

Date	Programme	Resource Person
26/10/2023	"Hara Gharo Dhyam" Programme	Mrs. Shailaja, Asst of Living udupi


BRIEF REPORT:

Under the joint auspices of Human value and Professional Ethics Cell and National Service Scheme Unit and Asst of Living, udupi organised "Hara Gharo Dhyam" Programme.

Resource person Mrs. Shailaja explained the importance of meditation to help mental health and emotional health and taught the students about simple and easy meditations that can be incorporated in daily life.

Principal of college Prof. K. Umesh Shetty presided over the programme. Vice Principal and NSS Programme officer Mr. Chethan Shetty, Human value and Professional Ethic Cell coordinator's Mrs. Nanda Rai, Ms Deepa Poojary were present. NSS leader Ms. Shraddha R. II B.B.A conveyed masters of ceremony and proposed vote of thanks.


Principal
B. Hegde First Grade College
Kundapura -576201


FACULTY COORDINATOR
N. S. S. PROGRAMME OFFICER
Dr. B. B. Hegde First Grade College.
KUNDAPURA

Encl: Notice/Invitation/Agenda/Attendance/Feedback/Photos/News Paper cuttings etc.



Kundapura, Karnataka, India

**JPP3+85J, Anagalli Rd, Beside Mookambika Factory, Kundapura,
Karnataka 576201, India**

Lat 13.63606°

Long 74.702917°

26/10/23 04:12 PM GMT +05:30

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