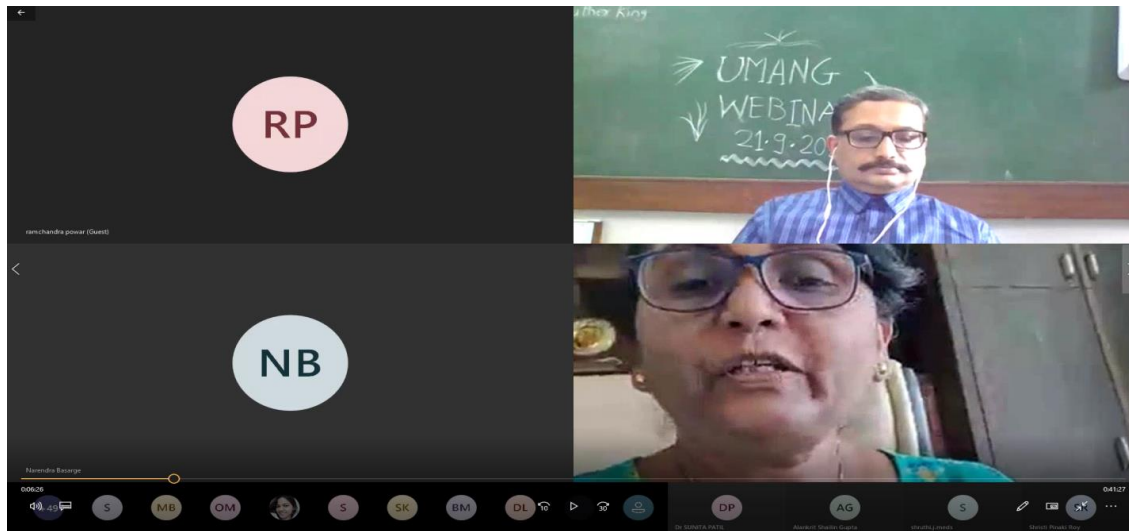
NSS UNIT

Meditation

Date & Time	Topic	Speakers	Monitor	Chair Person
21.09.2020 4 to 5 pm	Meditation	Dr. Surekha Basarge MS ophthalmology, Teacher Art of Living	Dr. Sudhir Sase NSS Programme Officer	Mrs. Suchitrarani Rathod Principal, D.Y. Patil College of Nursing

The webinar was conducted on topic of **Meditation** by Dr Surekha Basarge. She highlighted on the importance of meditation in daily routine as well as during this covid-19 pandemic situation *Meditation can wipe away the day's stress, bring in inner peace and helps to people to relax, mind and soul.* About 110 students attended this webinar.

SCREEN SHOT: 01



SCREEN SHOT: 02



Mr. Ram Powar

NSS Coordinator
D.Y. Patil Education Society
(Institution Deemed to be University, Kolhapur)