



TELANGANA TRIBAL WELFARE RESIDENTIAL DEGREE COLLEGE FOR WOMEN, MEDAK



(AFFILIATED TO OSMANIA UNIVERSITY, HYDERABAD)

Accredited with NAAC 'A' Grade

Website: <https://ttwrdfs.ac.in/Medak/>

Report on

ISHA foundation program –Meditation for Well-Being

Date: 20/07/2025

Time: 10.00am

Name of the activity: Meditation for well-being, health and mindfulness

Department: Department of Microbiology, Departments of Library

Faculty name: Rajesh Mittapalli, Archana Kulakarni

Attended students: B.sc (MB.Z.C, B.Z.C), B.A, B.com -210

Venue : Seminar hall

Objectives:

- Mental clarity and focus
- To foster unity and harmony
- Stress and Anxiety reduction
- Emotional balance
- Self- awareness
- To enhance student engagement in work
- Inner peace
- Spiritual growth
- Health benefits
- To support students mental and f
- Physical health

Description of the program:

Meditation is an ancient practice aimed at calming the mind ,improving focus and achieving inner peace .In today 's fast paced academic environment ,students face heavy workloads,completion and stress .Regular meditation sessions in college can help students maintain mental clarity and emotional balance ,leading to better academic performance and overall well-being.

Implementation in college:

The meditation program can be conducted as follows :

Duration:

Two hours program conducted by Isha foundation volunteers

Venue: college seminar hall

Method : Guided meditation by a trained instructor mrs. Sridevi garu and Mr.Vedeshwar garu ,by the help of Sadguru app

Participation : Open for all students and staff members







By the experience of the Meditation program ,our college students are habituated to practicing meditation for 15 min regularly .

**Student signature
signature**

Organizer signature

Principal